

Sample Camp joining instructions

Hello,

We have a weekend-long sweep oar masters training camp to offer in November with coaching by Raf Wyatt, a very experienced masters coach from Central Otago. Places are limited to 18 (2 x eights + 2 coxes) at this stage so if you like the idea of personalised attention, we recommend your quick action to book a spot.

Fill out the Google form [here](#) asap. FIRST IN, FIRST SERVED

We will run a wait-list but with only 2 eights involved you'll want to ensure a seat. We're asking that some rowers take a turn at coxing, to maximise the number of places.

- * COACH Raf Wyatt (see her rowing bio below)
- * Venue: St George's Rowing Club, Tamaki Estuary panmure Auckland
- * Cost \$140/person for full programme of coaching over 2 days for Legion members or \$180 for non-legion members.
- * Coaching Focus: how to coach yourself using feedback from boat/oars and your own thinking
- * Out-of-towners: accommodation your care but indicate on the form if you need accommodation and we'll see if we can find billets
- * Indicate if you would be happy to take a turn at coxing
- * Programme: to be advised closer to the date but including
 - Friday night informal byo meet-up at St George's
 - Saturday 2 or 3 sessions on-water.
 - coffee, tea, scones and soup
 - Dinner with the group
 - Sunday on-water
 - video analysis
 - erg session
 - open to all abilities, Novice to experienced rowers
- * Payment will be required by 15 October
- * Cancellation: no refunds after Friday 21 October but you can fill/sell your seat if you can no longer attend


Example of sign up form

Please copy / adapt as you need.

The more information you can include the better. e.g. what the focus is on day 1, day 2. When video analysis will be done.

Masters' Sweep Oar rowing camp 5-6 Nov in Auckland

Experienced Masters coach Raf Wyatt will provide coaching for Masters rowers at a dedicated sweep rowing camp based out of St George's Rowing Club on the Tamaki Estuary.
One person per form please. First in, first served

rebecca@creativeagencysecrets.com [Switch account](#) 

* Indicates required question

Email *

Your email

Your club *

Your answer

Your name and gender, preferred rowing side if you have one, and status (how many years rowing) : Novice, Intermediate, Experienced *

Your answer

Rower or coxswain? *

Rower

Cox

Don't mind taking a turn at coxing

COST

\$140 for 2 days' coaching and Saturday dinner for members of Legion of Rowers.
Non-members of Legion \$180.
Membership of Legion is \$30.
Payment for camp to C Hobbs 06-0413-0287345-01
Tick here when you've made payment and please use your name as ref when using internet banking.

Cancellation policy: no refunds after 21 October but you can find another person to take your place. We will keep a waiting list and attempt to fill the seat if we can BUT PLEASE CHECK FIRST BEFORE ASSUMING WE CAN FILL YOUR SEAT.

Paid online

Will you join the group for a crockpot dinner at St George's on Saturday night (included in cost)? No rush to confirm - we'll sort this later *

- Yes
- No
- Yes and bringing a partner (partner cost \$20 cash on the night)
- Other: _____

Dietary requirements? *

Your answer _____

Health and Safety notice: by filling out this form and attending the rowing camp, you acknowledge that you can swim 50m in rowing clothes. *

PLEASE RECORD HERE:

1. Any health issues that may affect the safety or involvement of others at the camp.
 2. Your next of kin to be contacted in an emergency
- We consider any visitor to be a temporary member of St George's Rowing Club when they row from our club and so you will also be bound by our Health & Safety Manual which you can find [here](#).

This form will close when there are 20 names - we need 18 to go ahead, so this gives cover of 2 in case of cancellations. The last 2 names added will be informed via email no later than 21 October whether their place is confirmed. Thanks for your interest.

Christine 021740474

Your answer _____

Submit

[Clear form](#)