

DCNRC Winter 2020 Program

Dates: December 1 – February 14

Pricing:

\$350 Hybrid

\$200 Virtual

Free coxswain clinic (starting in January)

Special dates:

Saturday November 28 - Sunday November 29 Move racks, erg return date, winterizing (clean boats, winterize motor launches)

Tuesday December 1 - Saturday December 5- Tryouts (details below)

Thursday December 24 - Sunday January 3- Remote workouts

Alternate Week Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
3:15-4:45	A	A	C	A	A
5:00-6:30	B	C	B	B	B
6:45-8:15	C	D	D	D	C
	Saturday	Sunday	online		
11:00-12:30	A	C	Groups E, F, G, H		
12:45-2:15	B	D			
2:30-4:00	D				

Alternate Week Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
3:15-4:45	E	E	G	E	E
5:00-6:30	F	G	F	F	F
6:45-8:15	G	D	D	D	G
	Saturday	Sunday	online		
11:00-12:30	E	G	Groups A, B, C, D		
12:45-2:15	F	H			
2:30-4:00	H				

Two virtual sessions will be held per day, one for kids on rowing machines and one for kids not on rowing machines. Those sessions will run at 3:30 and 5:00 on weekdays and at 10:00 and 11:30 on weekends.

Each group includes 9 rowers. The number of kids who can train in person is capped at 72. More can join online.

Required equipment

Kettle bell, ½ pound jump rope, resistance bands, box/bench, foam roller

Tryouts

Tryouts will be conducted at the beginning of the winter training session to

1. Help determine which rowers receive the 72 hybrid spots available (assuming demand exceeds 72.)
2. Set a benchmark for rowers to improve on through the winter.

Rowers who are not chosen for an in person spot will be invited to train with us remotely.

Tryouts for experienced varsity rowers will be conducted in groups of ten on December 1st and 2nd. Tryouts for experienced novice rowers will be conducted December 3rd and 4th. Tryouts for inexperienced novice rowers will be conducted December 5th.