

FALCON JUNIORS SUMMER COURSES 2016

Thank you for signing up for our summer courses. You will find all the details that you need for the course here.

1. Payment: the course costs £100 to Falcon members and £120 to non-Falcon members (Cheney Falcon is not included as Falcon). This is payable by cheque to Lorna Hermes, NOT to Falcon Rowing Club. This is done because the Falcon end of year accounts are completed during the summer courses- full accounts will be available on request. Payment is due on the first day of the course.
2. What to bring: normal sports kit (including trainers). A FULL change of clothes is absolutely essential, and without this juniors may not be allowed on the water. This means underwear, socks, and a towel etc. Juniors should also bring a water bottle, and sun cream/a sun hat.
3. Consent forms: you will find the consent form on the Summer Course page of the website. If you are not a Falcon member and have not returned a form in the last few months, you will need to bring this along with you on the day.
4. Capsizing: your attention is brought to the fact that all juniors will be expected to capsize during the course. All juniors must be able to swim 50m in light clothing as an absolute minimum. Anyone who cannot do this will not be able to complete the course.
5. Location and timings: please be at Falcon 10 mins before your course is due to start on the first day. You can find directions to the club on the main club website.
6. Fridays: the Friday session is slightly different to the normal session. The day runs 11-4pm, with a break for lunch from 1-2pm. The intention is for all of the groups from the week to come together to take part in competition and events. You will need to bring a contribution for a picnic lunch (sausage rolls/fruit/flapjacks etc)
7. Coaches: the courses will be run by our coaches, Matt, Aengus and Sophia. Our Head Coach, Lorna, will pop in from time to time to ensure that everything is running smoothly. If anyone has any concerns or requires any further information, please contact Lorna at falconjuniorrowing@gmail.com.
8. We hope you enjoy the course. These courses do also double as beginner courses for those wanting to join the club in September. It is strongly recommended that if you do wish to join us, that you join the waiting list as soon as possible. We have limited spaces available and we expect an influx after the Olympics!