

# **NOTTM & UNION ROWING CLUB**



Photo by [www.jetphotographic.com](http://www.jetphotographic.com)

## **Start rowing?**

- For fitness
- Train outside on a beautiful river
- Novice to elite standard
- Already using a rowing machine and want to try the “real thing”?

[www.nurc.co.uk](http://www.nurc.co.uk)

# Rowing for Fitness...

Rowing is an excellent sport to take up if you want to increase your level of fitness. It gives extremely good cardio-vascular exercise, it also works most of the main muscle groups. You tend to train within a team, so it is much easier to stick to a training programme than if you are training by yourself.

## Rowing for Enjoyment

Most people find rowing and sculling very enjoyable. You are outside, on the water, in a finely tuned boat powered by yourself and your crew. You will do longer training pieces where you will learn to move the boat efficiently. Shorter, faster pieces are always adrenaline-packed and great fun. The best way to find out if rowing is for you is to try it...



## Where do we row in Nottingham?

Rowers in Nottingham are extremely lucky to have the River Trent to train on - it is one of the best rivers for rowing in the country. We have a distance of approximately 9km length of river which we can use, from just below Beeston down to the lock near Holme

Pierpont. Although we are based only approximately 1 mile away from the city centre, within 1.5km you can be rowing out in open countryside. What better way to get rid of the stresses and tensions of a day at work? We can also use the National Watersports Centre course if conditions on the river are unsuitable, or if we are training for regattas.

# NOTTM & UNION

# If I take up a sport I want to be the best...

The Nottingham and Union Rowing Club has a great tradition of producing top level rowing athletes. We have the coaches and the equipment to get you to the top if that is where you are aiming. All it then requires is your own commitment and talent.

The Amateur Rowing Association (ARA) also has systems and coaches in place for spotting and developing talent for the national squads. Rowing is one of Great Britain's most successful sports over the last 20 years - you can choose to be part of that future!



One of our veteran crews setting off from the landing stages in a quad.



Half way through the main race held on the Trent each March and the effort is beginning to show. Photo by [www.jetphotographic.com](http://www.jetphotographic.com).

# I don't need to be a world champion...

If your aims are slightly lower - that is perfectly fine! Some club members only row for fitness and enjoyment; some club members aim to take part in a few local regattas every year; some club members train hard for the top regattas and Henley. The choice is yours, but we would say that 3 training sessions per week is the minimum that you can successfully learn to row on, and be part of the team. However, if you have already decided that fitness is part of your life, taking up rowing is not a large extra investment in time over any other exercise or training you may otherwise be doing to get and stay fit.

**ROWING CLUB**

## What is the first step?

Please get in touch with us and we will arrange an initial session for you at the club. Before you go out in a boat we will normally show you the basics using our indoor rowing tank. This allows you to practise rowing strokes, using an oar (instead of a rowing machine), without the wind, waves and initial wobbles of a real boat. However, new starters normally go out in boats within 2 or 3 sessions - after all that is what rowing is all about.



## Isn't rowing really expensive?

No, not at all. Joining the Nottingham and Union Rowing Club is cheaper than joining most gyms. You will become a member of a small and friendly club with a long tradition. As part of that membership you may occasionally be asked to help with small jobs to assist in the running of the club. This helps to keep membership fees down for everyone.

## Who do I contact to start rowing?

Either: **Carolyn Kirkham** 07917 391973 [cjkirkham@hotmail.com](mailto:cjkirkham@hotmail.com)  
**Sue Jones** 07980 951604 [sue@jones8765.freereserve.co.uk](mailto:sue@jones8765.freereserve.co.uk)  
**Peter Maxwell** 07850 681647 [Peter@dripak.co.uk](mailto:Peter@dripak.co.uk)

Please be patient if we don't get back to you immediately - we all have daytime jobs and we may well be rowing in the evening.

## How do I get to the club?

The Nottingham & Union Rowing Club is based at Trentside (near the Forest Football ground). Going over Trent Bridge out of the city towards West Bridgford turn left immediately after the river (just in front of the South Bank bar). The Nottingham & Union Rowing Club is the first club on the right.

## Please Read

Rowing is a physically demanding water based sport. You must be able to swim with confidence before starting rowing and you must also be in reasonable health (with no health problems which preclude strenuous exercise). Rowing is an excellent sport for improving health and fitness - we don't expect or require beginners to be fit when they start. All you need is a determination to improve your personal level of fitness.

[www.nurc.co.uk](http://www.nurc.co.uk)

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