

Fall programming schedule

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5:30-7:30			Club Racing	Club Racing	Club Racing	Club Racing	
8:00-10:00	LDR						Trial/LDR
4:00-6:00	Masters						
4:20-6:20		Jrs		Jrs		Jrs	
6:00-8:00		Sr W	Masters	Sr.W	Masters	Sr.W	

As daylight times decrease, evening rows can start earlier to accommodate for getting off the water before 8pm. An email will notify everyone of the time change.

Open rows: Monday-Friday 6-8 pm

Program Fees: \$220. All programs

Sunday Long Distance Rows (LDRs) will be coached by various coaches (see schedule). Club time trails will be offered on some, but not all Saturdays.

Program Descriptions

Club Racing

Cost: \$220

Practices: Coached: Tuesday-Friday 5:30-7:30 am. Open row: Monday-Friday evening (6-8pm)

Coach: Jen Fitzpatrick

Dates: August 30th-October 22nd

The Club Racing Program offers coached practices (Tuesday-Friday AM) focusing on technical skills and physical development as well as an introduction to psychological and tactical skills for racing. Athletes in this group will be expected to attend evening open row sessions (Monday-Friday) according to training plan requirements. Morning sessions are required, while certain evening trainings are negotiable and will be determined by discussion with the coach and each individual crew.

The coaching focus will be on advanced physical, psychological, tactical and technical skill development.

Athletes must submit to performance testing protocols as required for crew selection, and have a fall regatta as a goal (to be discussed with the coach). This group is open to rowers of all ages, however entry into this group is at the coach's discretion as boat speed will be used to encourage competitiveness to all those in the group.

Masters/Adult development

Cost: \$220

Practices: Coached: Tuesday, Thursday: 6-8pm, Sunday 4-6 pm. Open row: Monday-Friday evening (6-8pm)

Coach: Laura Corscadden

Dates: September 7th- October 28th

Coached sessions are offered 3X/week and are targeted to those athletes wanting to participate in local and US fall regattas, as well as those athletes who have recently completed an adult Learn-to-Row course. The training plan will focus on endurance and technical skill development. Members of this group will be expected to participate in club time trials as well as guest coached sessions which will be offered on Sundays (TBD).

Junior Intermediate

Cost: \$220

Practices: Monday, Wednesday, Friday, 4:20-6:20 pm

Coach: Rob Alexander and Nathan Blais

Dates: September 6th-October 29th

Coached sessions are offered 3X/week and are targeted to those athletes wanting to participate in local and US fall regattas, as well as those athletes who have recently completed the Junior Learn-to-Row course. The training plan will focus on endurance and technical skill development. Members of this group will be expected to participate in club time trials as well as guest coached sessions which will be offered on Sundays (TBD).

Senior Women

Cost: \$220

No coach, Open row style.

Priority times: Monday, Wednesday, Friday 6-8pm.

Open rows: Monday-Friday.

Dates: August 30th-October 29th