



New South Wales Union of Oarswomen Inc

Novice Masters Women's Intensive Coaching

Saturday 16 June 2018

LEICHHARDT ROWING CLUB

An intensive one day quadruple scull coaching program for masters women in their first three years of rowing



The NSW Union of Oarswomen Inc is conducting an intensive coaching program for Masters Women new to rowing.

It is aimed at encouraging new competitive and novice rowers and is timed to prepare women for the 2018 JB Sharpe series.

Fees

The cost of the one-day intensive is \$100 and includes 12 months membership to the Union of Oarswomen Inc (normally \$30), hire of LRC, boat and tinny costs and all refreshments. Outstanding coaches have been selected and will be limited to quads only. Admission is on a first come basis.

Electronic transfer to:

BSB: 032 197

Account Number: 149998

Reference - your name and include the words INT Coach

Contacts

Please complete the attached form and return to Sue Carew or Judy Mann indicating that you have paid your \$100 fee via EFT.

s.carew265@gmail.com

or

judyruthmann@gmail.com

Program

Stretching and strength programs for masters women

Correct ergonomic technique

Two separate fully coached one hour on water sessions

Reviews over morning tea and lunch

On water race drills and challenges – short

Celebratory afternoon tea and final feedback





Novice Masters Women's Intensive Coaching Day

Registration Form:

To Sue Carew and Judy Mann

I would like to attend the New South Wales Union of Oarswomen's Inc Intensive Coaching clinic for novice Masters Women rowers on Saturday 16 June 2018 from 8.00am to 4.00pm at Leichardt Rowing Club.

I have paid via EFT my clinic fee of \$100 which includes 12 months membership to the Union of Oarswomen. (If you do not wish to become a member the cost for the Intensive Coaching clinic is \$80)

Your Name:

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Your contact details:

- Email
- Phone
- Rowing club

Your emergency contact:

- Name
- Phone
- Relationship

When did you commence rowing?

What would you personally like to achieve at this clinic?