

ROWING COURSES

S1 Sculling: rowing with 2 oars

The necessary basic skills are being taught in this course. The objectives are to master the basic rowing techniques and to be able to handle/cox the boat safely and with confidence in a relatively short time.

- 16 Lessons of 1½ hours each – 2 lessons per week (exam after approx. 8 weeks). Max. of 2 absences.
- Course costs: €100 (goes to the club, not to the instructors who are volunteers. Direct debit payment). Your De Hoop membership is valid on the day of your 1st lesson.
- The course is being taught in C-boats: C4x+ (C = type of boat; 4 = number of rowers; x = sculling; + = with cox).
- Typically, the S1 course consists of 4 pupils.
- Download the **Rowing Instruction Guide**.
- in English. Dutch pupils will be handed a hard copy in Dutch.
- During the final lesson of this course, you will try-out in a wide stable solo C1x boat.
- When the instructor considers the group ready, he / she registers the group with the examination committee. You row with your group during the last lesson (coxing is an important part of the exam).

After the successful completion of this course, you are allowed to reserve boats at S1 level by using the reservation system on the website. (Afschrijven: left upper hand side: « Type. ». Choose S1).

- You are now qualified to participate in the <https://www.karzvdehoop.nl/equipe> rowing activity.
- You are also qualified to participate in the **Regional rowing** competition (for beginners) « Regioroeien on Saturday afternoons (5x per year).

S2

Once you hold the S1 qualification, you might like to continue with the S2 course. To be eligible to enter the S2 course, you first need to have rowed at least 4 months or 180 kilometres on your own and/or with a group in C4x+ and/or C1x boats in order to gain more experience. (return trip to restaurant 't Kalfje - first windmill - is approx. 8 km).

When applying for the S2 course you will be asked for an indication of your rowing level in a solo C1x boat. On occasion it might happen that Michel Siebeling (Head of Instruction Adults) will need to look at your rowing skills first. Please also indicate your availability and possible holiday dates.

- 8 lessons of 1½ hours (1 lesson per week). Attention: max. 1 absence.
- Course costs: €50 (goes to the club, not the instructors who are volunteers. Direct debit payment).
- It is expected that you practice in a C1x at least once a week (in addition to the lesson).
- Lessons are being taught in C1x and C2x- boats. The S2 course consists of max. 3 pupils.
- With a positive assessment from your instructor, you will be allowed to take the S2 exam. The exam is taken in a C1x boat on the first Sunday of the month. See below.

- From November– April there are no S2 courses in the evenings.

After the successful completion of the S2 course, you are allowed to reserve boats at S2 level (C1x and practice skiffs 1x) by using the reservation system on the website. (*Boot afschrijven*: left upper hand corner: « *Type* ». Choose S2)

S3

You learn how to row in a skiff. This requires time, dedication, focus and discipline. To be admitted to this course, you have to demonstrate your rowing skills in a C1x boat or practice skiff to Michel Siebeling (Head Instruction Adults). Please schedule an appointment via hoofdinstructie@karzvdehoop.nl. You also have to meet the following requirements. :

- You hold the S2 qualification (C1x boat)
- You have a minimum of 6 months rowing experience in a C1x boat and / or practice skiff (Beerebijt, Hansen, Boelen, Riekus). Two months prior to the instruction you have rowed regularly in a C1x and / or practice skiff.

After approval, you can sign up for the S3 instruction via instruction@karzvdehoop.nl. Please also indicate your availability and possible holiday dates.

- 8 lessons of 1½ hours in a skiff - 1 lesson per week. Note: max. 1 absence.
- It is expected that you practice in a skiff at least once a week (in addition to the lesson).
- 2 pupils per instructor.
- Course costs: €50 (goes to the club, not the instructors who are volunteers. Direct debit payment)
- With a positive assessment from your instructor, you will be allowed to take the S3 exam. See below.
- No skiff lessons between November and April because the water is too cold.

