



Rowing Clinic For Youth - Saturday, December 3rd, 10 am to 12 pm.

Greetings,

This is Coach Neil Bergenroth with some information on the rowing clinic for this Saturday. We look forward to hosting you at The University of Tulsa starting at 10 am and finishing around 12 pm.

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 all our community programs, including our competitive, recreational, and outreach programs.

If plans have changed for you, please let me know at neil@okrowing.org so we can plan for that.

We have a few spots remaining, so if you have friends interested in participating, please direct them here to sign up for the clinic.

<https://www.okrowing.org/tulsa-youth-rowing-hosts-free-youth-rowing-clinic-dec-3/>

Location

The clinic will be held at the **University of Tulsa** in the **Mabee Gymnasium**. There is a rowing tank and workout room on the east side of the building. Here is a link to the location:

<https://goo.gl/maps/4GX9JZTTbL89iK7u7>

Clothing

Come dressed, ready to exercise, and bring a water bottle.

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.
- Time spent in the rowing tank to practice drills.
- 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 11:45 am if parents want to attend)

- Questions and answers section.
- Conclusion and thanks!

Waiver

Please bring the attached waiver (USRowing Waiver) to the clinic on Saturday. We will also have copies, but if you can print them off and sign ahead, that will allow us to get to the clinic faster.

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
Director of Outreach

918.906.5233

neil@okrowing.org

<http://www.okrowing.org>

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

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