



SOUTHAMPTON COALPORTERS ARC  
NORTHAM BRIDGE  
SOUTHAMPTON  
SO140QE

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Established 1875

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### SOUTHAMPTON COALPORTERS AMATEUR ROWING CLUB

I have been asked to send this email to local schools in the Southampton and local areas by GB Rowing.

Last year we ran a successful testing day for the START programme at Southampton Coalporters Rowing Club hosting the GB Junior coach Ben Reed who is the Performance Satellite Coach (London/Thames Valley) | area. We now have 3 Juniors on the START scheme.

These events will be free of charge, last around an hour, and allow your students to come to Southampton Coalporters and experience the sport first hand. This will involve assessments to measure their physical attributes and strength, as well as a short taster session on the water or on the rowing machine.

Southampton Coalporters are now offering opportunities to everyone who attends testing a chance to join our Development Squad whether they are successful getting into the START scheme or not.

The Development Squad are made up of juniors from 14 – 18 years of age. We will offer free of charge coaching in Sculling and Rowing for four weeks.

We have six dedicated and qualified coaches with years of experience coaching up to GB standard. We coach juniors from club level all the way to high performance while making sure they enjoy the sessions and have fun at the same time.

The GB testing will take place at Southampton Coalporters on **Tuesday 2<sup>nd</sup> of April** from 10am. The club address is Northam Road, Southampton, SO140QE (Next to Northam Bridge)

Although the START team are ideally looking for girls to be at least 176cm (5'9") and boys at least 188cm (6'2") tall we will also have taster days on Wednesday 3<sup>rd</sup> and Thursday 4<sup>th</sup> of April for juniors who would like to try out for sculling and Rowing but not want to do the GB testing, these sessions will take place from 10am.

Please email me if you wish to take part and what day you want to attend.

Tuesday 2<sup>nd</sup> April      GB Testing

Wednesday 3<sup>rd</sup> April      Sculling and Rowing Taster Sessions

Thursday 4<sup>th</sup> April      Sculling and Rowing Taster Sessions

Please could you pass this message on to Parents and Students, they can contact me by email [chmarny.nick@gmail.com](mailto:chmarny.nick@gmail.com) copying in a parent or guardian.

Regards,

Nick Chmarny, Junior Lead Coach, Southampton Coalporters ARC