

Sweep Programs 2009

Learn-to-Row

Jacque Kruger, Program Coordinator

Six (6) Learn-to-Row (LTR) weekends are offered this year. The object of these programs is to introduce individuals to the sport of sweep rowing. The weekend intensive will include introduction to the boat and other equipment, safety on the water, rowing body mechanics and fitness. For those interested in pursuing rowing further, novice programs are scheduled to follow LTR weekends.

SCHEDULE

Friday evening, 6:00 pm- 8:00 pm, Saturday and Sunday morning, 6:00 am- 10:00 am.

LTR I: May 1st-3rd

LTR II: May 8th- 10th

LTR III: June 12th-14th

LTR IV: June 26th- 28th

LTR V: August 14th- 16th

LTR VI: August 21st- 23rd

COST

\$150 per session. If you choose to join the club and continue rowing, your LTR fee will be credited towards the cost of club membership.

Novice Program

, Program Contact

The Novice Program is open to anyone with the desire and physical ability to experience sweep rowing beyond LTR. The primary focus of this program is to introduce individuals to the sport, to build fitness without injury and acquire a set of basic skills which will enable them to continue on to the Experienced Program.

SCHEDULE

Tuesday, Thursday, Friday, 5:30 am- 7:00 am

Novice I: May 11th - June 19th

Novice II: June 29th - August 7th

Novice III: August 24th - September 16th

Novice I and II are 6 weeks in length, Novice III is 4 weeks.

COST

\$150 for Novice I

\$150 for Novice II

\$100 for Novice III

CURRICULUM and PARTICIPATION REQUIREMENTS

-The primary focus of the Novice Program is skill development through drills. This will include rowing technique, etiquette and vocabulary, equipment handling including carrying the boat safely, boat parts/terminology and correct foot stretcher/oar height placements. As soon as reasonable, training will end with 10 to 20 minutes of continuous rowing each day.

-Embedded within each Novice session is coxswain training. Rowers will learn and practice skills essential to ensuring safety of the boat and crew during carrying, launching, steering and docking.

-At the conclusion of each Novice session participants have the opportunity to advance to the Experienced Program. The coach will determine who will move on based on criteria of skill mastery. With regular attendance and an average learning curve, most novice rowers are capable of graduating from Novice after a single session. Those not graduating may choose to sign on for another Novice session. Rowers who wish to race must first join the Experienced Program to continue building their skills to ensure greater success. We encourage novices to participate in local races with other novice rowers. To enter the Race Program Novice rowers need the race coach permission.

Experienced Program

Terri Brady, Program Contact

This group is open to anyone with at least novice sweep experience who wants workouts to improve their skills and conditioning in a friendly, social environment. Designed to be the largest group with the broadest range of abilities, the Experienced Program (EP) will be comprised of members with all levels of ability - those who cannot commit to the Racing Program, seasoned rowers who want a workout and technique training and members who have graduated from the novice level. There will be no race-specific coaching provided within the Experienced Program.

SCHEDULE

Monday, Wednesday, Friday, 5:30 am- 7:00 am, Saturday 6:00 am-7:30 am. Each session is 4 weeks in length with one exception- EP I will be only three days/week, Monday, Wednesday and Saturday. Also during EP I Monday will be a combined day with Race I, with technique as the focus.

EP I: May 4th – 30th

EP II: June 1st – 27th

EP III: June 29th - July 25th

EP IV: July 27th – August 22th

EP V: August 24th – September 19th

EP VI: September 21st-October 17th

COST

\$50 per 4 week session

\$120 per 8-pack. This is for rowers unable to commit to a full membership. Eight pack rowers are beholden to the same participation criteria as full members. Limit two 8-packs per person for the year.

CURRICULUM and PARTICIPATION REQUIREMENTS

-The Experienced Program combines fitness with technique for the development of more competent and fit rowers. Participants can expect their days to be a combination of rigorous workouts and technique building. Workout length and intensity will gradually increase over the sessions and the year, in response to both rowers input and to how well they are acquiring technique and building fitness.

