



Haldimand Grand River Rowing Club

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WELCOME LEARN TO ROW PARTICIPANTS

OUR MISSION STATEMENT

TO PROVIDE PERSONS OF ALL, SKILL LEVELS, PHYSICAL AND SENSORY ABILITY ACCESS TO WATER SPORT RECREATION AND COMPETITION.

TO PROMOTE SAFE WATER SPORTS AS AN EDUCATIONAL, LIFE SPORT, FITNESS AND SOCIAL ACTIVITY FOR INDIVIDUALS, FAMILIES AND GROUPS.

TO APPRECIATE & ENJOY OUR HERITAGE GRAND RIVER.

Dear Rower,

This handout is to provide all beginners with helpful information, about the sport and terminology of rowing. It also provides helpful safety tips, how-to-care for the equipment being used, and equipment description details and terminology. It is not necessary to study this information; it is provided as reference material to assist you become familiar with the sport of rowing.

The sport of Rowing takes time and dedication to establish great skills, but you do not need great skills to have fun. We are striving to create a fun, educational, and social atmosphere, so that everyone feels welcome and enjoys themselves while learning the art of rowing. A huge part of rowing is "Team Work", so remember you are not alone in learning this sport. We encourage you to join up with a friend, meet new friends and get involved. The Learn To Row program is geared to beginners who have never rowed. A grounds-up approach in a comfortable atmosphere will have you rowing in no time.

The excellent water venue, scenery, dedicated members and volunteers are a perfect mix to establish this club in Haldimand to enjoy and explore our Heritage Grand River.

Happy Rowing