



# Wyandotte Boat Club

## Summer 2010 Junior, Senior and Competitive Adult 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 offering a full range of Junior, Senior and Competitive Adult rowing programs for 2010. Junior rowing is available to young men and women who have completed at least one competitive scholastic rowing season or have equivalent rowing experience.

This summer WBC is again offering a Junior Development program; a number of rowers may want to row this summer but for a variety of reasons (financial, time, current fitness or skill level, etc.) may not want to participate in the full competitive program. The Junior Development program is being offered as an alternative that will focus more on improving technique and overall fitness.

Please read through the following details of the Competitive and Development programs. If you have any questions, you can contact Coach Nick Stawowy by email: [nstawowy@gmail.com](mailto:nstawowy@gmail.com). And please be sure to attend the summer kickoff meeting – Thursday June 10<sup>th</sup> at 6:00pm.

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### Junior Training Categories

*Competitive* – Goal is to race successfully at Canadian Henley

*Development* – Goal is to achieve technical and fitness improvements, supported with local racing

### **Competitive Group** – Fitness and Participation Requirements

- An ability to demonstrate a competitive level of fitness and rowing skill; erg testing will be used to evaluate fitness.
- On-time attendance at all morning workouts (practice time around 2 hours, between 5am and 9am). Reasonable limited absences, with advance notice, will be accepted. Expect 5-6 morning workouts per week.
- Attendance at all evening fitness workouts (practice time around 1 hour, between 4:30pm and 7:30pm). Those with long commutes can make alternate arrangements with their coach. Expect 3-4 evening workouts per week.
- Attendance at all scheduled regattas. Reasonable limited absences, with notice at least one week before the regatta's entry deadline, will be accepted. Last minute changes may require payment of scratch fees and other nonrefundable costs.
- **Important: A passport, passport card, or enhanced MI license is needed for travel to Canada. For more info, go to [www.mi.gov/sos](http://www.mi.gov/sos) or [travel.state.gov/passport](http://travel.state.gov/passport).**

### **Development Group** – Participation Requirements

- An ability to participate regularly in scheduled on-water workouts (practices may be mornings and / or evenings, as specified by the coach).
- Advance notice of regatta attendance. Last minute changes may require payment of scratch fees and other nonrefundable costs.

### Age Categories (applies to rowers and coxswains)

Junior-B – Born on or after 1/1/94

Junior-A – Born on or after 1/1/92

Senior-B (U23) – Born on or after 1/1/88

### Weight Categories (primarily for the Competitive category)

	Henley Racing weight	Maximum weight during season
Open (male & female)	No limit	No limit
Male Lightweight	159 lbs (72.5 kg)	166 lbs.
Male 64kg	141 lbs (64 kg)	147 lbs.
Female Lightweight	130 lbs (59 kg)	135 lbs.
Female 52kg	114 lbs (52 kg)	119 lbs.

### Tentative Regatta Schedule

Dates	Regatta	Category	Notes
June 26	Grand Regatta, Grand Rapids MI	All	
July 11	West Side Regatta, Buffalo NY	Competitive	
July 11	Ontario Masters Regatta, Welland ON	Masters	
July 14-18	USRowing Club Nationals, Oak Ridge TN	Competitive	Limited participation
July 17-18	St. Catharines Invites, St. Catharines ON	Competitive	
July 24	Michigan Club Invitational, Ann Arbor MI	Development	
July 24-25	RowOntario Championships	Competitive	
August 1	Henley Masters, St. Catharines ON	Masters	
August 3-8	Canadian Henley, St. Catharines ON	Competitive	Limited participation

### Fees and Travel Payment Plan

	Payment Date	Competitive	Development
Base Fee	June 21	\$250 (\$125 coxswains)	\$150
Initial Regatta Payment	June 5	\$250	To be determined
2 <sup>nd</sup> Regatta Payment	July 19	\$250	
Henley Regatta Payment	July 30	To be determined	

The base fee covers coaching, facilities expenses, and equipment expenses.

Note that an additional travel payment may be necessary to cover the cost of any athletes attending the USRowing Club Nationals. Please be aware that attending the week-long Henley Regatta is costly; for many athletes last year the amount was around \$500. Any additional regatta expenses will be determined during the season and collected before leaving for a regatta.

Regatta payments will only be applied to actual travel and regatta costs; each rower's share is determined by dividing group regatta expenses by the number of rowers. All regatta payments and expenses, as well as any fundraising credits, will be banked separately and tracked individually, and any credit due will be refunded at the end of the season.

Online / email invoicing: This year WBC will again be using an online / email service for invoices and receipts. To use this service, the person responsible for making payments will need to provide an email address. Payments may either be made online via PayPal or by cash / check.

### Fundraisers

WBC is organizing several opportunities to have rowers (and any willing family members) raise funds to offset regatta expenses. These opportunities will likely include:

- Working Art-Fair parking.
- "Finder's Fees" for recruiting participants in the Learn-to-Row programs.
- In-house WBC work, as needed.