-As much as possible, participants will be boated with others who share their goals for the row, as well as their level of fitness and skill.

- Each EP session must have 9 participants (8 rowers and 1 coxswain or 9 rowers). If there are less than 9, the Program Committee will evaluate and decide on the best course of action to address the need for coaching and the challenge of a small number of participants. This may entail truncating the program, combining with Race for some of the time and/or other solutions.

-There are no attendance requirements for EP other than rowers show up when they say they will. To enable the coach to plan, all EP rowers are required to indicate their availability for the next week to the coach on Friday by noon via email, phone or web, depending on coach's preference. If a rower is unable to row when they committed, that rower is responsible for finding a replacement.

-Coxswains in EP are considered an integral part of the team and will agree to the same standards for attendance as the rowers.

-In the event there is not a coxswain participating regularly in the EP, the Fair Coxswain system will be employed to spread the role of coxing around to all participants fairly.

-EP members who wish to race can hire a coach independently to prepare for a regatta but their efforts cannot interfere with the program or its coach.

-In order to meet the needs of a diverse group and many boats, coaches will supervise multiple boats at multiple locations on the water. This strategy will help maximize continuous rowing time, plus accommodate varying speeds of different types of boats (4+ and 8+) and rowers with various expectations.

Race Program

Patty Lang, Program Contact

The Race Program is open to rowers who want to compete. Participation necessitates a more rigorous commitment of time, training and money than other BCR programs. Each session culminates in a target regatta, all of which require air travel this year. The regattas chosen were singled out for their level of competition, variety of events and dates. All program participants are required to attend the target regatta.

Rowers may choose to self organize and participate in additional regattas

All BCR members are welcome to attend races throughout the year. Members rowing in EP or Novice who wish to race may arrange and pay for separate racing coaching outside of the scope of their programs. Any member can pull together a team to participate in any race with club equipment in accordance with equipment rules. However, Race members receive first priority of equipment for target races.

SCHEDULE

Monday, Tuesday & Thursday, 5:20 am - 7:00 am, Saturday, 6:00 am- 8:00 am.

Race I: May 4th – June 28th

The first four Mondays of Race I will be a combined practice day with the Experienced Program with a focus on technique.

Target regatta: Northwest Regional Masters Championship, Vancouver, WA June 26th - 28th.

Race II: July 6th – August 16th

Target regatta: Masters National Championship, Cooper River, NJ August 14th - 16th.

Race III: August 24th – November 8th

Target regatta: Head of the Hooch, Chattanooga, TN, November 7th - 8th.

Optional regatta: Head of the Charles, Boston, MA, October 17th - 18th.

No Race Program June 28th - July 4th & August 16th - August 22nd

Race I is 8 weeks in length, Race II, 6 weeks and Race III is 11 weeks. Because of its short length, Race II participants who did not row in Race I will be given a preparatory erg training program prior to the start of the session and asked to train on their own time in an effort to increase fitness and prepare them for what may be a rigorous 6 weeks. In addition, those rowers are encouraged to participate in the Experienced Program prior to Race II so they have had some time at the oar.

Race III: October mornings are very dark. Rowers who sign on for this session will have a schedule change for the last three weeks of the program. Beginning October 17th for the duration of the session, practice will be held T, TH, SA and SU. Saturday practice is 6:00 am to 8:00 am, Sunday is 7:00 am- 9:00 am. In addition, the first part of Tuesday and Thursday mornings may include dry land workouts

while waiting for the deep darkness to subside.

A dry week is scheduled between each race session for equipment maintenance, days off and opportunity for sleep.

COST

Race I: \$100

Race II: \$75

Race III: \$180

CURRICULUM and PARTICIPATION REQUIREMENTS

-Attendance is required for racing participants. Race I rowers can miss a maximum of 5 days in the session, Race II, 3 days and Race III, 7 days. No more than 1 day can be missed two weeks prior to the target regatta in all sessions. If rowers choose to attend a regatta in addition to the target race, those days away count against the maximum number of absences allowed.

