

## **2017 FRC Rowing Programs**

### **Learn to Row (LTR) \$100 plus a once yearly \$20 safety surcharge and \$20 RCA fee**

No previous experience necessary but it is important that you can swim 50 m, tread water for 15 minutes and be comfortable around water. Minimum 4 people per class is needed for a class to run. Max. 10

This program offers 16 hours of instruction (8 – 2 hour sessions) held during a 2-week period.

Choose either **-Monday, Wednesday Friday at 5:30pm and Sunday 3:30pm or 5:30pm**

**Tuesday, Thursday 5:30 pm, Saturday 10am, and Sunday 3:30 or 5:30pm**

**LTR Adults 19 or older** will learn the basic skills of sweep rowing (1 oar) and sculling (2 oars). Course will cover safety on and off the water- boat handling, how to leave/enter the dock area, rowing equipment, balance in the boat.

	<b>Start</b>	<b>End</b>
Adult LTR 1	May 23	June 4
Adult LTR 2	June 13	June 24
Adult LTR 3	July 4	July 16
Adult LTR 4	August 22	Sept 1

### **LTR Junior Rowers ages 13- 18**

Learn the basics of rowing, including safety, equipment, dock entry/exit, body movement. Focus is on Fun and enjoying learning a new sport.

\* Early Bird Intensive program - 12 hours over 2 weekends (4 – 3 hour sessions)

May 27<sup>th</sup> 28<sup>th</sup> and June 3<sup>rd</sup> 4<sup>th</sup>

Summer programs times	Monday 8am
(June 26- August 27)	Tuesday 8am & 3:30pm
	Wednesday 3:30pm
	Thursday 8am
	Friday 3:30pm
	Saturday 10am
	Sunday 3:30 & 5:30pm

	<b>Start</b>	<b>End</b>
Junior LTR1	June 26	July 9
Junior LTR 2	July 10	July 23
Junior LTR3	August 14	August 27

### **Novice 4 times weekly Price will be pro-rated depending on end date of LTR session. (approx. \$100/month)**

This program is the next step after completing a LTR course. Emphasis will be on improving your rowing and boat handling skills which will prepare you second year rowing and participating in our local FRC regatta and fun Pudding race days. Your schedule will be **Thursday, Friday at 5:30, Saturday at 10 am and Sunday at 3:30 or 5:30 pm**

**Recreation Masters \$400 plus \$20 safety surcharge and \$20 RCA fees**

This program is for athletes 19 and older who just want to row in a safe environment 3 to 5 times a week. Coaching is **not** available although all sessions will have either a Safety Boat or Coach Boat on the water. Athletes will need to attach to the appropriate coach / driver and keep within 100m. Other sessions to row in can be requested in writing through the Coaching Team via Shelley Swift – Director of Coaching.

Choose up to 5 sessions per week:

Options:

- Monday 6am
- Monday 8am (Starts June 5<sup>th</sup> ends August 31<sup>st</sup>)
- Tuesday 7:30pm (starts June 5<sup>th</sup> ends August 31<sup>st</sup>)
- Wednesday 6am
- Wednesday 7:30 pm (starts June 5<sup>th</sup> ends August 31<sup>st</sup>)
- Thursday 6am
- Thursday 8am
- Thursday 7:30pm (starts June 5<sup>th</sup> ends August 31<sup>st</sup>)
- Saturday 10am
- Sunday 10 am 3:30pm & 5:30 pm

**Competitive Masters (up to 8 sessions per week) \$500 plus \$20 safety surcharge \$60 RCA & RNBA fee**

Athletes ages 19 and up will select **4** of the 7 coached sessions available

– Evenings will be crew focused- 8's and 4xs (some 2xs)

Athletes can then choose **4** more water sessions

– These will have some form of coach/safety boat on the water but there is no guarantee of coaching.

**Coached Sessions (choose 4)**

**Monday** 8am – scull (max 8) (Starts June 5<sup>th</sup>)  
7:30pm Crew 8's (max 12)

**Tuesday** 8am scull (max 8)

**Wednesday** 5:30 pm Crew, 8's (max 12)

**Thursday** 8am scull (max 8)  
5:30 pm Crew, 8's (max 12)

**Saturday** 8am Sweep/ scull (starts June 5<sup>th</sup>)

**Un- Coached Sessions (choose 4)**

**Monday** 6am

**Tuesday** 7:30 pm

**Wednesday** 6am  
7:30pm

**Thursday** 6am  
7:30 pm

**Friday** 6am

**Saturday** 10am

**Sunday** 10am, 3:30 pm & 5:30 pm

**Competitive Juniors (up to 8 sessions per week) \$500 plus \$20 safety surcharge \$60 RCA & RNBA fee**

All juniors wishing to race at any point in the season should join the Junior Competitive Program.

