**Expression of Interest to Join and Learn to Row.**

**Shoreham Rowing Club**



Shoreham Rowing Club invites people from all backgrounds and experiences to learn to row. As a volunteer run club who competes in regional leagues, it is important that we can find the right squad and route for you to learn to row.

By filling in this form it will help to identify people for individual squads (we have these for all ages and genders) and then placed on the waiting lists for learn to row courses or will be invited to sessions based on experience and credentials when spaces become available.

Please note that our racing season runs from May –September on weekends. Most weekends there is a regatta that can take up most of the day. Commitment to racing squads is time consuming but also lots of fun and a welcomed event for all the family to come and watch. Those wishing to race competitively are invited to join racing crews based on ability throughout the year. Those rowing recreationally will stay in our development squads and are welcomed members when spaces become available but our racing crews will take priority between May and September. Recreational rowing is generally one set session a week.

**Name:**

**Date of Birth:**

**Address:**

**Have you rowed before?** (please give details)......................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................

**Are you interested in the following...?**

Recreational rowing Competing in races Indoor Rowing only

**How often do you think you can train between 6-8pm on weekdays? (sessions typically last 1 hour)**

1 session 2-3 sessions 3-4 sessions

**How often do you think you can train between 8-10am on a weekend? (sessions typically last 1 hour.**

1 session 2 sessions 3 sessions

**How do you rate your fitness?**

Very Active Active Semi Active Not very Active