-Because attendance is required for Race rowers, known absences must be communicated to the coach as early as possible. To enable the race coach to plan, all rowers are required to indicate their availability for the next week to the coach on Friday by noon via email, phone or web, depending on coach's preference. If a rower is unable to row when scheduled, that rower is responsible for finding a replacement.

-Each race session must have 9 participants. If there are less than 9 participants, the Program Committee will evaluate and decide on the best course of action to address the need for coaching and the challenge of a small number of participants. This may entail truncating the program, combining with Experienced for some of the time and/or other solutions.

-Coach will provide a schedule of workouts for the program to participants early in the session. Each week will be comprised of technique and fitness workouts to meet the goal of building more proficient rowers ready for the race.

-If racing members choose to have a coach present at a regatta and subsidize travel costs in full or part, the coach will be responsible for specific duties, as outlined in the coach's contract.

-Coxswains are an integral part of the race team and are expected to participate fully in the program, committing to the practices and races just like the rowers. Coxswains are not required to pay membership, coach or race fees. They do need to pay for their travel costs unless otherwise arranged with the session coach and racers.

-Race lineups will be determined by the session coach. This will translate into A, B, and C boats based on skill, speed, ability and age. Selection criteria for lineups will be established by the coach and made available in the first week of each session. Erg tests and seat racing may be used by the coach to evaluate rowers in determination of line ups. All rowers will be expected to participate. If rowers are interested in racing a specific lineup, they should communicate their idea to the coach as early in the session as possible but no less than two weeks before the regatta. The coach will determine its feasibility.

-It is the coach's job to train everyone to be ready to race. Each boat will receive equal time and attention in preparation for that session's race. Because the fall session may be training for two races, no one race will be given priority over the other. HOCR racers will be boated together no more than 50% of practice time in a week to enable sufficient time to focus on the HOOCH boats. Coach will

determine how and when the different race boats practice together.

-Members not in a coached program planning to participate in a target race need to notify the session Race Captain to reduce potential for conflict of resources including limited entries and equipment. In the case of limited entries, all members- coached or not- will race under the supervision of the session coach to determine which boat will receive the entry.

-The "no ringer" clause: Racers cannot be solicited from outside Race unless discussed and agreed upon by the coach and racing members due to unusual circumstances (i.e. illness, injury).

-Head of the Charles- Entry to this race requires winning an entry in the race lottery in late August. If individuals are interested in racing HOCR, they need to make that known to the coach at the beginning of the session. If an entry is won, rowers who race the HOCR are still required to attend the target race. Days of practice missed for the HOCR will not count against their session attendance. The session coach will determine which events to enter in the lottery and work with the session captain to place those entries.

Coxswain Training

Marc Durant, Coxswain Coordinator

New this year is a coordinated effort to have more rowers familiar with and skilled in coxing. Clinic dates will be announced.

SCULLING PROGRAM 2009

Mark Venezia, Program Coordinator

Learn-to-Scull

This program is designed to acquaint the interested with the sport of sculling. Different from sweep, in a scull the rower operates with two oars instead of one. Boats range in size from 1x, for one person, 2x, for two people and 4x, for four people. In this program participants will become familiar with the equipment used for sculling and begin to build a skill base which will allow them to operate a boat independently. Upon completion of the program, if any individual wishes to continue to use BCR equipment they must become a member of the club and pass the scull certification test which can be administered by the coach during the program. Session I is for current BCR members. Number of participants is limited to 6 per session.

SCHEDULE

LTS I: May 26th- June 5th

Tues May 26th & Wed May 27th, 6:00 am- 7:30 am, Sat May 30th, 6:15 am- 7:45 am.

Tues June 2nd, Wed June 3rd & Fri June 5th, 6:00 am- 7:30 am. 6 classes total.

COST

LTS I: \$

Coached Sculling

For the independent scull rower wanting to improve their on-water performance, these programs provide opportunity for periodic coaching. While the offerings are minimal, the content will be plentiful. Both programs will include a short introduction/review of safety on the reservoir.

