



Aberdeen Boat Club Novice Nights 2011



DO YOU WANT TO CONTINUE, OR DO YOU HAVE FRIENDS AND COLLEAGUES WHO WANT TO TRY ROWING?

Come to Novice Nights, run by the volunteer coxes and coaches at Aberdeen Boat Club.

The aim is to race as men's, women's and mixed crews in the Aberdeen Sprint Regatta in coxed fours on 24th September.

Meet with us on 5th July to find out more.

Novice Nights Sessions 2011

Saturday 25th June Inter-Company Regatta

Tuesday 5th July 19.30 Novice Nights Sign Up Evening (Pizza & Wine Evening)

Training Sessions

1	Thursday	7 th	July	1800 - 1930	1930 - 2100
2	Tuesday	12 th	July	1800 - 1930	1930 - 2100
3	Thursday	14 th	July	1800 - 1930	1930 - 2100
4	Tuesday	19 th	July	1800 - 1930	1930 - 2100
5	Thursday	21 st	July	1800 - 1930	1930 - 2100
6	Tuesday	26 th	July	1800 - 1930	1930 - 2100
7	Thursday	28 th	July	1800 - 1930	1930 - 2100
8	Tuesday	2 nd	August	1800 - 1930	1930 - 2100
9	Thursday	4 th	August	1800 - 1930	1930 - 2100
10	Tuesday	9 th	August	1800 - 1930	1930 - 2100
11	Thursday	11 th	August	1800 - 1930	1930 - 2100
12	Tuesday	16 th	August	1800 - 1930	
13	Thursday	18 th	August	1800 - 1930	
14	Tuesday	23 th	August	1800 - 1930	
15	Thursday	25 th	August	1800 - 1930	

Saturday 27th August Novice Nights Sprint Regatta – 12 noon start

Coxed 4+'s Male, Female, & Mixed Crew's

Tub Double Male, Female, & Mixed Crew's
(handicap system will apply for mixed crews)

Saturday 8th October Aberdeen Invitation Sprint Regatta

See www.cofd.co.uk for event information

For details contact: **Elspeth Archibald (Captain) - Aberdeen Boat Club**

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