

CLN/swh

11 September 2018

Dear Parent/Carer

## **ROWING INFORMATION – YEAR 8**

Following the letter you returned at the end of last term giving consent for your son/daughter to take part in the rowing programme, I now enclose more details of the programme of training and racing for this year.

Year 8 will train at the following times:

**Tuesdays:** Students will train on the water during the first half term. Departure will be 2.45pm from TRGA. As mentioned in the previous letter, students will either be picked up from the boathouse (The Leeds Boathouse, Thwaite Lane, Leeds, LS10 1RN) by parents/carers, or will be allowed to make their own way home via public buses, which depart frequently from the end of the lane.

**Thursdays:** Circuit training at TRGA. 2.45pm - 3.45pm.

As the nights get darker, sessions will change slightly. Students will depart TRGA at 1.45pm and their water sessions will alternate between Tuesdays and Thursdays. When students are on the water on Tuesdays, they will train at TRGA on Thursdays from 2.45pm -3.45pm. On weeks when students are on the water on Thursdays, they will not have any other training that week. It is therefore essential that students attend all sessions in order to progress as quickly as possible. Again, this will be communicated with students nearer the time and stickers will be given out for student planners.

## **Races**

Students will aim to go to The Ball Cup North, which is in July. This regatta is aimed specifically at athletes who are new to the sport and it is a fantastic opportunity to go and experience a rowing race.

Some students who show particular promise and dedication to training, may be invited to train and race with the year above, or to attend extra sessions. This will be communicated with parents and students as necessary. British Rowing guidelines allow for students to train and

race one year up, but no more, and we will only encourage this where we consider students are athletic and fit enough.

There is also a training facility at Roundhay Lake, situated below The Lakeside Café. The postcode is LS8 2JL. On occasion, we may use this facility for inter-club racing and training.

Please note, training on the water during the winter will be cold and wet. It is therefore imperative that students are appropriately clothed. They must wear leggings and tight tops – at least two layers, often three. These do not need to be expensive. They must also have a hat and a water bottle and will require a full change of warm clothes and a towel for after the session. Students who do not arrive properly equipped, will not be able to go on the water. Please also ensure that your son/daughter has a healthy snack for after the session.

If you have any questions, please do not hesitate to contact me on the email below.

Yours sincerely

Mr C Longmore

[ciaran.longmore@ruthgorse.leeds.sch.uk](mailto:ciaran.longmore@ruthgorse.leeds.sch.uk)

---

Student Name \_\_\_\_\_

I give consent for my son/daughter to attend the trips detailed, including racing and training at various locations.

I give consent and take responsibility for my son/daughter making their own way home from The Leeds Boathouse at Roundhay and Stourton.

Parent/Carer signature \_\_\_\_\_ Date \_\_\_\_\_

Please return the consent slip below to Student Services by Friday 21 September 2018