



**August 2020**

Rowing courses for boys and girls aged 11 to 16 at one of the most prestigious rowing schools in the UK

## For beginners through to those passionate about rowing

Shrewsbury School is a co-educational boarding school established in 1552. It is an integral part of the historic town of Shrewsbury, surrounded by the beautiful Shropshire countryside.

Rowing was established at the School before 1860 and in 2012 a state-of-the-art boat house was opened. The boat houses, situated on the River Severn are only a short walk from the Main School Building, within the campus.

Excellent training facilities include a range of over 100 boats, a large area for rowing machines and circuit training. An indoor rowing tank allows up to eight students to train together regardless of weather conditions.



## Coaching

The Lead Coach on all courses is Paul Manser who has coached rowing at Shrewsbury School for over ten years. An old Salopian, he has been involved in the sport since the age of 14 and produced a number of National and International champions. Other coaches have a variety of experience including representing Great Britain.



## Feedback From Parents

“Just wanted to thank the team leaders for making Charles’s two weeks with you so special...the whole experience was fabulous and firm friendships were made with very wonderful memories.”

“Katie had an amazing time and hasn't stopped talking since she arrived home! From my side the organisation was seamless and I especially enjoyed the daily Dropbox photos.”

“Nicholas says rowing is the best sport he has ever tried, that is down to your incredible team, enthusiasm and excellent facilities.”

## Residential Courses

Students live on campus in one of the School's boarding houses and this forms a base for social activities. Some additional activities on offer will be bubble football, tennis, Canadian canoeing and team games. A mini regatta is held at the end of each week and parents are welcome to watch and join us for refreshments.



All meals and activities are included and we will be aiming for two outings on the river per day. Students will be grouped according to ability and use a variety of boats from singles, doubles, quads and octuples. Students with previous experience will work to develop the skills necessary to progress further in the sport.

### All courses open to boys and girls 11-16 years

No experience necessary. 11 year olds are welcome if they feel confident to participate in the full boarding experience and the physical demands of the sport.

Experienced rowers will be grouped together and the course will be tailored to their needs.

## Day Camp Course

Monday to Friday 9am to 4pm. Beginners will start on rowing machines and in the indoor tank, progressing onto the water when confident. Experienced rowers will be grouped together and the course will be tailored to their needs. Students will need to bring a packed lunch and drinks each day.



A mini regatta is held on Friday afternoon at the end of the day course. Parents are welcome to watch and join us for refreshments.

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**Weeks 1 & 2 Residential Course  
£695 per week  
Week 3 Day Camp Course £435**

**Residential: 2nd - 8th August 2020  
Residential: 9th - 15th August 2020  
Day Camp: 17th - 21st August 2020**

**Book early to avoid disappointment!**

**SHREWSBURY ROWING COURSES LTD  
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To book a place please download an application form from  
<http://www.shrewsbury.org.uk/src>

Further photos and videos are available on our social media



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