

2012 Boulder Community Rowing Programs Document

Winter Erg Programs

WINTER ERG FACILITY MEMBERSHIP

To provide a space for BCR members to train in the off-season, the club will rent a commercial space in or near Boulder and equip it with ergs (rowing machines). Due to the additional cost of leasing the space, there is a separate membership cost for members to gain access to training space and the ergs. The Winter Erg facility is financially self-supporting, so that members who do not join are not subsidizing the cost of the facility. With the facility membership, members may choose to train on their own or with one of the coached programs.

Winter Erg facility membership cost is separate from club membership, and does not apply toward the cost of club membership. Winter facility membership is also separate from the cost of the coached Winter Fitness Program, however, the Winter Racing Program cost includes facility membership due to the participation requirement.

Cost: \$100 for access from 12/1/11- 4/13/12

Prior club membership is not required to participate.

WINTER FITNESS PROGRAM

Coach: Ala Crockett

The winter erg program is comprised of three 4-week sessions and 1 three-week session. The program is open to anyone with the desire to erg as a group for general physical conditioning and erg skills during the off-season. This program provides a friendly and supportive environment for members to improve their rowing fitness in preparation for the upcoming season.

SCHEDULE

Monday, Wednesday and Friday 6:00-7:00AM (Arrive 15 minutes early to warm-up)

Session I: January 2 - 27

Session II: January 30 - February 24

Session III: Feb 27 - March 23

Session IV: March 26 - April 13

COST

Program Fee: \$50 per each 4-week session. Session IV costs \$35 (shorter duration).

Winter Erg Facility Membership is also required (additional cost) in order to have access to the facility and equipment.

-All club members who do the Winter Fitness Program are encouraged but not required to participate in the spring regatta along with members of with the Winter Racing Program. See the page on Club Sponsored Regattas for details.

WINTER RACING PROGRAM

Coach: Josh Pineda

The Winter Racing Program is open to sweep rowers and scullers who want to compete. Participation necessitates a more rigorous commitment of time, training and money than other BCR programs. The session culminates in a target regatta, which may require air travel. All program participants are required to attend the target regatta. Travel and accommodations will be the responsibility of each participant. Additional group costs for entry fees, equipment rental, coach travel, etc will be determined by the group.

SCHEDULE

Racing 1 (Winter session)

January 2nd- April 13th

Available Coached Sessions (Choose one):

Tuesday 6:00-7:00AM

Wednesday: 6:00-7:00PM

(Arrive 15 minutes early to warm-up)

Target Regatta:

April 13-15th, 2012 Covered Bridge Regatta. Eugene OR.

In addition, indoor erg competitions in Jan & Feb 2012 (Denver Mile High Sprints qualifiers, and CRASH-B championships, Boston, MA) offer competitive opportunities during the indoor erg portion of the session (these are optional and for your information; separate sign-ups required).

Cost

\$200 for the entire session. Access to the space and ergs is included in the cost of the program. Facility access is from 12/1/11 - 4/13/11

CURRICULUM and PARTICIPATION REQUIREMENTS

-This is an indoor training program for competitive rowers with a mandatory target regatta at the end of the session. It is open to both sweep rowers and scullers. Opportunities to race in both sweep and sculling events at the target regatta will be available. Participants must let the coach know at the beginning of the session of their preference and the coach will do their best to accommodate.

-This program is 4 days a week and participants must attend one coached session a week. There will be two coached times available in order to accommodate all the participants. The coach will provide workouts for the other 3 practices each week for rowers to complete on their own time. All participants must submit their erg scores for all workouts to the coach each week.

-To participant, rowers must be able to attend at least 80% of the coached workouts and complete at least 80% of the total workouts.

-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 any on-water 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 racing coach. This may translate into A, B, and C boats based on skill, speed, ability and age. Selection criteria for lineups will be established by the coach. Erg tests, rowing technique and seat racing may be used by the coach to evaluate rowers in determination of lineups. All rowers will be expected to participate.

