



COLAISTE IOGNÁID

AN CLUB RÁMHAÍOCHTA

Rowing Camp for First Years 2019

There will be a Rowing Camp for First Years starting at 2.00pm Thursday 22nd August. All first year students are welcome subject to conditions listed below.

All should wear training gear and bring a change of clothes. The camp will be held at the Colaiste Iognaid Rowing Club which is accessed via the NUIG Campus at Distillery Road Newcastle. The camp will commence on Thursday 22nd August. There is no requirement for any specific fitness level and the level of exercise will be quite moderate throughout the camp activities.

The camp sessions are listed in the table below

| Day/Date | Boys | Finish | Girls | Finish |
|--------------------|--------|--------|--------|--------|
| Thursday 22/8/2019 | 2.00pm | 5.00pm | 2.00pm | 5.00pm |
| Friday 23/8/2019 | 4.00pm | 6.00pm | 2.00pm | 4.00pm |
| Saturday 24/8/2019 | 2.00pm | 4.00pm | 4.00pm | 6.00pm |
| Monday 26/8/2019 | 4.00pm | 6.00pm | 2.00pm | 4.00pm |
| Friday 29/8/2019 | 3.00pm | 5.30pm | 3.00pm | 5.30pm |

Parents/Guardians of all who wish to attend must complete and sign the following on behalf of their children and present it to the organisers on the first day.

Please ensure that contact details and email address are clearly written.

I confirm that my child..... is capable of swimming unaided at least 25metres and does not have any health condition, that I am aware of, which would be compromised by taking part in this rowing camp.

Signed.....

Contact Number.....

Address.....

Email.....

There will be a **fee of €20 per child** for attendance to cover the cost of fuel etc to be paid on the first day.

There will be a BBQ for participants and their families at 5.30pm on Friday 29/8/2019 at the club and the camp fee includes the entry fee for camp participants. For all others the entry fee will be €5 per person . Current rowers and families will attend the BBQ and it is an opportunity for “new” rowers and families to meet same.

