

Dalhousie University Rowing Club

Fall 2017 Overview

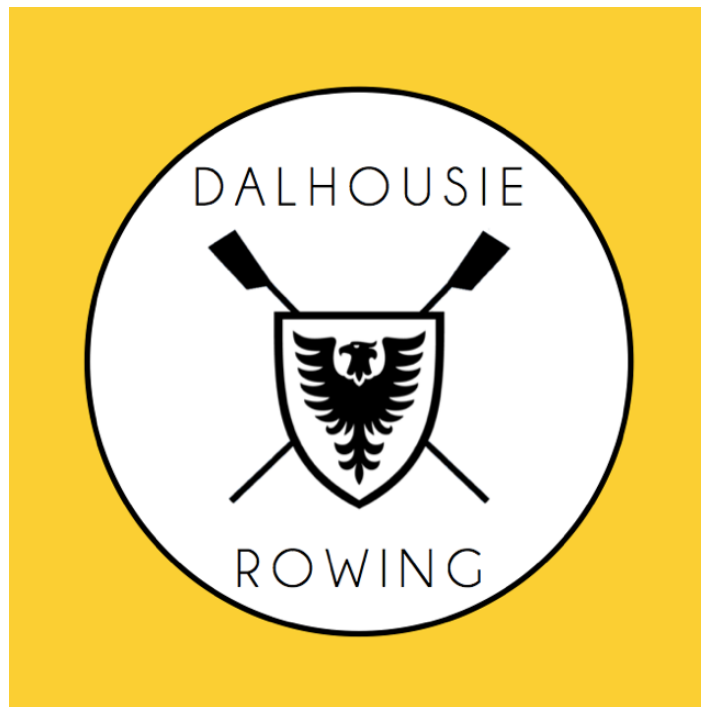
Hello all!

We are so excited for the coming rowing season. Included in this newsletter is information about all programs being offered by the Dalhousie Rowing Club this fall, as well as information about important dates and how to register.

Please scroll down to the appropriate section (learn to row, novice or varsity) to find out all the information you need to know!

As always, please feel free to email dalrowing@gmail.com with any questions you may have.

Much love,
Maya and Gaby



Overview

Learn to Row

Novice

Varsity

Learn To Row

Learn to Row is for all individuals interested in learning how to row! The program will cover the basics of boat safety and stroke mechanics, and will allow new rowers to practice their skills in a boat. Anyone interested in rowing for the Dalhousie novice or varsity programs in the future must complete a Learn to Row program first.

Dal Rowing is going to run two Learn to Row programs this fall. Both will be held from **5:30-7pm** at the Halifax Rowing Club. The first will be held Monday and Wednesday evenings, and the second on Tuesday and Thursday evenings. Each program is capped at **16 rowers**.

Both programs run 6 weeks (a total of 12 lessons), and culminate in a 500m race at the Really Chili Regatta in Dartmouth on October 28th.

Monday/Wednesday Session, 5:30pm – 7:00pm

- Monday, September 18th start, Wednesday, October 25th finish

Tuesday/Thursday Session, 5:30pm – 7:00pm

- Monday, September 19th start, Thursday, October 26th finish

Cost: \$160

- Can be paid online, by cash or by cheque made out to the Halifax Rowing Club
- Payment is required **before** any participant will be allowed out on the water

Registration Details

1. Visit <http://www.halifaxrowing.ca/register/> to register.
2. Select "Register for an HRC Program Now".
3. Scroll down to either the 2017 Dalhousie Learn to Row (Mon/Wed) or the 2017 Dalhousie Learn to Row (Tues/Thurs) program and select join.
4. Enter your username/Rowing Canada Aviron (RCA) member number and password if you already have a RCA account. If not, select "Create Account Now".

Important Forms

1. 2017-HRC-Membership-Form-Waiver
2. Halifax Rowing Club Confidential Medical Information Form

*These forms must be filled out before you are allowed on the water.

To Bring to the First Practice

- Completed forms and Payment
- Running shoes
- Socks to wear in the boat (they will get wet)
- Water bottle

Novice

The Novice program is for those that have completed a learn to row program previously. Novice rowers are those who have never competed in a sanctioned regatta. If you are unsure as to whether or not you qualify as a novice rower, please reach out to dalrowing@gmail.com and we will help figure it out!

Practice Details

Practices will be held 4 times weekly at the Halifax Rowing Club (St Mary's Boat Club).