-If weather and circumstances permit, the program will try to coordinate some practices on the water. These sessions are supplementary to the indoor training program and the group will be responsible for covering the cost of coaching for any on-water practices. If the on-water practices are in lieu of a regular indoor coached session, the incremental cost difference will be determined.

Sweep Programs – 2012 Season

Learn-to-Row

Coach:

(Carly Gloge) Program Coordinator

Four (4) 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 intensive weekend 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. Potential LTR candidates will be specifically informed that rowing can be a strenuous sport and that they must be able to lift at least 50 lbs above their heads in order to help carry the boats. Due to the nature of the sport, participants must also sign a waiver certifying that they can tread water for 10 minutes and swim 200 yards. Program enrollment is capped at 18 participants per weekend.

SCHEDULE

Friday evening, 5:00 pm- 7:00 pm, Saturday and Sunday morning, 6:00 am- 10:00 am.

LTR I: May 4th – 6th

LTR II: June 1st – 3rd

LTR III: July 13th – 15th

LTR IV: Aug 24th – 26th

COST

\$125 per session. If you choose to join the club and continue rowing, \$100 of your LTR fee will be credited towards the cost of club membership.

Novice Program

Coach:

(TDB), 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 continue rowers' introduction to the sport, 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 8th – June 1st

Novice II: June 5th – July 13th

Novice III: July 17th – Aug 24th

Novice IV: Aug 28th – Oct 5th

Novice I is 4 weeks in length, the other Novice sessions are 6 weeks each

COST

Novice I: \$55

Novice II: \$75

Novice III: \$75

Novice IV: \$75

Club Membership is necessary for participation in the Novice Program. However, new Novice rowers can wait to pay their membership fee until after they participate in the 4th rowing day of the session. This gives new rowers a chance to make sure this is the right sport for them before joining as full members.

The fee for the Novice program must be paid at the beginning of the session. After the 4th rowing day, novice rowers must decide whether or not to join the club. New Novice rowers who decide not to continue prior to the 5th rowing day of their first Novice session can request a refund for up to \$30 from their Novice program fee.

CURRICULUM and PARTICIPATION REQUIREMENTS

- The Novice Program concentrates on 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. . All rowers in the Novice program will be expected to cox occasionally when dedicated coxswains are not available; the “fair coxing” guideline rotates program members to ensure coxing duties are spread across all rowers. Rowers will learn and practice coxing skills essential to ensure safety of the boat and crew during carrying, launching, steering and docking. Reasonable coxswain skills (sufficient to safely cox practice sessions) are required to graduate from the Novice Program.

-Novice is a great opportunity for a rower to build the skills they need for lifelong rowing in a team environment. Novices are expected to stay in the Novice Program for at least one (1) calendar year from the date of entry in order to establish a strong foundation before advancing

-Novices have the unique opportunity to race in Novice categories for one year after their first race. For this reason, the Novice program will build throughout the season culminating with an optional fall regatta, plus two local regattas during the summer.

-In rare circumstances, the program coach and Head Coach may advance a novice rower early to the Experienced or Racing program if they demonstrate adequate mastery of rowing technique and physical fitness.

Experienced Program

Coach:

(TBD) 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 of various levels of ability – those who cannot or don’t wish to commit to the Racing Program; seasoned rowers who want a workout and technique training; and members who have graduated from the Novice level.

SCHEDULE

Monday, Wednesday, Friday, 5:30 am- 7:00 am, Saturday 6:00 am- 8:00 am.

Each session is 4 weeks long.

EP I: May 7th – June 2nd

EP II: June 4th – June 30th

EP III: July 2nd – July 28th

EP IV: July 30th – August 25th
EP V: August 27th – September 22nd
EP VI: September 24th – October 20th

COST

\$50 per 4-week session
\$5 Drop in Rate. (Members)

Non-members may purchase EP program rows for \$16 per row. This is for rowers unable to commit to a full BCR membership, including guest rowers from out-of-town clubs. Daily entrance to Boulder Reservoir is included in the cost, however, the fee does not include a season-long Reservoir Pass (Parks & Recreation card). Limit is 8 rows per calendar year. EP day rowers must give coaches notice before attending, and sign all waivers before their first row

Rowers who have paid for the Novice Sculling program on Wednesday can sign-up up for the Experienced Program (sweep) at a reduced rate of $\frac{3}{4}$ of the Experienced fee. They may then row in either Wednesday program.

