**Surfboat Sweep Training Day**

Following the significant level of interest shown by river rowers at the UK Surfboat Championships, European Surfboats Ltd are pleased to announce their first UK sweep training event.

This will be a highly practical day with emphasis on acquiring sweeping skills.

- Boats and equipment will be made available.
- Trainers and coaches will be experienced Sweeps
- Suitable for any experienced river rower
- Training paced to individual ability

**Note:**
Due to the practical nature of the course places are limited. Therefore early application is recommended.

**Venue:**
Westover and Bournemouth Rowing Club
The Boathouse, Pier Approach, Bournemouth, Dorset. BH1 1AN

**When:**
Saturday October 13th, 10.00am to 4.00pm

**Cost**
£40 (incl light lunch, tea/coffee, equipment)

For further details contact
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Organisers

Endorsed by
United Kingdom Surf Rowers League

For more information visit
www.europeansurfboats.com