



## FREDERICTON ROWING CLUB

### UNIVERSITY ROWING FALL 2023



The [UNB-STU Rowing Club](#) is affiliated with the Fredericton Rowing Club, which was established in 1975 to give citizens of Fredericton the opportunity to practice the sport of rowing at a variety of levels. An unofficial UNB-STU rowing team was formed in the 1980s, competing in National Championships using equipment borrowed from the Fredericton Rowing Club, but no official club was affiliated with UNB or STU until 2011. Each fall, the UNB-STU rowing team trains three to five days per week. They have competed in the Canadian Championships, taking home four wins by 1987. In 2017, the UNB-STU rowing team captured the Atlantic University Men's and Women's Championships.

#### **LEARN TO ROW / NOVICE PARTICIPANTS**

First time 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), learn on water skills and technique, improve their fitness and basic race skills.

#### **COMPETITIVE PARTICIPANTS**

Experienced participants with previous competitive rowing experience form the core of the university crews. Competitive participants are expected to be actively development of new crew members and assist in the leadership succession of the future university crews.

#### **REGATTAS**

All participants are given the opportunity to compete in regional regattas in the Atlantic area, such as the Cogswell/Pelham Regatta and Head of the Wolastoq (formerly Head of Four Bridges) in September, Really Chili and the Atlantic & University Rowing Championships in October. Participants are responsible for the additional costs associated with regatta entry fees, travel, lodging and meals.

**START:** 8 September 2023

**END:** 29 October 2023

**TOTAL DURATION:** 8 weeks x 2-3 times a week (approx. 20 sessions, days/times TBD)

**COST:** \$300 (includes any applicable National and/or Provincial Sport Organization participant fee(s))

**INCLUDED:** Rowing Equipment, Water, Sun, Wind, Rain, Ducks, Bugs, and Leadership

**NOT INCLUDED:** Performance Coaching and Regatta costs (entry fees, travel, lodging, meals, etc.)

**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 !!!***