

Participant Feedback May 2007

| | 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 | |
|---|---------|--------|--------|-------|-------------------|
| | 4 | 3 | 1 | 2* | *RedLion / Member |

| Course Satisfaction | No | - | May be | - | Definitely | |
|--|----|---|--------|---|------------|-----|
| Did the Course meet your expectations? | | | | | 11 | 5.0 |
| Did you enjoy the course? | | | | 1 | 10 | 4.9 |
| Was it good value for money? | | | | | 11 | 5.0 |
| Would you recommend the course? | | | | | 11 | 5.0 |

| Teaching Methods | Poor | - | Average | - | Excellent | |
|-------------------------|------|---|---------|---|-----------|-----|
| L2R Handbook | | | | 2 | 9 | 4.8 |
| Verbal Explanation | | | | 1 | 10 | 4.9 |
| Video footage | | | | 3 | 8 | 4.7 |
| Demonstration | | | | 3 | 8 | 4.7 |
| Rowing Tank | | | | | 10 | 5.0 |
| Ergometer | | | 1 | 3 | 7 | 4.5 |

| Course Structure | Poor | - | Average | - | Excellent | |
|-------------------------|------|---|---------|---|-----------|-----|
| Coaching Quality | | | | | 11 | 5.0 |
| Course Pace | | | | 4 | 7 | 4.6 |
| Course Structure | | | | 2 | 9 | 4.8 |
| Equipment | | | 1 | 2 | 7 | 4.6 |
| Boathouse Facilities | | 1 | 2 | 2 | 6 | 4.2 |
| Safety | | | | 1 | 10 | 4.9 |

What Next? – Rowing post L2R

| | Never again! | - | May be | - | Definitely | |
|------------------------------------|--------------|---|--------|---|------------|-----|
| Would you like to continue rowing? | | | 1 | 1 | 9 | 4.7 |

| Level of rowing you'd like to be involved in - | Recreational – club sessions | Fun Regattas- G&S Regatta | ARA Regattas & Heads | World Champs & 2012 Olympics |
|---|------------------------------|---------------------------|----------------------|------------------------------|
| | 10 | 9 | 5 | |

| Technique - Grade yourself | Poor | - | Average | - | Excellent | |
|-----------------------------------|------|---|---------|---|-----------|-----|
| Fitness | | 1 | 8 | 2 | | 3.1 |
| Flexibility | 1 | 3 | 4 | 2 | 1 | 2.9 |
| Confidence | | 2 | 5 | 4 | | 3.2 |
| Stroke side rowing | | 1 | 8 | 2 | | 3.1 |
| Bow side rowing | 1 | 3 | 6 | 1 | | 2.6 |
| Co-ordination – Hands/body/slide | | 1 | 7 | 3 | | 3.2 |
| Rhythm and Ratio | | 1 | 6 | 4 | | 3.3 |

| Additional Rowing Skills | No | - | May be | - | Definitely | |
|-----------------------------------|----|---|--------|---|------------|-----|
| Would you like to learn to Scull? | 2 | | 3 | 1 | 5 | 3.6 |
| Would you like to learn to Cox? | 4 | 1 | 3 | | 3 | 2.7 |