

FALCON JUNIORS SUMMER COURSES 2017

Thank you for signing up for our summer courses. You will find all the details that you need for the course here.

1. **Payment:** the course costs £100 to Falcon members and £120 to non-Falcon members (Cheney Falcon is not included as Falcon). This is payable by BACS to the Falcon Juniors account (sort code 30-95-37, account number 21072668). Please clearly state the name of the junior and it must reach the account by the Sunday before the course. Alternatively, you can provide a cheque, made payable to Lorna Hermes (not Falcon Rowing Club or Falcon Juniors). This is done because the Falcon end of year accounts are completed during the summer courses and the bank accounts are temporarily closed. Full accounts will be available on request. Cheques are due on the first day of the course. Please do NOT bring cash.
2. **What to bring:** normal sports kit (including trainers). A FULL change of clothes is absolutely essential, and without this juniors may not be allowed on the water. This means underwear, socks, and a towel etc. Juniors should also bring a water bottle, and sun cream/a sun hat.
3. **Consent forms:** you will find the consent form on the Summer Course page of the website. If you are not a Falcon member and have not returned a form in the last few months, you will need to bring this along with you on the day.
4. **Capsizing:** your attention is brought to the fact that all juniors will be expected to capsize during the course. All juniors must be able to swim 50m in light clothing as an absolute minimum. Anyone who cannot do this will not be able to complete the course.
5. **Location and timings:** please be at Falcon 10 mins before your course is due to start on the first day. You can find directions to the club on the main club website.
6. **Fridays:** the Friday session is slightly different to the normal session as it runs from 11-4pm. The intention is for all of the groups from the week to come together to take part in competition and events. You will need to bring a contribution for a picnic lunch (sausage rolls/fruit/flapjacks etc)
7. **Coaches:** the first and last weeks are being run by our coaches Matt and Aengus. The second and third weeks are being run by Holly. All are extremely experienced. We are oversubscribed in a number of our sessions this year- where we have 6 or more juniors registered for any session, there will be an additional assistant coach rostered in to ensure the coach/junior ratio remains low.

Our Head Coach, Lorna, will pop in from time to time to ensure that everything is running smoothly. If anyone has any concerns or requires any further information, please contact Lorna at falconjuniorrowing@gmail.com. She will be out of the country from Friday 28th July- Wednesday 2nd August, so during these times there may be a delay in responding.