

Participant Feedback **October / November 2006**

	1	2	3	4	5	Average
Overall Satisfaction	Poor	-	Average	-	Excellent	
				1	10	4.9
How did you hear about the course?	Website	Friend	Poster	Other		
	5	6	2			
Course Satisfaction	No	-	May be	-	Definitely	
Did the Course meet your expectations?					11	5.0
Did you enjoy the course?				3	8	4.7
Was it good value for money?				2	9	4.8
Would you recommend the course?					11	5.0
Teaching Methods	Poor	-	Average	-	Excellent	
L2R Handbook			1	4	6	4.5
Verbal Explanation				3	8	4.7
Video footage				3	8	4.7
Demonstration				1	10	4.9
Rowing Tank					10	5.0
Ergometer			1	2	7	4.6
Course Structure	Poor	-	Average	-	Excellent	
Coaching Quality				1	10	4.9
Course Pace				3	8	4.7
Course Structure				2	9	4.8
Equipment			1	2	8	4.6
Boathouse Facilities			3	3	5	4.2
Safety				1	10	4.9

What Next? – Rowing post L2R

Would you like to continue rowing?	Never again!	-	May be	-	Definitely	
			1	3	7	4.5
Level of rowing you'd like to be involved in -	club sessions	Fun Regattas	ARA Regattas & Heads	2012 Olympics		
	8	7	2			
Technique - Grade yourself	Poor	-	Average	-	Excellent	
Fitness		2	6	3		3.1
Flexibility	2		6	3		2.9
Confidence	1	1	2	6	1	3.2
Stroke side rowing		3	3	5		3.2
Bow side rowing		4	6	1		2.7
Co-ordination – Hands/body/slide		3	5	3		3.0
Rhythm and Ratio	1	2	6	2		2.8
Additional Rowing Skills	No	-	May be	-	Definitely	
Would you like to learn to Scull?	2	1	4	1	3	3.2
Would you like to learn to Cox?	5	3	3			1.8