



Cork Secondary Schools TrY Rowing programme 2018

Rowing Ireland and Cork Sports Partnership have teamed up to roll out a Secondary School **Get Going...Get Rowing** TrY Programme in 2018. The programme will run across a limited number of Cork secondary schools between October 2018 and May 2019.

The aim of the programme is to introduce secondary school children (TY's, first and second years) to the Sport of Rowing in a supportive environment through a peer led programme. For full information on the programme please visit www.getgoinggetrowing.com/try-programme.

Following a TY training day (10:00 - 14:30) the TY students will lead Rowing sessions for 1st and 2nd year students over a 6 week period supervised by a Rowing Ireland certified Community Coach. At the end of the programme, Cork Schools will be invited to the **Get Going...Get Rowing** #BlitzIt event which will take place in Cork.

This programme will cost **€20 per participant**. This includes a Rowing Ireland coaching certificate in conjunction with Coaching Ireland. The programme is heavily subsidised by Rowing Ireland and Cork Sports Partnership.

Steps involved in the Application Process

Step 1: School registers TY students to participate in the Get Going...Get Rowing Programme by completing the programme registration form with Cork Sports Partnership (limit of 35 students per class).

Step 2: Registration will be acknowledged by Cork Sports Partnership.

Step 3: Successful schools will be contacted by Cork Sports Partnership to confirm acceptance on to the programme and invoiced €20 per participant to take part. Unsuccessful schools will be placed on a waiting list for future phases of the programme.

Step 4: Following receipt of payment, Rowing Ireland will contact all successful schools to arrange a suitable training day in the school.

Step 5: Each TY student will receive a full day coaching programme run by a qualified instructor. The community coach will facilitate the training sessions in the school. This programme will also incorporate the Olympic values training programme into the sessions (the first of its kind to be rolled out in Ireland).

Step 6: TY students will lead Rowing sessions for 1st and 2nd year students over a 6 week period

Step 7: #Blitzit Cork will take place in 2018 in a Cork City venue. In the event that a large number of schools are located in the same area of Cork, an alternative venue/blitz day may be arranged to minimise travel.

For further information, contact Lisa Hayes in the Cork Sports Partnership by emailing lhayes@corksports.ie or call 021-4347096.



Cork Secondary Schools TrY Rowing Programme 2018 - Application Form

School:			
School Address:			
School Contact Person:			
E-mail:		Mobile Phone:	

Number of TY Students to receive training		Number of students to take part in the school sessions	1st Years	2nd Years

Programme Commitment

Please confirm the school's commitment to each of the following items in the Programme (Please tick all programme criteria)

	Tick (x)
❖ Interested in getting involved in this new school programme	<input type="checkbox"/>
❖ Be prepared to house Rowing Ireland/Cork Sports partnership rowing machines	<input type="checkbox"/>
❖ Organise TY classes to participate in the training day session	<input type="checkbox"/>
❖ Commit to allowing our Community coach support TY students deliver the Get Going...Get Rowing sessions to 1 st & 2 nd year students as part of your P.E programme	<input type="checkbox"/>
❖ Commit to attending Get Going...Get Rowing #Blitzit Cork at the end of the programme.	<input type="checkbox"/>

Please Note: Places are limited for this phase of the programme and schools will be accepted on a first come, first served basis. Additional schools will be placed on a waiting list for a future phase of the programme.
 *Priority will be given to schools who engage high numbers of TY coach participants in the programme

I acknowledge & understand that full school commitment and attendance is required for acceptance on this programme.

Signed: _____ *Date* _____

_____ *Contact*

Please return completed application forms to:
 Maurice O'Sullivan, Cork Sports Partnership, c/o Motor Tax Office, Model Business Park, Model Farm Road,
 or email lhayes@corksports.ie
 Online version of the registration form available on the schools section of www.corksports.ie