

DEEP COVE ROWING CLUB

www.deepcoverowingclub.com

JUNIOR PROGRAMS

RECREATIONAL PROGRAMS

LEARN – TO - ROW CAMPS

Monday thru Friday
12:00 – 2:00pm
Start dates: July 21
July 28
Aug 4
Aug 11
Aug 18

FALL HIGH SCHOOL SEASON

Sept. 8 – Nov.1
Specific training schedule is dependent upon athlete's school affiliation

COMPETITIVE PROGRAMS

DCRC JV PROGRAM

Attended 2009 Regattas

Beat the Beast erg comp.
Feb 7
Shawnigan Lake Regatta
May 9 - 10
Delta Deas Regatta
May 23 - 24
BC Championships
July 17 – 19

DCRC VARSITY PROGRAM

Attended 2009 Regattas (Same as above, plus...)

Elk Lake Sprints
Feb. 21 - 22
Brentwood International Regatta
April 24 – 26
Royal Canadian Henley (*)
Aug. 11 - 16

REGATTA ATTENDANCE & ESTIMATED COSTS INVOLVED 2008-2009 SEASON

JUNIOR VARSITY PROGRAM

FALL

1) DEEP COVE CLASSIC

- Oct. 4, 2008
- \$12 per athlete

WINTER

1) BEAT THE BEAST ERG COMPETITION

- Feb.7, 2009, St. Georges School
- \$12 per athlete

SPRING

1) SHAWNIGAN LAKE REGATTA

- May 9-10, Shawnigan Lake School
- \$250 per athlete

2) DELTA DEAS REGATTA

- May 23-24, Deas Island, Delta
- \$100 per athlete

SUMMER

1) BC CHAMPIONSHIPS

- July 17-19, Elk Lake. Victoria
- \$250 per athlete



VARSITY PROGRAM

FALL

1) DEEP COVE CLASSIC

- Oct. 4, 2008
- \$12 per athlete

2) HEAD OF THE GORGE / HEAD OF THE ELK

- Oct. 25-26, Victoria
- \$250 per athlete

3) FROSTBITE / HEAD OF THE LAKE

- Nov. 8-9, Seattle, WA
- \$350 per athlete

WINTER

1) BEAT THE BEAST ERG COMPETITION

- Feb.7, 2009, St. Georges School
- \$12 per athlete

SPRING

1) ELK LAKE SPRINTS

- Feb. 21-22, Victoria
- \$250 per athlete

2) BRENTWOOD REGATTA

- April 24-26, Brentwood College
- \$250 per athlete

3) SHAWNIGAN LAKE REGATTA

- May 9-10, Shawnigan Lake School
- \$250 per athlete

4) CSSRA / SPEED ORDERS

- May 30 – June 2, St. Catherines, ONT
- \$1500 per athlete

* Crews wishing to attend must meet GMS criteria



SUMMER

1) BC CHAMPIONSHIPS

- July 17-19, Elk Lake. Victoria
- \$250 per athlete

2) ROYAL CANADIAN HENLEY

- Aug. 11-16, St. Catherines, ONT
- \$2000 per athlete

* Crews wishing to attend must meet GMS criteria