

DCRC SENIOR B PROGRAMS 2008

("SRB" REFERS TO ATHELETES OF UNIVERSITY AGE. GENERALLY, 19 – 23)

JUNE 1 – AUGUST 15

COMPETITIVE PROGRAM
\$ 385

- **4 SESSIONS PER WEEK**
Mon / Wed / Fri / Sat – 5:30am
- **2 REGATTAS**
 - 1) BC Championships, July 19-20
 - Elk Lake, Victoria
 - 2) Royal Canadian Henley Regatta, August 5-10
 - St. Catherine's, ONT
 - select crews only, TBD
- **EQUIPMENT PRIORITY**
 - As the DCRC places a premium on our elite athletes, the DCRC SrB Program will be using only our finest equipment. All shells were built by Hudson Boatworks, and are less than 3 years old.
 - Focus will be on sculling and small boat skills (1x, 2x, 2-)
 - Crew boats (4x, 4+/-) to be made for regattas
- **EXCEPTIONAL COACHING**
 - As we view our SrB Program as one of our "flagship" programs, these athletes will receive coaching from only our finest staff. They are RCA Level II – IV certified, and have coached crews to Gold Medal finishes at numerous elite regattas. As well, throughout the season our SrB athletes will receive instruction from guest coaches, including former Olympic rowers and National Team Coaches.

RECREATIONAL PROGRAM

\$ 290 (PUNCH CARD - 20 ROWS) **OR** **\$ 15 DROP IN FEE**

As we realize that not everyone of university age wishes to participate in a fiercely competitive environment, we are offering the Recreation Program as an alternative. This program is designed around you, with the simple enjoyment of the sport being the priority. Whether you decide to join as an individual, or with friends to form a crew, it is completely up to you. You can show up for all 3 scheduled sessions, or for just 1 per week. Again, the decision is entirely yours.

- **3 SESSIONS PER WEEK (OFFERED)**

Mon / Wed / Fri – 7:00pm

- **FOCUS ON SPORT ENJOYMENT**

- If you want a workout, we can provide. If you want to explore Indian Arm or go for a crew picnic dinner to Jug Island, we can provide. If you simply want to bask in the sun from the comfort of our shells with some friends, we can provide! The day's focus and plan are in *your* hands.

- **ELITE EQUIPMENT**

- All shells built by Hudson Boatworks, and are less than 3 years old

- **COACHES**

- While some clubs regard the Recreation Programs as “second tier”, and provide coaches accordingly, we believe otherwise. Our Head Coach, Kelsey McDaniel, will be running this program, and can offer helpful technique tips and workouts designed specifically for your needs. And a post-practice beverage on the local patio (Arm's Reach Bistro) is always a great place to finish off a great session!

PLEASE FILL OUT ATTACHED DCRC WAIVER FORM PRIOR TO YOUR 1ST PRACTICE. NO ONE IS PERMITTED ON THE WATER UNTIL BOTH THE WAIVER AND APPROPRIATE PAYMENT HAS BEEN MADE.

[EMAIL DEEPCOVEROWINGCLUB@HOTMAIL.COM](mailto:DEEPCOVEROWINGCLUB@HOTMAIL.COM) FOR MORE INFO ON EITHER OF THESE PROGRAMS