

Are you ready to Learn to Row???

Rowing is a fun, challenging and sociable outdoor sport. It can be as physically demanding or as relaxing as you wish. You can compete individually, in a crew, or both - or not at all. Most rowers at the Murwillumbah Rowing Club compete both individually and in various crews at home and at away regattas, and row for their own pleasure and fitness in between. Some members row just for their own pleasure on our beautiful Tweed River. It's up to each person.

Whatever your goals, rowing and the Murwillumbah Rowing Club can help you achieve them...if you are ready to learn to row...

The quiz below aims to help you decide, especially if you have never rowed before.

Questions:	<i>[Tick Yes or No in the Columns to the Right]</i>	
	Yes	No
<p>1. Are you old enough and big enough to row?</p> <p><i>You need to be mature enough to commit to a demanding task - learning to row. Sometimes you will have to sit still in the boat, while others have a turn practicing the techniques. Mature people will welcome this respite. Most young rowers start at the age of 13-14, but it depends on how physically and mentally mature the young person is, and how hard they intend to train.</i></p> <p><i>As for size, the taller the better in rowing, but as long as you are big enough and strong enough to handle the boats, you are ready to learn to row. If you are under 150cm tall, you may have to grow before learning to row. If you are too "mature" to grow, you might have a role as a cox. The cox gets to boss the rowers without doing all the hard work, and surprisingly, coxes are much in demand - especially the ones who don't weigh much.</i></p> <p><i>There is no upper age limit. If you are coming late to the sport, you won't be alone. Competition is optional, but there are age-related handicaps in most regattas and Club members over 60 can compete in our exclusive annual "Dinosaur Dash" sprint race.</i></p> <p><i>If you have particular health issues, you should of course consult your physician before commencing this or any other new exercise program....etc. etc.</i></p>		
<p>2. Can you swim at least 100 metres?</p> <p><i>Falling in is optional, but in case you decide to choose this option on occasion, or some one else in your boat does, a reasonable swimming ability is a safety essential.</i></p>		

<p>3. Are you physically fit or willing to get fitter?</p> <p><i>You don't have to be physically fit to learn to row, but rowing is a physical activity. You may have to put in some physical effort, especially in a boat where others may be working harder than you. You should be prepared to have your fitness level improve. This can involve huffing, puffing, sweating, etc. Once you can row competently, you can take a single sculling boat out and do as little as you wish, provided you bring the boat back to the Clubhouse eventually, as there is no pick up service.</i></p> <p><i>Of course if you want to get fitter, rowing is ideal.</i></p>		
<p>4. Do you have the time to learn to row and then to row?</p> <p><i>Learn to row is offered for four Saturdays, and lessons usually take 2-3 hours. You will not get the full benefit of your instructors' valuable time if you cannot attend all four sessions. Rowing may be harder than you think and planning to skip a lesson is not a good idea.</i></p> <p><i>Once you learn to row, will you have time to row at least 1-2 times per week? Those who get seriously hooked will want to row more - you may be one of them. Think about it!</i></p>		
<p>5. Are you a morning person or open to giving early mornings a go?</p> <p><i>Learn to Row lessons start at 8:00 a.m. but this is a con. Most rowers go at 6:00 or 6:30 - yes that's a.m. and yes, sometimes it is dark. Like the tight suits, there is a reason for it: the water is smooth, little or no wind, and no power boats. If you want to continue rowing, you will be facing your inner demons if you are not a morning person. On the other hand, you may discover the magic of dawn on the Tweed River and Mount Warning lighting up with the first sunlight of a brand new day...Rowing might change you forever...</i></p>		
<p>6. Are you ready for a mental challenge?</p> <p><i>Of course rowing looks easy in the Olympics, and so what if you have tried kayaking, or canoeing and got the hang of it straight away? You might even be a wiz on the rowing machine at the gym. Learning to row will be harder.</i></p> <p><i>Rowing is a full body activity, and will demand your full mental concentration, especially while you are learning. Not only must you simultaneously coordinate your own body - your posture, movements and hand positions - you must coordinate it with other learners while balancing a narrow, unstable boat - and you must relax while doing it! Learning to row will take your mind off your day-to-day problems, guaranteed. The mental challenge is what keeps many rowers rowing.</i></p>		
<p>TOTALS (Add up the numbers of Yes's and No's and enter at right)</p>		
<p>If you answered YES to all questions - congratulations! You are either Ready to Learn to Row, or fooling yourself. Learn to Row will sort you out.</p> <p>If you answered NO to any of the questions - here's your chance to think about why you want to learn to row and if your No's can be overcome. Congratulations to you, too.</p>		

We hope you enjoyed our little quiz!