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.

- Coaches will determine the best method for planning line-ups in one of three ways. 1. Coaches may request your rowing availability for the following week by Friday; 2. Coaches may make line-ups based on who shows up that day to practice; 3. Coaches may use a combination of methods 1 and 2, as they see fit.

- As much as possible, participants will be boated with others who share their goals for the row, as well as similar levels of fitness and skill. Participants should recognize there are times when this arrangement cannot completely meet their individual goals.

-Each EP session must have at least nine (9) participants (8 rowers and 1 coxswain, or 9 rowers). If there are less than nine, the Program Committee will evaluate the situation and coordinate with the coach to decide on the best course of action to address the need for coaching and the challenge of a small number of participants. This may include combining Novice and Experienced sessions on some days, especially late in the year when numbers typically decline. If an EP session is truncated, rowers who want to pursue a different option will be offered a refund for the remainder of the EP session.

- In the event there are more boats than coxswain members participating in the EP, the Fair Coxswain system will be employed to spread coxing responsibilities around to all participants fairly. All rowers in the program are expected to cox if no dedicated coxswain is available.

- Based on coach discretion and rower interest level, the coach may structure workouts to include elements of racing such as racing starts, and can train EP rowers for local club-supported regattas, such as Boulder Sprints and Row the Rockies.

-In general, rowers who wish to join the Racing Program must first develop in the Experienced Program to continue building their skills and fitness to ensure greater success. The Experienced and Racing coaches will coordinate to decide when an Experienced rower is ready to advance to the Racing program – there is no set timeline; an individual who expresses the desire to join Racing will be evaluated for rowing ability and fitness. In order to meet the needs of a sizable EP group with diverse skill levels coaches may have boats at multiple locations on the water simultaneously. 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 and abilities. The coach may also coordinate with qualified EP program participants (checked out for sculling equipment) to have them scull in order to maximize rowing opportunity for all participants. In this case the use of sculling equipment by EP rowers cannot interfere with sculling programs or other reservations to use sculling equipment. The Experienced coach will distribute their time between all EP boats to provide equitable coaching and ensure safety of all participants.

Sweep Racing Program

(TBD) Program Contact

The sweep Racing 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, which may require air travel. 2012 season regatta selection considers the level of competition, variety of events, dates, and affordability (regattas within trailering range generally offer lower costs). All program participants are required to attend the target regatta. Travel and accommodations will be the responsibility of each participant. Additional group costs for entry fees, equipment rental, coach travel, etc will be determined by the group.

Members may choose to self-organize and participate in additional regattas, if it doesn't interfere with the Racing program.

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 assemble a team to participate in any race with club equipment in accordance with club by-laws. However, Racing Program 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.

Racing II (Sprint race season):

Coach:

May 7th- June 29th

Target: Regatta: Independence Day Regatta, Philadelphia, PA (3 day regatta, 8 week session)

Racing II is 8 weeks in length, with 7 allowed absences.

Cost: \$145

Racing III (Head Race Season):

Coach:

Dates: July 2nd – October 6th

Optional Club Sponsored Regatta: Head of the Oklahoma (HOOK; October 6-7th)

Allowed absences: 12 for the first 2 segments

Cost: \$250

Based on feedback from the past couple of seasons, the format of the third racing session will change this year. The club understands the financial commitment and time constraints associated with having a target head race regatta in addition to the Head of the Charles Regatta (HOCR). There is no target regatta for this program but all rowers (including Novice, Experienced and scullers) are encouraged to participate in the fall club-sponsored regatta – Head of the Oklahoma. The goal of this program is to train at a competitive level so there is a minimum participation commitment for all rowers whether or not they row in the Head of the Oklahoma. This is a long program and will be broken into two segments with an additional third segment designed exclusively for the program's HOCR boats.

