

# WORLD ROWING COASTAL CLASS TASTER DAY

## APRIL 7<sup>th</sup> NORTHNEY MARINA HAYLING ISLAND



### Taster Day for FISA Coastal Class & British Rowing Offshore Boats;

Taking place from 10.00 -16.00 on 7<sup>th</sup> April 2019 at Northney Marina, Hayling Island

Supported by Dolphin Rowing Club, The Coastal Rowing Centre (Dorset), The Coastal Rowing Academy

FISA World Rowing (<http://www.worldrowing.com/coastal>) defines Coastal Rowing as the 'adventure' side of sliding seat rowing. It involves rowing on the open sea and is one of the fastest growing communities of world rowers today. FISA are targeting the 2024 Olympics for a Pilot of this Class of Rowing.

In the UK, British Rowing define this class as Offshore Rowing, and it is quite different from the flat-water Olympic style on Lakes and Rivers. In Offshore Rowing there are no lanes: you start in a line, often on a beach and race around a buoyed 4k course with 'contact' at the buoy turns a regular occurrence. Crews must have the ability to manage the waves, wind, tidal flows and the competition. It calls for a mental, technical and physical skill-set that is unique in rowing and the added risk of rough water bringing a whole new dimension. Yet, Offshore Rowing is easier to learn than flat-water rowing, due to the stability and robustness of the class rowing boats; these standard boats are singles, doubles and coxed quadruple sculls; classes include Men, Women, Mixed, Juniors and Veterans.

Now is the opportunity to find out if you have what it takes to be an Offshore Rower; whether you come from a fixed seat or 'fine' boat background; or just want to try Coastal Rowing for the first time, come to Northney on the 7<sup>th</sup> April between 10.00 and 16.00 to meet the boats, rowers and coaches to have a go. A perfect introduction to all to learn how to scull on the sea!

To take part please book on the Forum at [www.dolphin-rowing-club.2350781.n4.nabble.com](http://www.dolphin-rowing-club.2350781.n4.nabble.com)

Offshore Rowing is just beginning to take off in the UK, with a further beach course trial on May 11<sup>th</sup> at Hayling Bay; BR National Offshore Championships being held in Poole in August and a FISA World Rowing Coastal Championships in 2019 in Hong Kong in November. Just try it!!

Any questions? Email: [captain@dolphinrowingclub.co.uk](mailto:captain@dolphinrowingclub.co.uk); [jennyglassaca@gmail.com](mailto:jennyglassaca@gmail.com) or

[mike@langstonerowing.co.uk](mailto:mike@langstonerowing.co.uk) re FISA boats



The Offshore Rowing Academy

