

WINTER TRAINING SCHEDULE

2009 - 2010

NOV. 16 – DEC. 19 / JAN. 4 – FEB. 6

COST: \$265

	Mon	Tues	Wed	Thurs	Fri	Sat
6:00 – 7:15am	Parkgate - All		Parkgate - All		Parkgate - All	
7:30 – 9:30am						JrA
9:30 – 11:00am						JrB / JrC
4:00 – 5:30pm	JrA	JrB	JrC	JrA	JrB / JrC	

- Category placement is based upon current grade.
 - JrA = grade 11 & 12
 - JrB = grade 9 & 10
 - JrC = grade 8
 - No Novice category during Winter
- Note that Saturday's are considered "boathouse days". If weather conditions are favorable, we will be on-water. However, ensure to bring both indoor and outdoor gear to *each* practice.
- Focus will be on improving overall fitness levels, with some film work and technique improvement as well. Athletes will be expected to keep a log for erg workout results, as this information helps the coaches make much more informed training programs.

WESTERN CANADIAN INDOOR ROWING CHAMPIONSHIPS

Saturday, Feb 6: St. Georges School (Vancouver)

2000m erg competition