

## About Us

# The DCRC

---

At the [Deep Cove Rowing Club](#) we encourage, foster and promote recreational and competitive rowing. We value good sportsmanship, fellowship, physical fitness and water safety. We provide opportunities to develop youth leadership through a coaching development program while cooperating with local societies, schools and other groups in the promotion of recreational and competitive rowing.

Rowing Programs are available to the public for those aged 13 and up. We provide programs from casual recreational to elite competitive for all age groups; we also offer programs for Corporate Teams.

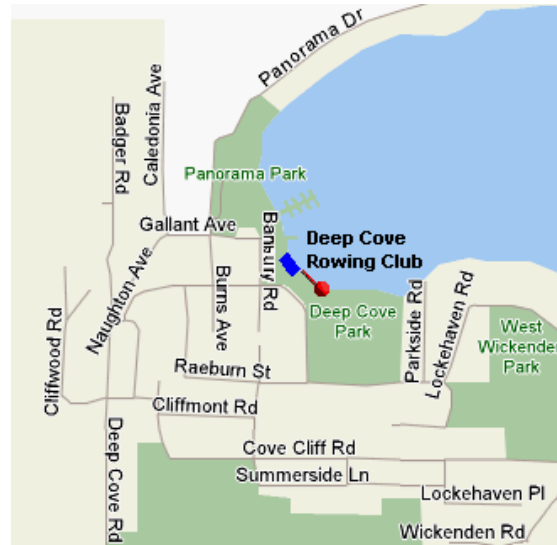
The [Deep Cove Rowing Club \(DCRC\)](#) is a Registered Non-Profit Society operating in North Vancouver, BC. The [DCRC](#) is a community based operation under the leadership of a volunteer Board of Directors. We are based in the Deep Cove boathouse which is located at 2156 Banbury Rd North Vancouver, BC. Our rowing activities and some regattas take place in the scenic waters of Deep cove and Indian Arm

The organization is a member in good standing of [Rowing Canada Aviron \(RCA\)](#) and competes in [RCA](#) sanctioned events, as well as other events sponsored by high schools and rowing clubs.

## LOCATION of the CLUB

2156 Banbury Road, North Vancouver, BC:

---



---

**For program and space availability contact [Deep Cove Rowing Club](#) – at**

**[deepcoverowingclub@hotmail.com](mailto:deepcoverowingclub@hotmail.com)**

**or call the boathouse at**

**604-929-4510**

**Program payment at [www.northvanrec.com](http://www.northvanrec.com) (Click on program/rowing) OR pay at the boathouse by cheque.**

---



## Mission Statement

---

**“The [Deep Cove Rowing Club](#) is a community-based organization dedicated to inspiring and providing for a lifelong passion for the sport of rowing.”**

---

# Deep Cove Rowing Club

## Program Overview

---

### Competitive rowing

- ◆ **Junior Competitive** – This is a competitive program for youth ages 13 -18
- ◆ **Senior Competitive** – This is an intensive program for competitive athletes 19 years of age and older.
- ◆ **Masters Competitive** – For those over the age of 27 who want a competitive focus.

### Recreational Rowing & Learn-to-row

#### Junior

- ◆ **Youth Learn to Row** – A 2 week, 10 session introductory course
- ◆ **High School Program Summer Camps** – a one week intensive pre-season camp
- ◆ **High School Program Fall Season** – practicing 3 times a week

#### Adult

- ◆ **Adult Learn to Row** Full session– 4 weeks, 8 sessions designed to teach the participant the basic skills required for the sport of rowing.
- ◆ **Adult Recreational** – This program is for those adults who have successfully completed a Learn to Row course and want to continue.

### Corporate rowing

- ◆ **Corporate Rowing** – The Corporate Rowing Challenge is a 7 week rowing program at the [Deep Cove Rowing Club](#) location with Championship Regatta at the end of May each year.
- ◆ **Rowing to Synergy** - The Ultimate Team Building Experience is a custom designed program that provides team-building training. We work with companies to create a learning environment that addresses a company's specific goals and experience practical techniques that can be used in the workplace.



---

For program and space availability contact [Deep Cove Rowing Club](#) – at

[deepcoverowingclub@hotmail.com](mailto:deepcoverowingclub@hotmail.com)

or call the boathouse at

604-929-4510

---

## DCRC Juniors

### Competitive Annual Rowing Plan

---

#### Fall Session (early September to early November)—High School League

Athletes from schools fielding teams in the high school league row for their respective schools. Athletes from schools who are not fielding teams row for the [DCRC](#) junior club program.

#### Winter Session (mid-November to mid-February)

This program consists of weekday dryland training (at a local gym) and weekend rowing sessions. All athletes train as members of the [DCRC](#) junior program.

#### Spring Session (mid-February to end of May)

This is the major competitive season. All athletes train and race as [DCRC](#) junior program. Selection of top crews is based on performance in some combination of ergometer testing, seat racing, technical proficiency, crew compatibility, coachability, and attendance. All athletes will be boated for regattas in which the entire Club participates, usually in at least two races per regatta.

#### Summer Session (early June to late August)

Training and skill development continues for the experienced athletes and learn to row programs are offered to newcomers. There may be both competitive and recreational programs running concurrently, depending on enrollment.