B1 Sweep rowing: rowing with 1 oar (B = “Boord”: sweep rowing in Dutch)

In order to enter the B1 course, you should hold at least the S1 qualification and have rowed at least 4 months or 180 kilometers in a C4x + and / or C1x / C2x-.

- 8 lessons of 1½ hours in a C4+ boat (1 lesson per week). Attention: max. 1 absence.
- The instruction group consists of 4 pupils.
- Course costs: €50 (goes to the club, not the instructors, who are volunteers. Direct debit payment).
- **Note:** With sweep rowing, it is impossible to row with an empty seat. Therefore, the attendance of the entire group is of the utmost importance.
- With a positive assessment from your instructor, you will be allowed to take the B1 exam together with your group on the first Sunday of the month. See below.
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After obtaining the B1 qualification, you could row independently in the C4+ Ondine which is also part of the weekly <https://www.karzvdehoop.nl/equipe> rowing activity.

B2

When you hold the B1 qualification, you are expected to row regularly during approx. 6 months in C4+ or C2+ boats (i.e. Ondine or Aan de Boorden) in order to enter the B2 course. The reason being that the difference between sweep rowing in C-boats and racing shell boats is quite big. Mastering the sweep rowing technique is therefore required.

- 8 lessons of 1½ hours in 4+ boats (1 lesson per week). Attention: max. 1 absence.
- The boats used are « racing shell » boats. (see definition at the end of this document).
- The instruction group consists of 4 pupils.
- Course costs: €50 (goes to the club, not the instructors who are volunteers. Direct debit payment).
- **Note:** With sweep rowing it is impossible to row with an empty seat. Therefore, the attendance of the entire group is of the utmost importance.
- With a positive assessment from your instructor, you will be allowed to take the B2 exam with your group on the first Sunday of the month. See below.
- From November – April there will be no B2 courses during evenings.

B3

De Hoop does not provide B3 courses. You need to practice in a 2- (pair or “twee zonder” in Dutch) with a partner on your own. However, you could always ask fellow De Hoop members with 2- experience for advice and coaching.

- Exam in a 2- (pair).
- A lot of rowing experience and a very good rowing technique is required.

Rowing exams

- Rowing exams are taken on every first Sunday of the month, between 12.30 and 15.00 hours. Occasionally, it might happen that this date is changed due to public holidays, races on the Amstel or unforeseen circumstances. This will be communicated in the ePunt and on the noticeboard in the corridor on the first floor.
- After the okay of your instructor, you have to register to take the exam during the 7 days prior to the exam date per e-mail to **Rob Tijssen**.
- Exception: S1 exams are not taken on the first Sunday of the month, but during the last lesson. The instructor will register the group.
- The result will be administrated in the membership list.
- Download the **exam requirements** for more information.

Boat types

- **C-boats:** for training and recreational rowing. These boats are wider and more stable than « racing shell » boats. C-boats are also recognisable by their keel and detachable rudder. C-boats come with lapstrake as well as smooth hull surfaces.
- **Boat codes C-boats:** example : C4x+ (C = type of boat; number = amount of rowers; x = sculling (2 oars); + = coxed); C1x or C2x- (C = type of boat; number = amount of rowers; x = sculling; - = no cox); C4+ (C = type of boat; 4 = number of rowers; no x = sweep rowing; + = coxed), etc.
- **Racing shell-boats** (in Dutch: “gladde boten”): Narrower, therefore more unstable boats, without a keel and with a permanent small rudder under the boat. These boats always have a smooth hull surface.
- **Boat codes racing shell-boats:** example: 4x+ (number = amount of rowers; x = sculling; + = coxed); 2x- (number = amount of rowers; x = sculling; - = no cox); 4- (number = amount of rowers; no x = sweep rowing; - = no cox); 4+ (number = amount of rowers; no x = sweep rowing; + = coxed), etc.