



TEAM **K**EANE

JUNIOR ROWING
CAMPS
AGED 12-17YRS



All abilities welcome from
'Learn to Row' to
'Competitive racing'.





Ferry Wharf

Ferry Lane

Brentford

London. TW8 0AW

Contact: admin@teamkeane.com
www.teamkeane.com



Each day starts with registration & a Safety Briefing.

On the first day there you will be assigned a Coach along with other rowers of similar ability and experience.

Your assigned coach will develop a specific program for your group for the week ahead.

You will have 2 sessions each day. The 1st one before lunch and the 2nd after . You will need to provide your own packed lunch.

These sessions will be taught both on land & water, covering all aspects of boatmanship, Sculling technique and exercises to help aid your development towards competitive rowing!

But most importantly, the aim is to safely enjoy the sport & have fun!



For further information and to
book please visit our website
www.teamkeane.com



KIT

You will need to bring enough training kit with you for 2 sessions each day and spare kit to change into in case you get wet.

Please check the weather for each day & ensure you are prepared with suitable kit & equipment for the various weather conditions.

Please avoid bringing any unnecessary valuables to the boat house as we cannot guarantee security and cannot be held responsible for any thefts onsite.

This includes:

- Training kit for hot and cold conditions. Please choose close fitted clothing like ski skins and avoid clothing with front pockets.
- Waterproofs & warm dry clothes to wear between sessions as well as a couple of sets of socks!
- Labelled Water bottle .
- Sun hat or cap & sun glasses.
- Blister kit, plasters, tape & antiseptic cream.
- Sun cream.
- Wellies or crocks>> & trainers. Please DO NOT wear flip-flops or sliders.
- If rain is forecast please bring a lightweight Mac.....like a pack-a-mac.>>
- If you want to wear gloves we recommend Crew Stop sculling gloves>>

CONTACTS



Safety Officer



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Welfare Officer



Alan Kunna
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Club Secretary



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Location

