

# SCOTTISH ROWING are pleased to announce...

The 19th annual coaching weekend at Loch Faskally, Pitlochry  
From 9pm friday 23rd to 5pm sunday 25th october, 2009

For club oarsmen and oarswomen over 18 years old who  
have had at least one year's rowing experience and/or R2 level



**Faskally**  
Caravan Park



I am pleased to notify you of the nineteenth annual Coaching Weekend for the above categories of Club members. A full programme of coaching by qualified Scottish Rowing 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 an excellent standard with hot and cold water, toilet and shower, colour TV and refrigerator. The basic milk, margarine, bread will be provided in each caravan for breakfast on Saturday and Sunday. Lunch and dinner is provided on Saturday and lunch on Sunday. The site has a leisure complex with heated pool (you may wish to bring swim wear with you), spa, sauna and steam room, restaurant and bar and well-stocked shop.

The cost of the weekend will be £95, 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 etc. Linen is not provided and you are advised to bring a warm sleeping bag, as it can be cold at night, a pillowcase, towel, tea towel and wellington boots. Coxes must bring their own life jacket.

Crews must come equipped with suitable boats, blades and a cox (there is ample space for trailers). Please make sure your boat is in good order and fit for use for the duration of the weekend. Large boats (eights and fours) are encouraged in order to maximise available coaching time.

Please complete the attached Application Form and return to me, along with the appropriate payment (cheques should be made payable to 'E Dawson Faskally Rowing'), by FRIDAY 25th SEPTEMBER 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 possible), for your Club on the form. It would be advisable to send in your Application Form and payment as soon as possible. If, after submitting your form, you find it necessary to cancel your application, please advise me before Friday 9th October otherwise we can not guarantee that your money will be refunded, depending on whether the caravan park will accept the cancellation of the accommodation allocated to you.

For further information, please contact myself, Liz Dawson

Mobile number: 07793 554 894. The address for the completed form is:

Liz Dawson, 57 Beechgrove Terrace, Aberdeen AB15 5DS