

Staines Boat Club

Active Membership Enquiry Questionnaire



Name: _____ Email: _____
Occupation: _____ Mobile: _____
DOB: _____ Height (cm): _____
ARA Number: _____ Rowing Points: _____ Sculling Points: _____

Please answer the following questions, where applicable, as best you can:

1. List any sporting activities (non-rowing) that you currently participate in:

2. List any previous rowing club membership(s) and any coaching experience/qualifications:

3. If you have any previous rowing/sculling experience then list:
 - any major achievements to date
 - your main objectives for the current season
 - what you feel you need to improve in your training and technique
 - any medical conditions/injuries or any commitments that you feel we should be aware of

4. Give an indication of how much time and commitment you are prepared to put into training per week, i.e. how many sessions?
*For complete beginners who want to compete, a rough guide is 4 sessions -
On the Water (Sat & Sun AM), Circuits (Weekday PM) and Ergos (Weekday PM).
Expected commitment is obviously significantly greater for experienced competitors.*

5. Any other information or comments?

Thank you for completing this form. We will respond to your enquiry as soon as possible.