

High School Experienced Program

The high school experienced program will include upperclassmen (10th, 11th, and 12th grade) that have participated in the program in the past. It will also include freshman that have raced at or before the 2011 Greenwich Invitational. The program will focus on teaching proper rowing technique and the skills necessary to improve boat speed on the water. We will hold regular practice 5 days a week, (Monday—Thursday 3:00-5:00pm and Fridays from 3:00-6:00p) with optional “Captain’s practices” for experienced athletes that want to take their training to the next level. Captain’s practices will be offered Tuesday for the girls (5:15pm-6:15pm), Thursday for the boys (5:15pm-6:15pm) and Saturday for both teams (9:00am-10:30am). This is a competitive program where we will attend 4 sprint races throughout our season and compete against top teams in our region. The program will begin Monday, March 5th and will end Monday, May 21st.

Fee: \$1,250

Novice Program

The novice program will include all freshman with the exception above and upperclassmen with no prior rowing experience. This program focuses on teaching basic technique and provides an introduction to the competitive side of rowing. Practices will be held 5 times a week, Monday—Friday from 5:15-6:45pm. The novices attend 5 sprint races throughout the season, and each athlete will have an opportunity to race. Coaches will help improve each athlete’s understanding of proper rowing technique and develop the necessary skills to be successful on race day. The program will begin Monday, March 5th and will end Monday, May 21st.

Fee: \$1000

2012 Spring Race Schedule

Greenwich Invitational	March 31 st	Greenwich, CT
Mercer Sprints	April 20 th -21 st	Mercer, NJ
Saratoga Invitational	April 28 th —April 29 th	Saratoga, NY
St. Luke’s (novice only)	TBD	Norwalk, CT
Northeast Regional Championships	May 19 th -20 th	Worcester, MA
Must qualify: USRowing Youth Nationals (additional program fees not included)	June 8 th -10 th	Oak Ridge, TN

Note: Program fees do not include regatta expenses (i.e. transportation, meals, & hotel). Regatta fees are due prior to each event.