- Monday morning 5:30 am – 7:30 am
- Tuesday evening 6:00 pm – 8:00 pm
- Thursday evening 6:00 pm – 8:00 pm
- Saturday morning 8:00am – 10:00am

Start Date

The first practice will be held Tuesday, September 5th from 6-8 pm.

Regattas

The novice team is expected to compete in three regattas this season.

- Cogswell Regatta, Halifax Rowing Club, September 8th
- Atlantic University Rowing Championships, Antigonish NS, October 14th - 15th
- Really Chili Regatta, Dartmouth NS, October 28th

*Please note, participation is subject to change.

Coaching

The novice team is coached by Erica Gagnon, with help from Clint Coombs.

Cost: \$220

- Can be paid online, by cash or by cheque made out to the Halifax Rowing Club
- Payment is required before any participant will be allowed out on the water
- Cost breakdown
 - o \$195 program fee
 - o \$15 RCA fee
 - o \$10 RowNS fee

*This is the program cost. It does not include the cost of participation in regattas.

Registration Details

1. Visit <http://www.halifaxrowing.ca/register/> to register.
2. Select "Register for an HRC Program Now".
3. Scroll down to the 2017 Dalhousie Novice Program and select join.
4. Enter your username/Rowing Canada Aviron (RCA) member number and password if you already have a RCA account. If not, select "Create Account Now".

Important Forms

1. 2017-HRC-Membership-Form-Waiver
2. Halifax Rowing Club Confidential Medical Information Form
3. Sport Club Athlete Waiver
4. Anti-Hazing Acknowledgement Form

These forms must be filled out before you are allowed on the water.

To Bring to the First Practice

- Completed forms
- Payment
- Running shoes
- Socks to wear in the boat (they will get wet)
- Water bottle



Varsity

Training Camp Details

Varsity training camp will run Monday, August 28th – Friday, September 1st. Dryland workouts will take place from 3:00 pm-4:00 pm each day. On-water workouts will be held from 4:00 pm-6:00 pm immediately after. Please RSVP using the doodle poll that was emailed to all athletes, or email dalrowing@gmail.com all the days you will be attending. There is no additional cost associated with training camp.

Practice Details

On-water practices will be held 7 times weekly.

- Monday - Friday mornings from 5:30 am – 7:30 am
- Saturday morning from 6am – 8am
- Sunday morning from 8:00 am – 11:00 am

Off-water practices will be held Monday-Friday evenings. Timing to be determined at training camp.

*There will be one day off weekly. Crews may practice on different days.

Regattas

The varsity team is expected to compete in four regattas this season.

- Cogswell Regatta, Halifax Rowing Club, September 8th
- Head of Four Bridges, Fredericton NB, September 30th
- Atlantic University Rowing Championships, Antigonish NS, October 14th - 15th
- Really Chili Regatta, Dartmouth NS, October 28th

*Please note, participation is subject to change.

Coaching

The varsity team is coached by Colm Gribbon, with help from Anna Braunizer.

Cost: \$260

- Can be paid online, by cash or by cheque made out to the Halifax Rowing Club
- Payment is required before any participant will be allowed out on the water
- Cost breakdown
 - o \$200 program fee
 - o \$50 RCA fee
 - o \$10 RowNS fee

Cost Exceptions

1. If you registered as a full season, competitive rower at HRC, your fees are already paid (you owe nothing).
2. If you rowed non-competitively at HRC this summer, the fee of the RCA regatta insurance upgrade is the only required fee. You owe **\$35** (\$36 if you pay online). **Please register for 2017 RCA Regatta Insurance Upgrade at**

the bottom of the drop down list of HRC programs only (not as a varsity athlete as well).

3. If you competed out of another Nova Scotia boat club this summer, you do not need to pay the RowNS \$10 fee. You owe **\$250**.

*This is the program cost. It does not include the cost of participation in regattas.

Registration Details

1. Visit <http://www.halifaxrowing.ca/register/> to register.
2. Select "Register for an HRC Program Now".
3. Scroll down to the 2017 Dalhousie Varsity Program and select join.
4. Enter your username/Rowing Canada Aviron (RCA) member number and password if you already have a RCA account. If not, select "Create Account Now".

Important Forms

1. 2017-HRC-Membership-Form-Waiver
2. Halifax Rowing Club Confidential Medical Information Form
3. Sport Club Athlete Waiver
4. Anti-Hazing Acknowledgement Form

These forms must be filled out before you are allowed on the water.

To Bring to the Training Camp

- Completed forms
- Payment
- Running shoes
- Dryland and rowing gear
- Socks to wear in the boat (they will get wet)
- Water bottle