

SPRING 2009
FEB. 14 – JUNE 13

| | Mon | Tues | Wed | Thurs | Fri | Sat |
|----------------------------|----------------------------------|-------------|--------------------------------|----------------------------------|--------------------------------|---|
| 5:30 – 7:15am | Club Development All | | Club Development JrA | | Club Development JrB | |
| 7:30 – 9:30am | | | | | | Club Development All |
| 10:00 – 11:30am | | | | | | JrA |
| 11:30 – 1:00pm | | | | | | JrB <i>Film Review 1:00-2:00</i> |
| | | | | | | |
| 4:00 – 5:30pm | JrC | JrA | JrB | JrA | JrC | |
| 5:30 – 7:00pm | <i>Film Review 5:30-6:30</i> | JrB | JrC | <i>Film Review 5:30-6:30</i> | | |

Note that athletes who are in the C.D. program attend both the C.D. sessions as well as their respective afternoon sessions.

Categories / Training Groups

Due to limited resources, the number of spots available for our Junior Program is capped. During the first two weeks of the season, all athletes will be performing a select number of tests, both on-water and off, in order to establish the seasons training groups.

As some DCRC attended regattas have a limit on the number of entries a club is permitted per race, for select regattas only the Club Development athletes attend. It should be noted that athletes are able to “challenge” for a seat in a C.D. boat throughout the entire season. Please refer to “Club Development Program” for more information.

Although the DCRC does its best to accommodate all athletes wishing to row, it should be noted that missed sessions can not be made up at a later date. Likewise, athletes with scheduling conflicts should be aware that the above schedule is “set”, and alterations may not be possible.