***(except for Juniors in the NB High Performance Group)***

*If after CG trials, athletes are selected to the Summer Games team – these athletes will have to top up to the Club Performance Program (+\$150) 12 + coached water/ land sessions*

<b>Monday</b>	3:30pm All Juniors
<b>Tuesday</b>	6am – Canada Games only 8am by Invite/ help with LTR (starts June 26) 5:30 pm Canada Games only 7:30 pm twilight row, no coaching (starts June 5 <sup>th</sup> ends August 31 <sup>st</sup> ))
<b>Wednesday</b>	6am – Canada Games only 8am All Juniors (starts June 26) 3:30 pm All Juniors 5:30 pm Land Training 7:30 Twilight Row, no coaching (starts June 5 <sup>th</sup> ends August 31 <sup>st</sup> )
<b>Thursday</b>	8am by Invite / help with LTR 3:30 pm All Juniors 5:30 pm Canada Games only 7:30 pm Land training possibly
<b>Friday</b>	6 am Canada Games only 3:30 pm Help LTR 5:30 All Juniors
<b>Saturday</b>	6 am Canada Games only 8 am All Juniors 10 am Safety boat on water / help with LTR
<b>Sunday</b>	8 am Canada Games only 10 am all Juniors 3:30 pm Safety Boat on water – no coaching *LTR priority 5:30 pm Safety Boat on water – no coaching * LTR priority

**Performance (12 + training times) \$650 plus once yearly safety surcharge of \$20, RCA fee \$60**

Invited and coached by RNBA coach. Monday to Saturday 6am plus Sunday at 8am Other training times will be arranged by coaching staff.

**Partial Membership – to replace punch card system \$150 plus \$20 safety surcharge & \$20 RCA fee**

13 weeks **Starting** June 5<sup>th</sup> **Ending** August 31<sup>st</sup>

2 sessions per week – non-coached

Choose 2 from: **Weekday twilight rows 7:30pm Tuesday, Wednesday, Thursday**  
**Weekend: Saturday 10am or Sunday 3:30pm**

*\*Please note this program does NOT qualify as a full program membership and as such is not available for private boat rack privileges.*

## **Adult Learn to Row Indoors \$20**

**Cost:** \$20.00 for 8 sessions

**Dates:** 4 weeks starting Tuesday April 18 ending May 11<sup>th</sup> (Tuesdays and Thursdays at 6pm)

**Location of Sessions:** The Cultural Centre for all sessions during the month of April 10, 2017

Small Craft Aquatic Centre for all sessions during the month of May

**Sessions:** All sessions 6:00-7:00pm.

## **Middle School Learn to Row Indoors \$20**

**Cost:** \$20.00 for 12 sessions and competition (twice weekly)

**Dates:** 6 weeks starting the week of May 1st– June 9th. Final Competition Sunday, June 11th

**Location of Sessions:** Fredericton Rowing Centre, Small Craft Aquatic Centre

**Sessions:** All sessions 4:00-5:00pm. Select your **two** preferred sessions by placing a '1' in the blank. Put an 'x' in sessions you absolutely **cannot** attend.

Mondays \_\_\_\_ Tuesdays \_\_\_\_ Thursdays \_\_\_\_ Fridays \_\_\_\_

**Program Cancellation** FRC reserves the right to cancel programs if the enrolment quotas are not met: in this situation, all registrants will be notified and a full refund will be provided.

**Yearly Membership Fees** include all monies collected for programs offered by the FRC beginning May 1<sup>st</sup> and expire April 30<sup>th</sup> of the following year. **All fees paid to the FRC are non-refundable** except in the presence of medical condition requiring withdrawal from program (doctors note). Payment of fees is by cheque (payable to Fredericton Rowing Club), cash to the registrar or online credit card payment on the RCA system. Program schedules are subject to change. Payment must be made in full at time of registration. Alternatively, payment can be made over a 2-month period. Two post-dated Cheques dated May 1, June 1 must be submitted to the FRC registrar or Treasurer within one week of registering

**Late or Non-Payment of Fees:** Fees will be considered late if not received within one week of the stipulated payment date. Members with late fees may, at the discretion of the Board/ Coaches have their rights of membership suspended until the fees are paid in full. If fees are not paid within one month of the stipulated payment date the Board may terminate the membership of the individual, provided a notice of non-payment has been sent to the Members last known mail address at least 7 days before the termination is to come into effect.

