

# Adult Learn to Row 2010

## **Make the most of your summer**

Rowing is like no other sport, a true challenge to the mind and the body. At its best, rowing is all about individuals working in a perfect rhythm to make their boat move amazingly fast. Over a period of six weeks, the experienced coaches from the Wyandotte Boat Club will be providing you an introduction to all aspects of rowing, at a level that everyone can have fun and learn from.

## **Who can participate?**

Any member over the age of 21 years of age is invited to participate. You don't have to be an "athlete", but rowing is a sport that takes some work and as you progress the physical activity will increase. You will use your muscles to move the boat. This is a basic course for adults who have never rowed and those with basic skills.

## **What will you learn?**

You will learn one of the two basic forms of rowing, called sweep rowing. In Sweep, you have one large oar that you hold with both hands. During the six week session you will learn the vocabulary of rowing, good general exercise practices, and of course how to row on the Detroit River.

## **The Schedule**

All sessions are 6 weeks.

The first week and half will be an introduction to rowing, see all the equipment, how it works, how to handle it. watching video, rowing on the rowing machines, and beginning to learn the motions of rowing in Wyandotte's indoor rowing tanks. The first week requires your mandatory attendance.

The rest of the schedule will be training and rowing on the water. The sessions are held rain or shine.

## **What you can expect from the Wyandotte Boat Club?**

The most important part of the program is making sure you have a safe and fun experience. So the WBC requires their coaches to have US Rowing coaching certification or working towards it.

The equipment you will be using is well maintained and holds eight rowers; this is the biggest and most stable rowing shell. A coach's launch will be along your boat while you are rowing

Before and after your lesson you are welcomed to use the locker room and showers at the boathouse. After your sessions the WBC invites you upstairs to the club to socialize with fellow rowers to quench your thirst, and talk rowing.

## **The Details**

**Costs:** The program fee is \$125, plus WBC membership \$35.00, this covers your rowing fees, WBC T-shirt, and end of session BBQ at the club. The fee must be paid before participating. Fees are non-refundable after the first week.

**Times:** Practices will be held two evenings during the week 6:30 to 8pm, and Saturday 8 to 9:30am. All practices will be held rain or shine, if conditions do not allow for rowing the session will be held indoors.

***IMPORTANT:** The first week is mandatory; for safety reasons and for the basic indoor skills to be mastered before going on the river.*

The session is limited to 28 participants. **Registration for the first summer session of 2010 will be scheduled in early June upstairs in the WBC Assembly Hall. The session will start in mid June.**

For more information please contact Fred Mekolon at: Email [fmekolonjr@yahoo.com](mailto:fmekolonjr@yahoo.com) or by phone at: 734-284-5560.

Fred Mekolon, Coach-High School Coach 14 years, Adult Rowing Coach 10 years

Fred along with the other coaches and experienced coxies, strive to make the summer rowing program a fun and safe experience for all participants.