Segment 1: July 2nd – about September 7th

This part of the program is designed for all-around conditioning and race training; HOCR is not a factor in this segment. The first two weeks of this program will focus on sprint racing in preparation for the Boulder Sprints on July 21st. After Boulder Sprints the program emphasis and workouts will transition from sprint to head racing. During the first week the program coach will confirm each rower's fitness and skill level are within the range of the broader group. If the program coach determines an individual rower's fitness or skills aren't sufficient for the group, they will not be able to participate and will receive a full refund for the program.

Racing II participants have the option to take off the first week of Segment 1 for rest. In this case the first week's practices do not count towards the maximum absences for Racing III. They must inform the Racing III program coach ahead of time if they elect to take rest the first week.

Segment 2: September 7th – October 5th

The goal of this segment is rigorous workouts and drills focused on head racing. Segment 2 is designed to prepare all participants for head racing regardless of regatta participation. The HO CR boat lineups will be determined during the first week of September once the results from the HO CR selection lottery have been announced. Once the HO CR lineups are determined, the program coach will balance the needs of the group as equitably as possible between HOOK, HO CR and any participants not rowing in the regattas when determining lineups for practice.

Segment 3: October 8th – October 19th

This segment is a special add-on with additional cost reserved exclusively for training the HO CR boats.
Cost: \$25

Racing III is designed to build and culminate at HO CR. To promote crew consistency within program guidelines, participants can leave the program after a segment completes but cannot join the program without rowing in the previous segment(s).

CURRICULUM and PARTICIPATION REQUIREMENTS

- Attendance is required for racing participants. Racing II rowers can miss a maximum of 7 days in the session; Racing III, 12 days (Segments 1 and 2 combined). If rowers choose to attend any regattas in addition to the target race, those days away count against the maximum number of absences allowed.
- Because attendance is required for Racing rowers, rowers must communicate known absences or extenuating circumstances (e.g. injury, illness, family emergency, work travel commitment) to the coach as soon as possible. To enable the race coach to plan race lineups, all rowers are required to indicate their availability for the upcoming 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 Racing session must have at least nine (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 a portion of the time, and/or other solutions. If a Racing session is truncated, rowers who want to pursue a different option will be offered a refund for the remainder of the session.
- The 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 races.
- 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. Coxswains 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 usually 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, rowing technique and seat racing may be used by the coach to evaluate rowers in determination of lineups. All rowers will be expected to participate.
- It is the coach's job to train everyone to be ready to race. Each boat will receive approximately equal time and attention in preparation for that session's race. The fall session (Racing III) will be training for two regattas and HOOCR is a limited entry regatta. The program coach cannot determine HOOCR lineups until results of the HOOCR selection lottery are known. Once HOOCR lineups are made the program coach will balance the needs of the group as equitably as possible between HOOK, HOOCR and any participants not rowing in regattas when determining lineups for practice.
- Since head races are longer and there are fewer combinations of rowers and races compared to sprint races, Racing III rowers can expect to be boated more often in their racing configurations than in Racing II.
- The "no ringer" clause: Racers cannot be solicited from outside the Racing program unless discussed and agreed upon by the coach and racing members due to unusual circumstances (i.e. illness, injury).
- Head of the Charles Regatta (HOOCR) – entry to this race requires winning a new entry in the selection lottery (generally late August), or BCR entries retained from the 2011 HOOCR. Since HOOCR is an optional regatta, if individuals are interested in racing HOOCR, they need to make that known to the coach at the beginning of Racing III. The session coach will determine which events to enter in the lottery and work with the HOOCR Race Captain to place those entries.
- One participant in each session will be designated as the Race Captain, who is responsible for organizing aspects of the race that are not the coach's direct responsibility.
- BCR members are welcome to race independently from the Racing Program with several restrictions for limited entry races. If a race has limited entries and the race is one of the races sponsored by the Programs Committee, independent rowers may submit non-guaranteed (lottery) entries for any available slots after the Racing Program has determined its lottery submissions for the race. All guaranteed entries earned under the BCR name, whether earned by a racing boat or an independent boat, will be available for the Racing Program to fill for the following year. If the Racing Program decides not to use a guaranteed entry, a self-organized crew may use the entry for that year. If more than one self-organized crew is interested in using either a non-guaranteed (lottery) or guaranteed entry that the Racing Program decides not to use, the self-organized crews will race each other to determine which crew earns the entry. If an independent crew wishes to retain control of their entry, they must race as "unaffiliated" or under another

banner. Members interested in entering a non-programs BCR boat for the HOCR selection lottery should contact the Racing III coach in order to know what Racing III programs entries are being submitted.

