

Exciting New Sculling Courses for the 2015 season

The 'Go faster' course

You've logged the miles in winter training, now you just need to find maximum speed for this season. The course includes individualised training, racing & rigging advice, video analysis and 3 months of personalised distance follow up.

Adaptive athletes and other small boat types catered for.

The coaches have experience in Australia & US as well as the UK. Athletes have gone on to the Olympics, Junior Internationals & Home Countries, as well as winning at National Championships (UK, US, Aus); National masters (US, UK, Aus), FISA Masters & the Head of the Charles.

'Beginners & improver's' course

This course is designed to support those new to sculling, as well as to enable the less experienced to gain more confidence and go to the next level.

Expert coaching will help you with all aspects of your sculling. The course includes video analysis, training, nutrition & rigging advice as well as distance follow up.

A limited number of Club boats are available. Please book in advance if needed.

Key Info

Go faster course available in 2 and 4 day format (or combination of the two) between 23rd-31st May - Cost £200 for 2 day course and £400 for 4 day course

Sculling improvers course available in 2 and 4 day format (or combination of the two) between 8th-15th August - Cost £200 for 2 day course and £400 for 4 day course

Camping free of charge, other accommodation by separate arrangement and cost

More info and booking www.broadlandboatclub.org

Open to groups or individuals; group discounts available

Hosted at



Located in Norwich - 35 miles of river with little river traffic

The Sculling School