

SKIFF/SINGLE SCULL Technique Course

Ratzeburg - Germany - 2022

www.enjoyrowing.com



Sat. 30st of April- Wed. 04th of May 2022

Fri. 06th of May - Tue. 10th May 2022

Course

- Technique improvement in smallest detail dependent of level of participant
- Video recordings from motor boat (4x)
- Extensive analysis and theory
- Coaching at individual level
- Tailor-made exercises

General

- Ideal location in beautiful nature
- No motorized boats and yachts
- 8 sculling lessons of 1 to 1.30 hours
- 2 experienced and enthusiastic coaches
- Skiff/single scull and facilities rowing club
- Maximum 8 participants
- Stay based on 2 pers. bedroom shower/ toilet and en half-board in friendly hotel in the centre of Ratzeburg
- Starts 1st day 15.30 - ends 5th day 12.00
- Languages: English German, Dutch, French

Skiff/Single Scull Technique course Ratzeburg

5 days including
8 sculling sessions
video-recordings+analysis
skiff/single scull+ facilities rowing club
coaching at individual level
4 overnights half-board
(based on 2 pers. bedroom)

845,- Euro

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(subject to possible changes)