All crews must meet the rules and requirements of the regatta in which they are rowing in order to race under the BCR name.

SCULLING PROGRAM 2012

(TBD) Program Coordinator

Special note on sculling equipment check-out – please refer to the club equipment rules and procedures for reserving sculling equipment. BCR uses a tiered system designed to provide equitable opportunities for all qualified sculling members based on proficiency levels, safe equipment handling, and even equipment wear.

Learn to Scull

Coach:

Three (3) Learn-to-Scull (LTS) programs are offered this year. The object of these programs is to introduce individuals to sculling. Each program includes 6 sessions spread over the course of two weeks. This program is designed to acquaint interested individuals 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 (“single”), 2x, for two people (“double”) and 4x, for four people (“quad”).

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 sculling equipment they must pass the scull certification test that can be administered by the coach during the program. Please refer to the club rules regarding the two-stage certification process for equipment use. Enrollment is capped at 6 participants each session in order to ensure the coach has adequate oversight of all rowers on the water at all times.

SCHEDULE

Tuesday, Wednesday and Friday 6:00 am- 7:30 am

LTS I: May 22nd – June 1st

LTS II: June 26th – July 6th

LTS III: July 24th – August 3rd

COST

BCR Members: \$175

Non-Members: \$175 (If you choose to join the club and continue rowing, \$50 of your LTS fee will be credited towards the cost of club membership for this year)

Group Sculling with Coach

For the independent sculler 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. Club membership is required to participate.

NOVICE SCULLING

Coach:

Participants must have completed Learn to Scull or a similar introductory sculling program, or have prior sculling experience. In addition, each rower must be checked off by a BCR coach 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 6. Each session is 12 weeks in length.

SCHEDULE

Wednesdays 6:00am – 7:30 am

Session I: June 6th – July 4th

Session II: July 11th – September 26th

Session I is 5 weeks in length. Session II is 12 weeks in length.

COST

Session I: \$75

Session II: \$175

Four-day punch card, \$100 (BCR membership required. For Session II only)

Drop-in, \$35 per day (BCR membership required)

The punch card must be used for the session purchased. For drop-in, contact the session coach to assess availability of seats.

RACING SCULLING

Coach:

Unlike sweep racing programs, participants are not required to race in the target regatta (since a single sculler does not impact a boat line-up if they decide not to race). In addition, there is no attendance requirement, but to get maximum benefit from the program each participant is encouraged to miss as few practices as possible.

What makes this program unique is the lack of a mandatory regatta. For rowers who would like to train but decide not to go to Independence Day Regatta, they can still join the program for the training aspect or go to a different regatta individually or by forming their own group.

A minimum of six (6) rowers must participate for the Racing Sculling program to be able to operate. Each participant must have permission of the Racing Sculling coach to enroll. Days will be dominated by moving work to combine technique with fitness in accordance with the needs of the group. Number of boats per day is limited to 10. The program will run 4 days per week; 2 coached and 2 non-coached. Coached days will be limited to singles and doubles (no quads) in order to allow the coach to keep boats grouped together more readily.

Rowers must be able to “keep up” with the main group in order for the program to function effectively. During the first week the coach will confirm each rower’s fitness and skill level are within the range of the broader group. The coach may assign certain rowers to doubles on coached days to help keep the group together. If an individual rower’s fitness or skills aren’t sufficient for the group, they will not be able to participate and will receive a full refund for the program.

