

Program Schedule for Spring (April 19 - June 13)

Includes coach, session capacity, and designates specific 2x sessions. All other sessions are 1x. PB = private boat session

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		SATURDAY			SUNDAY	
5:30 AM	Jeffrey			Peter			Jeffrey			Peter			Peter						
5:45 AM	9	Shane		9			9	Shane		9			9	Shane					
6:00 AM		10	Peter					10	Peter				10						
6:30 AM		2x	9					2x	9				2x		Michael				
7:00 AM	Jeffrey		PB	Peter			Jeffrey		PB	Peter			Peter		9	Peter	Patty		
7:15 AM	9	Shane		9			9	Shane		9			9	Shane		9	9		
7:30 AM		10						10					10			PB			
8:00 AM		2x						2x					2x		Michael				
8:30 AM															9			Patty	
9:00 AM		8:45 AM						8:45 AM					8:45 AM					9	
9:30 AM																			
10:00 AM															Ann				
10:30 AM															9			Ann	
11:00 AM																			
11:30 AM															Ann			Ann	
12:00 PM															9			9	
12:30 PM																			
1:00 PM															Rhiannon				
1:30 PM															9				
2:00 PM																			
2:30 PM	Ingrid			Ingrid									Ingrid						
3:00 PM	9			9									9						
3:30 PM																			
4:00 PM	JUNIORS	JUNIORS		JUNIORS	JUNIORS		JUNIORS	JUNIORS		JUNIORS	JUNIORS		JUNIORS	JUNIORS					
4:30 PM																			
5:00 PM						5:45 PM						5:45 PM							
5:30 PM	Michael			Keiran		Michael	Michael		Keiran		Jeffrey	Michael							
6:00 PM	9	Lena		9	Blake	9	9	Lena	9	Blake	9	9	Lena						
6:30 PM		10			10	PB		10		10			10						
7:00 PM	Michael	2x/-		Keiran	2x/-	7:15 PM	Michael	2x/-	Keiran	2x/-	7:15 PM	Michael	2x/-						
7:30 PM	9			9			9		9			9							
8:00 PM																			
8:30 PM																			

SPORT

Focus: Overall skill instruction as well as medium-intensity training. Get a good workout in a non-competitive environment.

DEVELOPMENT

Focus: Highly technical skill instruction. While some medium to high-intensity rowing will be included, most of the time will be devoted to technical improvement.

HIGH PERFORMANCE

Focus: Technique, intensity and endurance as part of training for competition. High intensity training for the competitive rower.