 **NSR- Routvalget** 

Information to parents of new rowers (and rowers)

Attached to this mail you will find the entries to Østlandsregattaen. This is an excel-sheet with several columns. The most important are those marked “lørdag “ and “søndag”. When opening those, you will find all the entries for all races respectively Saturday and Sunday. This makes it difficult to find the races where your son or daughter shall row. To make it easier go to the column named “roklubb”. When you tick the arrow at the top, a new dark window will appear. In this window “un-tick” “merk alt”, and then scroll down until you find “Norske studenters roklubb”. There is more than one line, which start with “Norske studenters roklub”, because when we enter rowers both from NSR and from other rowing clubs in the same boat, this is given a separate line. If you tick all lines with NSR, only the entries from NSR will show. Now it is fairly easy to find the races were your son or daughter shall row.

Your son or daughter must be at Årungen not later than **1 ½ hour before the first race**. This will give them time to change, make the boat ready, receive last information from the coach and row up to start, where they must be not later than five minutes before start (preferably earlier). If you have problems with transportation to Årungen, please notify Maarten or myself. NSR rowing suit is needed for the regatta (with a white long sleeved shirt under if weather demands). Contact “klubbsjef” Hilde Vagle (48263791) if rowing suit is needed. She will also be present at Årungen on Saturday.

NSR teamleders and coaches will be located in front of the boat hall at Årungen. Teamleders for the regatta are Erik Juel (48039369) and Stein Ove Solberg (98294589).

Looking forward to see you at Østlandsregattaen. Christianiaregattaen, also at Årungen, will take place in two weeks. And last, but not least, the last week in June, the traditional Junior training camp takes place at Solodden. A separate invitation will arrive soon.

Keep an eye on the club web site: roklubben.no

Tor-Geir Myhrer

Club captain NSR