



## Wyandotte Boat Club

### Summer 2010 Open Dash Programs

Summer Program Kickoff Meeting  
Thursday June 10<sup>th</sup>, 6:00pm at WBC

Practices start the following Monday, June 14<sup>th</sup>

#### **Introduction**

WBC is pleased to be introducing a new competitive racing program this year, focusing solely on the Dash – a 500 meter sprint in “eights”, the big boats. The key event, and the racing focus of the program, is the Canadian Henley Dash 8+.

The Dash program’s training plan is similar to that of a sprinter in track – focused on maximizing speed over a short distance. This allows for a training plan that’s high on intensity but requires less overall workload than training for the standard 2000 meter races.

The goal is to field entries in each category – Light and Open Men, Light and Open Women.

#### **Training Plan**

June 10<sup>th</sup> – Sign-ups at summer meeting (late additions & ‘out-of-towners’ allowed with coach approval!)

June 19<sup>th</sup> – Initial tryouts; all potential Dashers must demonstrate basic ability for speed

July 1<sup>st</sup> – Cutoff for notifying coaches of intent to compete for a seat in a Dash boat (Henley entry requirement)

June 19<sup>th</sup> until July 24<sup>th</sup> – One on-water practice per week (NO early mornings), additional land workouts detailed

July 24<sup>th</sup> (subject to change) – Final seat racing to determine Henley Lineups

August 7<sup>th</sup> – Dash Day at Canadian Henley

#### **Costs**

In order to encourage participation in this new program, WBC is keeping costs low with a \$50 program fee. Also, WBC will refund this \$50 program fee in the event that participation is too low for your entry category.

Also, all rowers who are able to be WBC members (18+) must be current in their membership to participate in the Dash program.

Finally, all rowers who are also participating in a standard summer competitive program can participate in the Dash program with no extra fee. Please note that participation in both Dash and standard competitive teams is subject to approval by your standard-team coach!

#### **For more information**

Please either attend the Summer 2010 meeting on Thursday June 10<sup>th</sup>, or contact Coach Brad Holdren (bholdren@emich.edu).