

SMRC 2008 Masters Rowing Programs & Fees

Membership:

Use of club facilities and equipment, including partner facilities (RT 216)

Participation in open/club rows

Participation in club events/races

Receive newsletter

Access to member section of website

Access to all club social events

Race under SMRC name in all events local and national

Opportunities for coaching and other rowing related club resources

Discounts for SMRC programs and coaching

Membership Fees:

Payable in April for whole year at discount or in April and August (half each)

Members leaving the club may request prorated refund, but will assume liability for dues until such request approved.

Membership fees go toward overhead expenses (facilities, insurance, launches, etc)

Program Fees:

Program fees are due at the registration for each program

Program registration form must be accompanied by payment to insure registration

Program fees may be bank drafted, if registered for multiple programs

Discounts (10%) may be offered for advanced/multiple registrations

-offered at beginning of season, or initial membership registration

Programs can be joined in progress, at regular rate

Program fees are not refundable, but may be transferred to other programs

Program fees are used to pay coaches and cover equipment costs

Open Row:

Two or three open rows per week

Establish interest and develop captains to take charge of open row

Log book with crew, time out, expected time in, etc

Coached Programs:

Coached programs will meet at Lashbrook Nursery boathouse or RT 216 (inclement weather)

Mixed Sweep Program

Prerequisite: SMRC Novice, LTR, or corporate programs or checked out by SMRC coach

- 2 days per week coached rows
- Three sessions 2008 (May-June; July-Aug; Sept-Oct)
- recreational for intermediate men and women

Novice women/men

Prerequisite: None

- 2 days per week coached rows
- Three sessions 2008 (May-June; July-Aug; Sept-Oct)
- beginner rowers (replaces traditional LTR), rowers needing skill refresher
- coaching focuses on skill development

Advanced/competitive women/men

Prerequisite: SMRC Novice, LTR, or corporate programs & checked out by SMRC coach

- 3 days per week coached rows
- Two sessions 2008 (May-June; July-Aug)
- experienced/quickly developing rowers
- coaching focuses on training/athletic development

Racing crews (Sept-Oct)

Prerequisite: SMRC Novice, LTR, or corporate programs & checked out by SMRC coach

- experienced/intermediate rowers training for races
- Head race focus 2008; 2009 sprint and head races

Learn to Row Programs:

Discover Rowing (2 hours)-intro to sport, equipment, technique

Offer Discover Rowing several times (masters can be trained to lead this)

Learn to Row Days- NLTRD; corporate LTRD; Leadership Blount; etc

Corporate/Group Rowing

Learn to Row for corporate/groups

Learn to Row (6 sessions/14 hours)-learn sport, equipment, technique

- schedule sessions on group and coach schedule

Leagues with coached training (2008 summer only)

- 3 weeks training with 500m race
- Focus on July; add August if interest/need dictates

2008 Fee Schedules

Membership:

Club Membership	Adult (Over 30)	Family	Young Professional (under 30)	Corporate Partner Employee	Corporate Partner Family	Juniors Alumni / Student	Corporate Partner	Trial 3mo max
Full Year	\$300	\$500	\$200	\$250	\$400	\$200	\$1500	
Due April 15	\$160	\$260	\$110	\$135	\$210	\$110		
Due Aug 15	\$160	\$260	\$110	\$135	\$210	\$110		\$75

Coach Programs	Mixed Sweep	Novice Women/Men	Adv/Comp Women/Men	Racing Crews	Off Water/Fitness
Session fee	\$100	\$100	\$150	\$150	\$180
Monthly fee	\$50/mo	\$50/mo	\$75/mo	\$75/mo	\$30/month
Per row	\$7.14	\$7.14	\$7.14	\$7.14	
Non-Members	\$200	\$200	\$300	\$300	\$60
Monthly Fee	\$100/mo	\$100/mo	\$150/mo	\$150/mo	\$60
Per row	\$14.29	\$14.29	\$14.29	\$14.29	\$60

Special Programs	Beginner Technique (1 day)	Intermediate Technique (2 day)	Beginner Racing	Advanced Technique (3 day)	Beginner Coxswain	Individual Coaching
Members	\$25	\$50	\$30	\$75	\$15	
Non-Members	\$50	\$100	\$60	\$150	\$30	

Learn to Row Programs	Discover Rowing	Group (4 or more)	Corporate partner
	\$50	\$150 per rower	\$200 per rower

April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Coached Ergo (RT 216) 6:00-8:00	8	9 Coached Ergo (RT 216) 6:00-8:00	10	11	12
13	14 Coached Ergo (RT 216) 6:00-8:00	15	16 Coached Ergo (RT 216) 6:00-8:00	17	18	19
20	21 Coached Ergo (RT 216) 6:00-8:00	22	23 Coached Ergo (RT 216) 6:00-8:00	24	25	26
27	28 Coached Ergo (RT 216) 6:00-8:00	29	30 Coached Ergo (RT 216) 6:00-8:00			

May 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Coached Ergo (RT 216) 6:00-8:00	2	3
4	5 Open Row GET	6 YOUR	7 Open Row BLADE	8 IN	9 CLINIC	10 Open Row
11	12 Advanced I (M/W) 6:00-8:00 Open Row	13 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	14 Advanced I (M/W) 6:00-8:00 Open Row	15 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	16 SMRC Boathouse Social	17 Advanced I (M/W) 7:00-9:00 Open Row
18	19 Advanced I (M/W) 6:00-8:00 Open Row	20 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	21 Advanced I (M/W) 6:00-8:00 Open Row	22 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	23	24 Advanced I (M/W) 7:00-9:00 Open Row
25	26 Advanced I (M/W) 6:00-8:00 Open Row	27 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	28 Advanced I (M/W) 6:00-8:00 Open Row	29 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	30	31 Advanced I (M/W) 7:00-9:00 Open Row

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Advanced I (M/W) 6:00-8:00 Open Row	3 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	4 Advanced I (M/W) 6:00-8:00 Open Row	5 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	6	7 NLTRD Advanced I (M/W) 7:00-9:00 Open Row
8	9 Advanced I (M/W) 6:00-8:00 Open Row	10 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	11 Advanced I (M/W) 6:00-8:00 Open Row	12 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	13	14 Advanced I (M/W) 7:00-9:00 Open Row
15	16 Advanced I (M/W) 6:00-8:00 Open Row	17 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	18 Advanced I (M/W) 6:00-8:00 Open Row	19 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	20	21 Advanced I (M/W) 7:00-9:00 Open Row
22	23 Advanced I (M/W) 6:00-8:00 Open Row	24 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	25 Advanced I (M/W) 6:00-8:00 Open Row	26 Novice I (M/W) 6:00-8:00 Mixed Sweep I 6:00-8:00	27	28 Advanced I (M/W) 7:00-9:00 Open Row
29	30 Open Row					