

## How do I get started?

### *Training (senior and master rowers from 19-64)*

If you are in this age category, you can start in Odense Rowing Club either as a winter beginner (on the rowing machines) or by taking part in one of two annual introductory weekends. You can find further information on our website at [www.odense-roklub.dk](http://www.odense-roklub.dk) under "New rowers" ("Nye roer").

Before you can start at the club, you need to have passed a swimming test over 300 m. During the introductory weekend and over the following 3–4 weeks you will practise rowing in various types of boats with a trainer, 6–8 times in all.

The introductory course costs 510 kr. inclusive of membership for the first three months.

### *"Release"*

At the end of the introductory course, you will receive permission to row unsupervised, i.e. you will be permitted to row without a trainer in accordance with club rules.

## Junior rowers (age 11-18)

You can start any time – contact our junior trainer and find out how you can start rowing.

**Mikkel Skou Pedersen, tel. 61 78 15 29, [ungdom@odense-roklub.dk](mailto:ungdom@odense-roklub.dk)**

Junior rowers train weekday afternoons from 15-18.

## Older rowers (age 65+)

You can start any time – contact our older rowers and find out how you can start.

**Tel. 66 12 28 01 tirsdag between 9 and 11 a.m. or [sensenior@odense-roklub.dk](mailto:sensenior@odense-roklub.dk)**

Older rowers normally train Monday, (Tuesday) and Thursday afternoons.

## Interested?

Contact  
[instruktion@odense-roklub.dk](mailto:instruktion@odense-roklub.dk)

[www.odense-roklub.dk](http://www.odense-roklub.dk)

Odense Roklub, Kanalvej 160, 5000 Odense C, Tlf. 66 12 28 01

# Do you want to row?

### *Are you looking for*

- an outdoors sport where you use and exercise your whole body
- a sport you can do at all levels
- a free time activity which you can do whenever it suits you
- an active sports club with social activities, voluntary work and a place to make friends?



## ODENSE ROWING CLUB



[WWW.ODENSE-ROKLUB.DK](http://WWW.ODENSE-ROKLUB.DK)

# What is rowing?

Rowing is a sport for everyone – whether you are looking for healthy exercise in natural surroundings or want to take part in competitions.

## **Recreational rowing**

Rowing for all those who want to keep in form and improve their technique.

You decide how often you want to train but if you want to make progress, you should row once or twice a week.

In Odense Rowing Club, we have two group training evenings a week. A trainer assigns all participants to a boat, so that everyone has a chance to row. Some evenings there are extra trainers who can help you with your technique and give you advice about your training.

You can also arrange to train at any other time that suits you with other rowers who want to train in a certain type of boat. In a single scull (for one person), you can train independently to suit your own schedule.

## **Competitive rowing**

Competitive rowing at amateur level for all those who enjoy competition. You can row in different leagues against teams at the same level. Competitive rowers typically train at least once or twice a week and take part in various regattas throughout the summer season, and in indoor competitions throughout the winter.

## **Top level competitive rowing**

You have probably seen this on TV: 1–8 people in different types of boat, competing in lanes. Top level competitive rowers train rowing techniques, strength and stamina several times a day.

Odense Rowing Club is home to Team Denmark's Strength and Talent Development Centre and provides some of the best rowing facilities in the country.

At national level, we take part in the Danish Championships, Nordic Championships and regattas at a similarly high level.

Training is required at least 3–4 times a week.

In order to compete at international level, you need to be willing to make training your top priority and be prepared to train several times a day in certain periods.



## **Rowing trips and holidays– long distance rowing**

Long distance rowing combines lots of healthy exercise in great surroundings with having a good time with fellow rowers.

- Extended evening trips with a picnic and cake.
- Day trips, for example a swimming trip to Enebær Odde in the north of Fyn.
- Longer trips in Denmark and abroad, either by car and boat trailer or by boat with luggage on board.
- Long distance competitive rowing over a distance of 10–80 km.

We often go on group trips together in several boats.

For example on the club's annual end-of-season trip which can include up to 50 people in 12–15 boats. Odense Rowing Club has a beach chalet right on the beach at Jørgensø (Hasmark Beach) in the north of Fyn, 4-6 hours rowing from the club in Odense.



## **Other activities**

In addition to rowing, you can take part in other sporting activities. In winter, we also offer, for example

- indoors training on rowing ergometers
- gymnastics
- running
- swimming
- weight training



We also set great store by social activities. Club members arrange parties, film evenings, talks, barbecues, wine tastings, hikes and group meals to name but a few. In addition, volunteers are always needed to help maintain and repair the boats and the clubhouse.

## **Facts about Odense Rowing Club**

Odense Rowing Club was founded on 29 March 1904. Today the club has over 300 members. Our goal is to be the leading rowing centre outside the capital in all areas of rowing.

## **What do I need and how much does it cost?**

For recreational rowing, you need clothes that are suitable for the weather, are not too baggy and can get dirty. Shoes should have a narrow, round heel – for example badminton shoes or similar. Running shoes are not suitable because of their wide heel. A rowing session can easily take 2-3 hours so you should be able to devote time to it. You will be expected to take part in a certain amount of voluntary work at the club, at least a couple of days a year.

Membership costs 525 kr. for three months (senior rowers in 2011). You pay half price if you are under 19 and get 25% discount if you are over 65.