



FREDERICTON ROWING CLUB

EXPERIENCED JUNIOR, SENIOR and MASTER ROWERS SUMMER 2023 RECREATION PROGRAM

This is a recreation rowing program for experienced rowers that have been rowing for at least two (2) seasons and/or competitively at a provincial/national level. Participants must be competent and familiar with the Fredericton section of the Wolastoq (Saint John) River.

This is a non-coached program for experienced rowers who just want to get on the water, hone/refresh their skills and maintain fitness. Participants reserve their rowing opportunities via the FRC's Sign Up Genius invitation system up to four (4) times a week, regardless of using FRC or private equipment.

Participants are reminded of the following restrictions pursuant to the FRC's Safety Policy:

- PFDs are to be worn by all individuals on the water
- Rowers under 19 must be attended to by a Safety Boat
- Buddy rowing (without a Safety Boat) may be permitted to a max of 4 shells (limited to 1x and 2-/x)

START: 26 June 2023 **END:** 31 October 2023

TOTAL DURATION: Full Season: 20 weeks x up to 4 times a week

COACHED: NO

COST: Full Season (Jun-Oct): \$600*
 Summer (Jun-Aug): \$350*
 Fall (Aug-Oct): \$350*
 TRRC Affiliate (Jun-Oct): \$200**

* Includes any applicable National and/or Provincial Sport Organization participant fee(s)

** Must have paid full season TRRC participant fee (\$600 including any applicable NSO/PSO participant fees)

INCLUDED: Rowing Equipment, Sun, Wind, Rain, Ducks and Bugs

ITEMS TO BRING: Water Bottle, Sunscreen, Hat, High-Visibility Clothing (shirt), Crocks / Flip-Flops / Water shoes and most important ***Positive Attitude, Willingness to Learn and Have Fun !!!***

NOT INCLUDED: Private rowing shell storage is not available at the FRC