



Introduction to Rowing – Melbourne Argonauts

Welcome to the Melbourne Argonauts!

The Introduction to Rowing Program is designed to provide you the basic skills, technique and experience to further your interest in rowing. If you have rowed before, it's an essential refresher to integrate you back into the sport of rowing. It's also a fabulous opportunity to meet the Argonauts and learn more about our community.

Your qualified Coaches are long term Argonauts members, who have donated their time to run this successful program. All funds raised, are injected back into the club to cover running costs and buy new equipment.

Once you have completed this program, you will be in an excellent position to make an informed decision about your longer term commitment. If rowing and the Argonauts are for you, join us by becoming a member.

Program Overview

The Introduction to Rowing format has been recently revised. Formally known as "Learn to Row", we have consolidated the format over one weekend, followed by four weeks of training membership.

The Introduction to Rowing weekend, invites to you attend one "tank session" on the Saturday, followed by a day at Albert Park Lake on the Sunday. At the completion of this weekend, you are provided with four weeks of social membership.

Saturday - The Tank Session is conducted at Powerhouse Boat Club (see FAQ for full directions) in an indoor environment. As a participant, you will learn to row in a fixed boat over one, two hour session. After this day, you will be familiar with rowing terms used in the boat, rowing technique and water safety.

Sunday – The coaches will meet you at the Melbourne Argonauts Boat House at Albert Park Lake. This day event will cover club information, rowing technique, boat handling and rowing sessions on the lake to allow you to test your newly acquired rowing skills. For lunch, a free BBQ will be provided. At this time, you will be joined by Argonaut members, providing you an opportunity to raise any unanswered questions over lunch.

Training Membership – During this four week period, you will be able to attend midweek rowing (on the water at 6:00 pm) and Social Row Saturday morning (on the water at 8:45 am) followed by Breakfast in St Kilda. At the end of the four week period, your training membership will cease and you will be provided with further details from the Learn to Row Coordinator if you choose to join the Melbourne Argonauts.

Due to safety reasons, you will be required to attend the tank session, prior to participating in any on water rowing session.

Please check your availability with the above times prior to booking.

To get the most out of your introduction to rowing it is important to be able to attend as many of the training membership sessions as possible. This will enable you to develop your rowing skills and meet with other Argonauts.

Cost

The all-inclusive fee for the program is \$150. This covers the rowing weekend format outlined above, BBQ and four weeks training membership.

Health and Safety Requirements

To be eligible to enroll for this program, you will be required to confirm that you agree with the following statements:

Yes – I can swim confidently for 100 meters.

Yes – I do not have any current injuries that would prevent me from participating (including knee, ankle etc...)

Yes – I am available to attend all three sessions on the dates outlined in this document.

Next Steps to join our program:

- (1) Email ltr@melbourneargonauts.com to confirm your interest and availability to attend all sessions. Upon confirmation from us that a spot is available and has been reserved for you, please send us your completed Application Form including conformation of payment.
- (2) Arrange payment of \$150 by using the following options. If you would like to pay by credit card or cash, please contact us to discuss alternative payment methods.

Due to limited class sizes, each spot will only be reserved for 48 hours, while you are arranging payment.

Option 1: Pay at any branch of Bendigo Bank	Pay into our account at any Bendigo Bank – details below. Email ltr@melbourneargonauts.com to confirm payment has been made.
Option 2: Internet Banking	Transfer funds to BSB 633 000, Account 113051650, Account name "Melbourne Argonauts". Use the following description: (1) LTR- (2) First 3 letters of your surname (3) First 3 letters of your first name. For example, "Mark Smith" would look like LTR-SMIMAR. Email ltr@melbourneargonauts.com to confirm payment has been made.

- (3) A confirmation of receipt will be sent to you.

Congratulations - You have enrolled! We look forward to seeing you for your first session.

Refund Policy

If you are unable to attend, please notify us by emailing ltr@melbourneargonauts.com as soon as possible. Upon receipt of your cancellation, the following refund policy applies:

The fee is fully refundable up until 2 weeks prior to the programs' commencement. For later cancellations \$100 of the fee will be refunded.

In case of extreme weather (lighting or very high winds) the lake session will be rescheduled and you will be notified.

Further Information

Please take the time to read the Frequently Asked Questions document. This provides useful information in preparation for this weekend.

If you have any further questions, please feel free to contact us by emailing ltr@melbourneargonauts.com.

Note – all emails are responded to by volunteers. For this enrollment period, emails will be read and responded to as regularly as possible.

We look forward to hearing from you all soon.

All the best,

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Coach

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