



*Junior Men's Single Scull*



*Women's Masters Eight (with Coxswain)*



*NSW State Masters 2013*

## Who can join the club?

Lake Macquarie Rowing Club (LMRC) caters for anyone preferably above the age of 14 - girls, boys, women and men of all levels of experience.

We encourage not only competition (School / Age, Grade, and Masters), but also rowing for general fitness - to be enjoyed by all those involved.

## What if I've never rowed before?

LMRC conducts beginner's 'Learn to Row' lessons on most Sundays, commencing at 8:00am.

Beginner lessons last around one hour, and costs \$40 for three introductory lessons.

This fee would be deducted from your membership fee upon joining the club.

## What should I wear for rowing?

Non-baggy shorts (e.g. tights, cycling type pants) and fitted shirts / singlet's are best to prevent your clothes from catching in the seat and rigging.

You will also need water boots or similar when entering the water, and long socks for rowing.

On colder days, warm close-fitting tracksuit style clothing may be preferred.

On warmer days, a water bottle carried in the boat, sunscreen and cap / hat are essential.

## What does it cost to become a member for season 2013-14?

***Currently the fees to join are:***

***Senior / Masters Rower (18 and over) - \$230 per year, plus \$70 RNSW registration if competing.***

***Junior Rower (U18) - \$150 per year, plus \$45 RNSW registration if competing.***

***Full-time Student Rower (U25) - \$150 per year, plus \$70 RNSW registration if competing.***

Social membership of LMRC is open to those who do not wish to row but want to support the club in a voluntary capacity. The fee to join as a social member is \$30 per year.

As with any club, there are a number of areas where members are expected to assist us with their time (around the club or at regattas), we will explain these when you are ready to join us.

## Ready to try rowing on Lake Macquarie with Lake Macquarie Rowing Club?

So we may best ensure your introduction to rowing is successful and enjoyable, we ask that you contact Anita so we can schedule the 'Learn to Row' sessions with you.

Anita Bickle

Mobile: 0434 369 493

Assistant Secretary, Lake Macquarie Rowing Club

Email: [anitabickle@gmail.com](mailto:anitabickle@gmail.com)

If you're still a little uncertain, you are most welcome to come down on a Sunday morning by 7.45 AM (for an 8.00AM start) to see what's involved and to talk to our people before booking a session!

We look forward to seeing you.

Ian Krix, President,

**Lake Macquarie Rowing Club** Edwards Park, First St. Booragul. PO Box: 382, Warner's Bay, 2282

Web: <http://sites.google.com/site/lakemacquarierowingclub/home>