

Rowing Summer School 2015 is over!

Written by Administrator

Tuesday, 25 August 2015 13:26 -

With the television debut of the Women's Boat Race this year there has been huge interest from junior girls wanting to try the sport for themselves.

In eight days Nottingham Rowing Club coaches Declan Gamble, Ashley Hewitt and Connor Gamble took over 20 local youngsters, both boys and girls, onto the River Trent to introduce them to the world of rowing.

The first few days were spent in 'Explore Rowing' Quadruple Sculls coxed by members of the current NRC Junior Squad. Here the newcomers learned the basic rowing stroke and once they had gained some competence, were actually racing one another over 200m stretches.

At the end of the course everyone was offered the chance to row in brand new Wintech Junior Racer single sculls. It is fair to say that a few swimmers were helped by the warm weather as they found sculling can be a little tricky!

With several youngsters now joining the club, efforts are underway to integrate them into the current Junior Squad and the routine training programme including indoor rowing, core stability and running.

Anyone interested in next year's Summer School, or who already rows and would like to join the NRC Juniors, should contact coach Dec Gamble (email: dec-gamble @hotmail.co.uk M: 07903295610).

Below: quads line up for a fun race over 200m

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Below: quads rowing downstream of Trent Bridge

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