



## **Rowing Clinic For Youth - Saturday, August 14th, 9:00 am to 10:30 am.**

Greetings,

This is Coach Neil Bergenroth here with some information on the rowing clinic for next Saturday. We look forward to hosting you at Tulsa Rowing Club starting at 9:00 am and finishing around 10:30 am. We are looking for good weather because we want this to be an outside clinic due to social distancing protocols. As of right now, scattered thunderstorms are forecast, but obviously that can change.

We have had great interest from the community and look forward to sharing our love of rowing with you all. We would also love to share with you all of the programs we are offering in the community which include our competitive, recreational, and outreach programs.

If plans have changed for you please let me know at [neil@okrowing.org](mailto:neil@okrowing.org) so that we can plan for that. We still have some openings if you know of another person that wishes to attend.

### **Social Distancing Protocols**

This clinic will be run in accordance with social distancing protocols. You will also have your own machine (it will be cleaned prior to the clinic) for the morning and we will also take temperatures at the start of the clinic.

All participants will be **required** to wear a mask. However, it is possible for the removal of masks while rowing on machines.

### **Location**

The clinic will be held outside on the forecourt of the Tulsa Rowing Club. Here is a link to the location:

<https://goo.gl/maps/tAdFKNdaJUKbBPBd7>

### **Clothing**

Come dressed ready to exercise and bring a water bottle as well.

### **Schedule of Events**

The full schedule of events can be found below:

- Welcome and Introduction.
- Setting the machine up correctly.
- Learning how to connect with the machine.
- The biomechanics of rowing.
- Connection technique.

- Learning to hang off the handle and push the machine away.
- Technical drills to improve technique and power application.
- Discussion of youth rowing (Competitive and Recreational) ROW Tulsa STEM, Erg Ed, outreach initiatives and Tulsa Rowing Club. (we plan to start this discussion around 10:15 am if parents want to attend)
- Questions and answers section.
- Conclusion and thanks!

### **Waiver**

Please bring the following waivers - linked here => ([USRowing Waiver](#) and [COVID-19 Release](#)) to the clinic on Saturday. We will also have copies as well, but if you can print off and sign ahead of time, that will allow us to get to the clinic faster.

### **What If My Child Wants To Continue Rowing After This Clinic?**

We are currently offering a free - no strings attached - 2-week trial called basic training which starts on August 23rd. [Use this link to find out more and how to register for this 2-week event.](#)

### **Questions?**

If you have any specific questions or need help in any way, please let me know.

We look forward to meeting and working with you all this Saturday!

Yours Sincerely,

*Neil J. Bergenroth*

Neil Bergenroth

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<http://www.okrowing.org>

<https://www.facebook.com/TulsaYouthRowingAssociation>

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