NOVICE/INTERMEDIATE

Must have completed Learn to Scull or a similar introductory sculling program, have prior sculling experience and be checked off to use a club boat without coach supervision. The days may vary in theme but will primarily be focused on technique rather than fitness. The number of participants per day is limited to 8.

ADVANCED and RACING

Each participant must have coach permission to enroll. Days will be dominated by moving work to combine technique with fitness in accordance with the needs of the group. Number of participants per day is limited to 12.

Aside from the coached program, scull racers who are interested in a more rigorous and organized racing program can contact the sweep race coach to discuss the possibility of training with that program. The coach will determine if they are able to effectively work with a scull boat along with the fleet they are coaching.

SCHEDULE

Novice/Intermediate- Thursday, 6:00 am- 7:30 am. Advanced & Racing- Wednesday, 6:00 am- 7:30 am.

Scull I: 12 weeks, May 6th - July 23rd

Scull II: 12 weeks, July 29th - October 15th

COST

Four day punch card- \$120

Eight day punch card- \$200

Drop in rate - \$35

The punch card must be used for the session purchased. In order to allow the coach to properly prep, at the beginning of each session punch card holders are asked to indicate which days they intend to participate. For drop-in, contact the session coach to assess availability of seats.

Clinics

Scull with Renee Hykel. A five time national team member, Renee has successfully competed in national and international rowing competitions including Head of the Charles, FISA Worlds and the Olympic Games in Beijing. For the full list of Renee's rowing accomplishments, [HYPERLINK "http://www.usrowing.org/News_Media/AthleteBios/reneehykel.aspx" \t "_blank" http://www.usrowing.org/News_Media/AthleteBios/reneehykel.aspx](http://www.usrowing.org/News_Media/AthleteBios/reneehykel.aspx)

June 11th - 14th

6:30 am- 8:30 am Thursday and Friday

7:00 am- 9:00 am Saturday

Sunday's schedule TBD

Daily maximum capacity: 8 to 12 rowers, depending on the clinic focus.

Fee: \$35 per day for members, \$45 for non members

More information on the content of the clinics will be added as the program develops.

Private lessons with Renee are available Thursday, Friday, Saturday and Sunday. Cost is \$85/boat. Session length 1.5 hours

Private Lessons

Sculling lessons are available for members only. Sessions are 1.5 hours.

Cost is per boat.

Private- 1x \$70 2x \$80 4x \$120

Semi-private- 1x \$55 2x \$70 4x \$100

Maximum number of boats allowed in semi-private lessons is three.

Other

Considerations for all programs, sweep and scull.

-Scheduled sweep programs are divided into concurrent sessions so that members can move fluidly between all programs at the end of each session. The exception is Novice and LTR programs which are scheduled separately from the EP and Race. Never-the-less, the opportunity for Novice members to join EP part way through a session is available. Program fee will be pro-rated.

-All groups will have access to equipment, coaching, coxing and other resources based on the club's equipment policy. (ADD LINK to EQUIPMENT RULES here?)

-Participants must pay their membership and fees prior to participation in programs. The Club Treasurer or their designee will provide a member list to program coaches prior to session start dates to determine who is program-eligible.

-Extra rows and additional water workouts can be organized by any member with or without a coach at times that do not conflict with other programs. Self organized rows are beholden, without exception, to the club's Equipment and Safety Policies.

-Sweep programs do not have priority over sculling boats. On any given day if there are scull boats available, the sweep coach may choose to use one.

-If deemed necessary by coach and/or the Equipment Manager, periodically (but never more than once in an 8 week period for Experienced Program and once a session for Race) an on water practice may be sacrificed for boat maintenance. Rowers may not have advance notice of this and will be expected to partake in the needed maintenance project. All rowers and programs are expected to wipe the boats inside and out after each use.

-Basic safety will be reviewed within the first three days of all programs. This will include, but is not limited to weather, what to do if a boat capsizes and emergency phone #'s. link to safety curricula?)