



## FREDERICTON ROWING CLUB

### YOUTH & JUNIOR SUMMER 2023 LEARN TO ROW / NOVICE PROGRAM

This is a structured summer rowing program tailored to younger participants 19 years and younger. The primary focus of this program **is not** competitive rower development.

#### **PHASE 1: LEARN TO ROW (2 weeks)**

Learn to Row participants are introduced to boat handling, rowing equipment, proper use of safety equipment, the basic rowing stroke and the art of rowing as a crew. Participants will be introduced to sculling (2 oars), sweeping (1 oar) and learn basic terminology.

#### **PHASE 2: NOVICE ROWING (8 weeks)**

This an extension of the Junior Learn to Row (Phase 1). Participants will continue to learn on water skills and technique, improve their fitness and will be introduced to basic race skills. Participants will be given the opportunity to compete in coastal and beach sprints at the Red Island Regatta on Prince Edward Island on 26-27 August 2023 (participant responsible for entry fees, travel, lodging and meals).

**START:** 22 June 2023      **END:** 31 August 2023

**TOTAL DURATION:** 10 weeks x 2 times a week (Sun and Thu 6-8pm) (approx. 20 sessions)

**COACHED:** YES, under the supervision of RCA certified coach(es)

**COST:** \$600 (includes any applicable National and/or Provincial Sport Organization participant fee(s))

**INCLUDED:** Rowing Equipment, Sun, Wind, Rain, Ducks, Bugs, and Dedicated Coaches

**ITEMS TO BRING:** Water Bottle, Sunscreen, Hat, High-Visibility Clothing (orange/brightly coloured shirt) and most important ..... ***Positive Attitude, Willingness to Learn and Have Fun !!!***