

THE SCOTTISH AMATEUR ROWING ASSOCIATION

COACHING WEEKEND AT LOCH FASKALLY PITLOCHRY FROM 9pm FRIDAY 15th to 5pm SUNDAY 17th OCTOBER FOR CLUB OARSMEN AND OARSWOMEN OVER 18 YEARS OLD WHO HAVE HAD AT LEAST ONE YEAR'S ROWING EXPERIENCE AND/OR R2 LEVEL

We are pleased to notify you of the fourteenth annual SARA Coaching Weekend for the above categories of Club members. A full programme of coaching by qualified SARA coaches is offered both on and off the water. Loch Faskally is an ideal location as it provides sheltered water whatever the weather. Past participants have enjoyed similar weekends dedicated to improving their rowing skills, boatmanship and had great fun too!

Accommodation will be at the Faskally Home Farm Caravan Park in residential caravans which are of a high standard with hot and cold water, toilet and shower, colour TV and refrigerator. The basic milk, margarine, bread will be provided in each caravan. The site has a leisure complex with heated pool, spa, sauna and steam room, restaurant, bar and well stocked shop.

The cost of the weekend will be **£70**, which covers two nights accommodation, light lunches Saturday and Sunday, coffee/tea throughout both days, Saturday evening meal and entertainment, cost of hire of launches and coaching material. Linen is **not** provided and you are advised to bring a warm sleeping bag as it can be cold at night, a pillowcase, matches for gas cooker, towel, tea towel and welly boots.

Crews must come equipped with suitable boats, blades and a cox (there is ample space for trailers). Large boats (eights and fours) are encouraged in order to maximise available coaching time.

Please complete the attached Application Form and return to me by **MONDAY 4th OCTOBER** so that I can organise the required number of coaches, launches, etc. and provide further information. Please supply one contact name, telephone number and e-mail address (if appropriate), for your Club on the form.

For further information, please contact myself, Liz Dawson, telephone number 01224 641518 or 07793 554 894. The address for the completed form is: **Liz Dawson, 57 Beechgrove Terrace, Aberdeen AB15 5DS.**

ALL FEES FOR THE WEEKEND MUST BE PAID IN FULL BY MONDAY 11th OCTOBER UNLESS ENCLOSED WITH THE APPLICATION FORM (which is preferable).

22 August 2004