

# 2023-2024 Siggiewi Rowing Club Memberships / Coaching / Training Contributions

(In Euros. Applicable from 15-September-2023 to SRC registered rowers or rowers on loan to SRC from other Clubs)

	Indoor / Gym Only		On Water only	Gym + On-water		Para Rowing
	Basic	Full	Level 2 *	Comprehensive L2 *	Comprehensive L1	
1 day	5	5	5		10	5
1 week	10	15	15	20	30	10
1 month	30	45	45	60	90	30
3 months	60	90	90	100	180	80
6 months	110	165	165	180	330	150
12 months	200	300	300	350	600	250

## Indoor Basic

Up to two sessions per week of coached Indoor Rowing and/or Strength and Conditioning (S+C) classes, plus use of indoor facilities

## Indoor Full

Can attend ALL the coached Indoor Rowing and/or S+C classes plus use of indoor facilities

## On-water L2 \*

UNCOACHED rowing on Club boats on water

## Comprehensive L2 \*

UNCOACHED on-water rowing; coached Indoor Rowing and/or S+C; use of indoor facilities

## Comprehensive L1

COACHED on-water rowing (3 sessions per week); coached Indoor Rowing and/or S+C; use of indoor facilities

## Para Rowing

COACHED on-water rowing (3 sessions per week) + one session per week appropriate Indoor Rowing and/or S+C training

\*For Olympic / Paralympic / Coastal rowing, L2 applies ONLY to rowers who are certified by Club to be able to row safely and independently. For Traditional fixed-seat rowing, L2 applies to rowers who have rowed in the September 2023 regatta or earlier regattas with Siggiewi Rowing Club. Also applicable to competent rowers from other Clubs who satisfy the same conditions.

## Discounts\*\*:

- (a) 2+ members from the same family / household, first member pays in full, additional members 25% discount.
- (b) Para rowers can be accompanied by a rower of their choice who gets a 25% discount on coaching / training contributions.
- (c) 25%; 50% 100% refund of contributions paid for athletes to place 3rd; 2nd or 1st respectively in March / September National Regatta or Barklor race.
- (d) Crew who row on the Traditional Regatta "SRC Inclusivity Boat" in an inclusive crew will be 100% exempt of applicable on-water training contributions.
- (e) Members who make donations to the Club which exceed the aforementioned amounts may be granted an exemption.
- (f) No contributions are due from rowers who use their own boats / equipment, apart from basic membership fee.

\*\* (a) Further discounts may apply for eligible rowers and para rowers. The Committee reserves the right to apply additional discounts on a 1-1 basis to deserving individuals. (b) The Club is in the process of setting up a system where rowers have 1-1 or specialised coaching. Such 1-1 or specialised coaching is not included in the above. Coaches will need to be approved by the Club to make use of Club facilities or equipment.

**Payment methods:** The preferred methods of payment are by Bank Transfer to: **MT74 VALL 2201 3000 0000 5001 4748 256** (Account name: Siggiewi Rowing Club, Bank Name: Bank of Valletta, SWIFT: VALLMTMT); BoV Pay to telephone number **77555882** (directed to the Club account) or by cheque payable to Siggiewi Rowing Club. Please contact the President or Treasurer for further details.

Further information: Please visit [www.siggiewi-rowing.com](http://www.siggiewi-rowing.com) or email us on [siggiewi.rowing@gmail.com](mailto:siggiewi.rowing@gmail.com)