



Hexham Riverside, Hexham, Northumberland

## **WELCOME TO HEXHAM ROWING CLUB SENIORS**

On behalf of Hexham Rowing Club, I would like to welcome you to the club and provide you with some information about our activities.

The club provides opportunities for adults of all ages and fitness to receive coaching and competition in local regatta events.

Below is some information about training times, dates and details regarding travel arrangements, kit and club registration.

### **TRAINING SESSIONS**

#### **WINTER**

Saturday 2pm - 4pm (Rowing)  
Sunday 10am - 12noon (Rowing)

#### **SUMMER**

Tuesdays 6pm - 8pm---(Rowing)  
As detailed the previous Tuesday

**ONLY SESSIONS FOR BEGINNERS ARE SATURDAY 2PM-4PM**

As a rule, training is mostly water based, weather permitting, but some indoor rowing, fitness training and stretching may be available at an additional cost.

Arrangements should be made for your travel to and from training sessions and to regattas. We appreciate it if you can arrive promptly.

The club's racing kit consists of royal blue with gold/red/gold side stripes. Details on how to purchase this equipment can be found at the club. The club has a senior membership fee and this should be paid within one month of joining the club.

We would be grateful if you would complete the consent form attached to this letter as a matter of urgency to include all relevant medical conditions and any known allergies.

If you would like to talk to someone at the club about this information or your involvement with the club please contact the Captain George Doody [george.doody@talk21.com](mailto:george.doody@talk21.com) Vice Captain Shona McCreedy [shona.mccreedy@lsc.gov.uk](mailto:shona.mccreedy@lsc.gov.uk)

We thank you for your interest and look forward to seeing you at the club.