Rowers will be provided workouts ahead of time for the non-coached days. The non-coached days are scheduled to coincide with sweep programs so at least one BCR coach will be on the water to satisfy safety requirements, however, participants also have the option to complete non-coached workouts on other days as long as they meet standard club safety requirements. The session is 8 weeks in length.

SCHEDULE

Monday (coached), Tuesday and Thursday (non-coached), Saturday (coached) 5:30am – 7:00 am
RS I: May 7th- June 29th

COST

\$140

Four-day punch card, \$75 (BCR membership required)

Drop-in, \$25 per day (BCR membership required)

The punch card must be used for the session purchased. For drop-in, contact the session coach to assess availability of seats.

ADVANCED SCULLING

Coach:

The days may vary in theme but will primarily be focused on technique as well as fitness. A minimum of six (6) rowers must participate for the Advanced Sculling program to be able to operate. Each participant must have permission of the Advanced Sculling coach to enroll. Days will be dominated by moving work to combine technique with fitness in accordance with the needs of the group. Number of boats per day is

limited to 10. The program will run 1 day a week. Session will be limited to singles and doubles (no quads) in order to allow the coach to keep boats grouped together more readily.

SCHEDULE

Friday 6:00am – 7:30 am

July 6th- Oct 5th

COST

\$125

Four-day punch card, \$65 (BCR membership required)

Drop-in, \$20 per day (BCR membership required)

The punch card must be used for the session purchased. For drop-in, contact the session coach to assess availability of seats.

Private Lessons

Sculling lessons are available for members and non-members alike. Sessions are 1.5 hours.
Cost is per boat.

Members:

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.

Non-members:

Private- 1x \$85 2x \$95 4x \$135

Semi-private- 1x \$70 2x \$85 4x \$115

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

A list of qualified BCR contract coaches will be placed on the BCR website and an e-mail to announce coaches will be sent to the membership. Sign-up procedures will be advertised as soon as these are final.

Club-Sponsored Regattas

Racing is not restricted to the competitive programs but open to all rowers. This year, the club will sponsor 4 regattas and encourages all interested rowers to attend (Novices, Experienced and Competitive rowers). There will a point of contact for each race who will work with all interested club members and coaches to coordinated line-ups, equipment needs and travel arrangements (if any). All of these regattas have Novice races!

Covered Bridge Regatta – Eugene, OR

SCHEDULE

April 13-15th.

Row the Rockies Regatta – Colorado

SCHEDULE

TBD. Details and contact information to be announced.

3rd Annual Boulder Sprints – Boulder Reservoir

Boulder Sprints depends on the energy and volunteerism of the entire club. Members can race and help run the regatta in the same day. We also need assistance with planning and preparations prior to the regatta. Mark your calendar now for this marquee event of the BCR sprint race season.

SCHEDULE

Saturday July 21th. Volunteer opportunities and details to be announced.

Head of the Oklahoma – Oklahoma City, OK

SCHEDULE

October 6-7th

Other Local Regattas

The following are other local regattas that club member's are encouraged to self-organize and represent the club. They are predominantly sculling races with great competition all within a 2 hour drive. This is a great way to help support other clubs and the rowing community.

Lake Dillon Challenge – Frisco, CO

SCHEDULE

TBD

Spirit of the Lake – Grand Lake, CO

SCHEDULE

TBD

3200 meter head race

Head of the Wolf – Kremmling , CO

SCHEDULE

TBD

6100 meter head race

Horse Tooth Ache – Fort Collins, CO

SCHEDULE

TBD

13 Mile Marathon Row!

Miscellaneous 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 Experienced and Racing. However, opportunities for Novice members to join Experienced part way through a session are 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. (http://boulderrowing.com/member_details.html#Equipment_Access)
- 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, provided they ensure their resource requirements 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 sculling boats available, the sweep coach may choose to use them.
- If deemed necessary by coach and/or the Equipment Manager, periodically (but generally not more than once in an 8 week period for Experienced and once a session for Racing) an on-water practice may be sacrificed for boat maintenance. Rowers may not have advance notice of this and will be expected to participate in needed maintenance activities.
- 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 numbers including the number to call in case of interference from power boats.