**NO rowing** without program fees paid in full (1<sup>st</sup> installment and post-dated cheque) and registration on the RCA site. For memberships requiring review or special payment considerations please contact the registrar at: [registrar@frederictonrowingclub.ca](mailto:registrar@frederictonrowingclub.ca)

*If there are extenuating circumstances regarding your program fees please submit your request for membership review to: [registrar@frederictonrowingclub.ca](mailto:registrar@frederictonrowingclub.ca)*

Go to [WWW.frederictonrowingclub.ca](http://WWW.frederictonrowingclub.ca)

<b>Masters Competitive</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6a – 7.30a		CB on water		CB on water	CB on water	CB on water		
8a – 9.30a		Scull (max 8) Starts June 5th	Scull (max 8)		Scull (Max 8)		Sweep/scull Starts June 5th	By invite
10a – 11.30a							CB on water	CB on water
12 – 2p								
2pm – 3.30p								
3.30p- 5.30p								SB on water
5.30p – 7.30p		Crew (Max 12)		Crew (Max 12)	Crew (max12)			SB on water
7.30p – 9.30p			SB on water	SB on water	SB on water			

**CB = Coach Boat      SB = Safety Boat**

**Competitive Masters \$520 + RCA \$60 (up to 8 sessions per week)**

Athletes will select **4** of the 7 coached sessions available (Times identified in **Green**)– Evenings will be crew focused- 8’s and 4xs (some 2xs)

Athletes can then choose **4** more water sessions (identified above in **Orange**) – These will have some form of coach/safety boat on the water but there is no guarantee of coaching!

Before June 5<sup>th</sup> – only Tuesday and Thursday 8ams will be available. Twilight rows (7.30pm) will start weather and safety permitting (likely June 5 to Aug.31)

Go to [WWW.frederictonrowingclub.ca](http://WWW.frederictonrowingclub.ca)

<b>Junior Competitive</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6a – 7.30a		Perf / CG only	Perf/CG		Perf/CG	Perf/ CG	
8a – 9.30a		By Invite/help	All Jnr Comp	By Invite/help		All Jnr comp	Perf / CG
June 23 on							
10a – 11.30a						SB / help	All Jnr Comp
12 – 2p							
2pm – 3.30p							
3.30p- 5.30p	All Jnr Comp		All Juniors	All Jnr Comp	Help LTR		SB on water
5.30p – 7.30p		All Jnr Comp	Land Only	CG Only	All Jnr Comp		SB on water
7.30p – 9.30p		SB on water	SB on water	Land Possibly			

**CB = Coach Boat      SB = Safety Boat      CG = Canada Games athletes**

**Junior Competitive \$520 + RCA \$60 (up to 8 sessions per week plus invites to other training opportunities)**

With the exception of Juniors in the NB High Performance Group – All juniors wishing to race at any point in the season will be expected to join the Junior Competitive Program. If after CG trials, athletes are selected to the Summer Games team – these athletes will have to top up to the Club Performance Program (+\$150)

Coach Education is being offered FREE to all FRC interested persons who would like to start the pathway to becoming a certified coach.

**LTR Coach** is being held on Saturday May 6<sup>th</sup> 10am -6 pm and Sunday May 7<sup>th</sup> 10am-6pm

**RCA Coach \*weekend 1**Runs for 6 weeks (11.30am to 3pm) at the FIC March 19<sup>th</sup>,26<sup>th</sup>, April 2<sup>nd</sup>, 23<sup>rd</sup>, 30<sup>th</sup> and May 7<sup>th</sup>

On completing either of these courses - the club will also be offering a formal on water mentoring program on Wednesday afternoons (every 2 weeks) starting May 10th through to 19th July and then 30th Aug through to 20th Sept. This mentoring program will then set you up for either an evaluation or attending the RCA Coach weekend 2 course (1st,2nd and 3rd September)

Go to [WWW.frederictonrowingclub.ca](http://WWW.frederictonrowingclub.ca)

<b>Rec Rowing</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6a – 7.30a							
8a – 9.30a	* Starts June 5th			* Starts June 5th			
10a – 11.30a							
12 – 2p							
2pm – 3.30p							
3.30p- 5.30p							
5.30p – 7.30p							
7.30p – 9.30p							

**Recreational Program \$420 + RCA \$20 (3 to 5 times per week) – NON-Coached**

Coaching is not available however all sessions will have either a Safety Boat or Coach Boat on the water. Athletes will need to attach to the appropriate coach / driver as per the club safety protocol.

Athletes can select from the sessions identified in yellow. Any other sessions requested will be put through the Coaching Team via Shelley Swift (Director of Coaching) \* Monday 8ams will not become available until June 5<sup>th</sup>.

**LTR PROGRAMS & Novice will be taking place Monday – Friday 5:30 pm Saturday at 10 am Sunday 3:30 & 5:30 pm**

**Please note \* Time slots are often shared with various programs, please note your coached times and respect the schedule. Missing your coached or un-coached sessions do not permit extra sessions in the following weeks. The maximum scheduled times for your program are not carried over from week to week. Prices also reflect the average 2-week holiday away from rowing per summer. There are no refunds once program has begun unless due to medically supported injury.**