

# WINTER TRAINING SCHEDULE

## 2008-2009

NOV. 17 – DEC. 19 / JAN. 5 – FEB. 6

COST: \$180

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>6:00 – 7:15am</b>	Parkgate - All		Parkgate - All		Parkgate - All	
<b>7:30 – 9:30am</b>						<b>Club Develop.</b> Men & Women
<b>9:30 – 11:00am</b>						JrA Men & Wom
<b>11:00 – 12:30pm</b>						JrB & JrC Men & Wom
<b>4:00 – 5:30pm</b>	JrA Women	JrA Men	JrB Men	JrB Women	JrC Men & Women	
<b>5:30 – 7:00pm</b>						

- Category placement will be based upon current grade.
  - JrA = grade 11 & 12
  - JrB = grade 9 & 10
  - JrC = grade 8
  - (- No Novice category during Winter)
- The Saturday Club Development session will be for both JrA & B together.
- Note that 1 session per week will be on-water. On the first day of each week that offers us favorable weather, the practice 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 (both on water and on erg) for 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

*(formerly Beat the Beast)*

**Saturday, Feb. 7:** St. Georges School (Vancouver)

2000m erg competition