

novice rowers or  
experienced scullers



# summer sculling

## on the Cam

with Rob Roy Boat Club



**Following on from the successes of last year's summer sculling courses, Rob Roy Boat Club are pleased to announce that we will once again be running an intensive sculling course for adult scullers and rowers later this summer on the Cam.**

This year's course is aimed at scullers of all abilities; from beginners hoping to start sculling for the first time, through to experienced scullers looking to improve their technique and racing skills. It is recommended however that beginner scullers already have some sweep rowing experience.

The course will comprise of two-hour coached sessions each weekday evening from Monday 9th August to Friday 13th August from 6.30pm through to 8.30pm each day. All participants must be able to swim 50m fully clothed.

If you have your own boat and blades then please bring them along, but equipment (boats, blades etc.) will be provided at no extra cost if you require them.



If you would like to book a place on this course then please contact send an email to [coaching@robroyboatclub.org.uk](mailto:coaching@robroyboatclub.org.uk)  
The cost of the course is £75 and the closing date for application is Monday 2nd August.