

Winter Training Program

Based in the Cabin John Erg Room: 11325 Seven Locks Rd, Potomac, MD 20854

Dates: November 20 to February 15

No practice over Thanksgiving weekend or over the winter holidays.

Varsity rowers Monday-Saturday 1 1/2 hour training sessions

Novice rowers Monday-Thursday 1 1/2 hour training sessions

Coxswains Coxswains are expected to work out with the team and/or to support the coaches at their group's sessions. They are also expected to attend biweekly coxswain clinics which will focus on skill development. Dates for the clinics TBA.

Cost: \$550 varsity \$400 novice

The training sessions will be divided into boys, girls and novice squads, times will vary so one squad is not limited to just the earlier or later time.

Special Trips To Naval Academy Indoor Rowing Facility

Our winter training includes the opportunity to work with the team at the indoor rowing tanks at the Naval Academy. These three sessions provide a unique water training opportunity plus allows rowers to see a top college program facility. All rowers and coxswains are expected to attend these sessions.

Winter Break Training Schedule			
TIME SLOTS	3:00-4:30	4:30-6:00	6:00-7:30
Monday	Varsity + Novice Girls	Varsity Boys	Novice Boys
Tuesday	Varsity Boys	Novice Boys	Varsity + Novice Girls
Wednesday	Novice Boys	Varsity + Novice Girls	Varsity Boys
Thursday	Varsity + Novice Girls	Varsity Boys	Novice Boys
Friday	Varsity Boys	Varsity Girls	
	10:00-11:30	11:30-1:00	
Saturday	Varsity Girls	Varsity Boys	

Winter Calendar

Wednesday, November 20	Winter training begins!
Wednesday, November 27- Sunday December 1	No Practice, Thanksgiving Break
Saturday, December 7	SPECIAL PRACTICE TIMES DUE TO SATs: 11:30-1:00 AND 1-2:30
Saturday, December 14	Service Day: Wreath laying at Arlington Details TBD
Sunday, December 15	Holiday Party, details TBD
Saturday December 21-Wednesday, January 1	No Practice, Winter Break
Saturday, January 11	Rowing Tanks at Naval Academy, noon-4pm
Sunday, January 26	Rowing Tanks at Naval Academy, 1-5pm
Saturday, February 8 or Sunday, February 9	Rowing Tanks at Naval Academy, details TBD
Saturday, February 15	Last Day of Winter Training!

If you have a conflict in your schedule that prevents you from making it to your assigned practice time please come at another time slot. By splitting into three sessions we should have enough room to accommodate everyone.

Anyone who cannot manage their schedule should speak directly with their coach.

Erg testing days will be announced in advance so everyone can add them to their calendars.

Winter weather closings: The coaches will send out an email by noon on days when there are school or county services weather-related closings, to advise if the erg room will be open for practice.