



ACTIVE SCHOOL

MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

ROWING IRELAND



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PRIMARY Schools - Programmes and Resources

POST PRIMARY Schools – Programmes and Resources

Get Going...Get Rowing – A specifically designed programme that brings rowing machines to schools in the Leinster, Galway, Limerick and Skibbereen area to give girls the opportunity to try rowing during a 4-6 week period with a link to a water taster session. For full programme details: www.getgoinggetrowing.com

TrY Rowing Programme - TrY Rowing is one day (3-4 hours) officially certified Rowing Ireland course given to TY students by an official Rowing Ireland tutor. The course focuses on the basic principles of coaching & planning sessions, together with leadership and technical points needed to coach indoor rowing. Students are then encouraged to coach first or second year students in their schools for a period of 4-6 weeks (either by setting up an indoor rowing club or by liaising with the PE teacher to be facilitated to give the course as part of a 4-6 week

PE block). At the end of this period the TY students then organise an indoor rowing blitz where the first year students which they have coached take part in an indoor rowing event. See <https://vimeo.com/116023181> for a clip of the first rowing blitz in Carlow.

Get Going...Get Rowing with Dyspraxia Ireland - These summer camps focus on giving children/young adults with Dyspraxia the opportunity to try a sport they may enjoy. This involves two days on rowing machines (two hours) and two days on the water at Dublin Municipal Boat Club (Islandbridge).

Training Courses - Rowing Ireland also run level one coaching courses certified by Coaching Ireland. For more information and a schedule of upcoming courses check out www.rowingireland.ie