



WWW.STILLWATERROWING.COM

STILL WATER ROWING CLUB

Summer & Fall Junior's Programs

Our mission at Still Water Rowing Club (SWRC) is to create a youth rowing program which will increase rowing participation rates in Northern Virginia while also encouraging the healthy development of the area's youth. SWRC is a not-for-profit 501(c)(3) organization which offers participants from 7th grade through high school positive learning and team experiences along with the opportunity to create life-long memories.



Contact:

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STILL WATER ROWING CLUB OFFERS SUMMER & FALL ROWING PROGRAMS FOR STUDENTS OF ALL EXPERIENCE LEVELS

OVER 200 MEMBERS IN 2015

SUMMER PROGRAMS RUN JUNE 27TH THROUGH AUGUST 13TH

FALL PROGRAMS RUN AUGUST 29TH THROUGH NOVEMBER 5TH



STILL WATER ROWING CLUB

Fairfax Station, Virginia

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- FACEBOOK: /stillwaterrowing
- TWITTER: @SWRC_VA
- INSTAGRAM: @SWRC_VA

2016 Summer & Fall Youth Rowing Programs

Experienced Program:

The SWRC Experienced Program is geared towards improving the speed and technique of rowers who have one to four years of experience with the sport. Athletes will be placed in lineups with respect to training and racing based on speed and ability. All coxswains participate at a discounted rate.

Coaches expect regular daily attendance and the ability to participate in races. Emphasis will be developing technical skills, fitness, running specialized drills, developing confidence and leadership skills, recreational, and receiving one-on-one attention for their coaches. Specialized plans will be provided for each rower so they can build strengths to improve their skills. Students will leave the program better prepared for the interscholastic rowing season or to transition to the next level of their development. SWRC practices in eights and fours that require coxswains.

Rowing 101: An Introductory Program:

The SWRC LTR program is geared towards students who have no experience with the sport and are excited to learn how to row! Each practice will introduce new rowers and coxswains to fundamental boat-handling and rowing technique skills as well as the general basics of the sport. Graduates of this class can move into SWRC's Experienced Program, join their high school's novice program to continue their long term development or may transition to one of our Fall programs.

Summer 2016

Experienced Program:

6/27/16 through 8/13/16

Monday through Friday

Time: Girls: 7:00-9:00am, Boys 9:30- 11:30am

Cost: \$375

Top athletes can expect to race in the Occoquan Master Sprints (Date TBA) and Philadelphia Youth Regatta (Saturday 7/23).

Rowing 101: An Introductory Program:

6/27/16 through 8/13/16

Monday through Friday

Time: 7:00-9:00am

Cost: \$300

Contact:
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Fall 2016

Experienced Program:

8/29/16 through 11/5/16

Monday through Thursday

Time: 4:30-6:30pm

Saturdays: 8:00-10:30am

Cost: \$375

Top athletes can expect to race in the Occoquan Challenge, Occoquan Chase, and the Head of the Occoquan. Additional racing opportunities include the Head of the Christina, Head of the Charles, Head of the Schuylkill, and Head of the Hooch.

Rowing 101: An Introductory Program:

8/29/16 through 11/5/16

Monday through Thursday

Time: 4:30-6:30pm

Saturdays: 8:00-10:30am

Cost: \$300

