



## Blood Street Sculls Junior Rowing Fall 2011 Overview



The Old Lyme Rowing Association Junior Rowing Program operates during the fall at the Emerson Boathouse at Rogers Lake in Old Lyme. Just like during this past summer, Blood Street Sculls will be offering two divisions of the fall program: *Competitive* and *High Performance*. Both programs are 8 weeks long and will be run by highly qualified coaches, but will differ in the number of practices per week, the intensity, and the focus.

In order to participate the athlete must: be a student entering grades 10-12, pass a swim test (treading water for 10 minutes, swimming 50 yards any stroke, swimming underwater for 10 feet), and have previously rowed in a high school novice, varsity, or summer crew program. Athletes in both programs are expected to consistently attend practices, take proper care of boathouse and boats, and respect teammates and coaches.

### High Performance Team

**Athlete Profile:** Athletes *committed to training and racing at a high level*, including the Head of the Charles

**Practice Schedule:** September 6 – October 30, Monday – Friday at 5pm, moving earlier as the fall progresses and darkness comes earlier. Also some Saturday practices.

#### **Racing Schedule:**

Mystic Coastweeks	Sunday, September 18
Head of the Riverfront , Hartford	Sunday, October 2
Head of the Housatonic, Shelton	Saturday, October 8
Head of the Charles, Boston	October 22-23
Head of the Fish, Saratoga Springs	October 29-30

**What to Expect:** High level coaching (D I and D III collegiate coaching experience), training tailored to support athletes in achieving rowing excellence, high level racing experience, intense competition, and the foundation needed to row at a high level (i.e. college, junior national teams).

### Competitive Team

**Athlete Profile:** Athletes seeking improvement in technique and fitness, younger rowers, and those rowers who do not wish to make the time commitment required for the High Performance Team.

**Practice Schedule:** September 7- October 30, Mon, Wed, Fri after school (3 sessions/ week)

**Racing Schedule:** As noted above, except for the Head of the Charles

**What to Expect:** A more recreational and developmental rowing experience with several opportunities to race.

## **Blood Street Sculls Junior Rowing Summer 2011 Overview**

The Old Lyme Rowing Association Junior Rowing Program operates during the summer and fall at the Emerson Boathouse at Rogers Lake in Old Lyme. This year, Blood Street Sculls will be offering two divisions of the summer program; *Competitive* and *High Performance*. Both programs are 6 weeks long and will be run by highly qualified coaches, but will differ in the number of practices per week, the intensity, and the focus.

In order to participate the athlete must: be a student entering grades 10-12, pass a swim test (treading water for 10 minutes, swimming 50 yards any stroke, swimming underwater for 10 feet), and have previously rowed in a high school varsity or novice crew program. Athletes in both programs are expected to consistently attend, take proper care of boathouse and boats, and respect teammates and coaches.

### High Performance Team

**Athlete Profile:** Athletes *committed to training and racing at a high level*. Athletes in this program will be divided by gender and age categories to allow for more races for the athlete and to ensure they are racing competitors of similar ages. The age breakdown is as follows:

#### **Junior B (Under 17)**

Athletes who will NOT turn 17 years of age during the current calendar year. Coxswains must follow the same age requirements but can race with athletes of either gender.

#### **Junior A (Under 19)**

Athletes who are at least 17 years old but will NOT turn 19 years of age during the current calendar year. Coxswains must follow the same age requirements but can race with athletes of either gender.

**Practice Schedule:** June 27<sup>th</sup>-August 7<sup>th</sup> M-F, 6-8 am, Sat. 8-10 am

**Racing Schedule:** July 1<sup>st</sup>-3<sup>rd</sup> Independence Day Regatta, Philadelphia, PA  
July 10<sup>th</sup> Cromwell Cup, Boston, MA  
August 1<sup>st</sup>-7<sup>th</sup> Canadian Henley Regatta, St. Catherine's, ON  
*\*Athletes will need a passport.*

**What to Expect:** High level coaching (D I and D III collegiate coaching experience), training tailored to support athletes in achieving rowing excellence, high level racing experience, intense competition, and the foundation needed to row at a high level (i.e. college, junior national teams).

### Competitive Team

**Athlete Profile:** Athletes seeking improvement in technique and fitness, but who can't make the time and training commitments of the High Performance Team. The group will be divided into appropriate groups and boats dependent on numbers and ability.

**Practice Schedule:** June 27<sup>th</sup>-August 7<sup>th</sup> M-F, 6-8 am

**Racing Schedule:** July 10<sup>th</sup> Cromwell Cup, Boston, MA  
August 6<sup>th</sup> Sweeps and Sculls Regatta, Narragansett, RI

**What to Expect:** A more recreational summer rowing experience with the chance to race locally, get fit, and work on technique. Coached by current club and college rowers.

*If interested in becoming part of the BSS Summer Junior Team, please fill out attached registration materials and mail them to:  
Summer Program Manager: Erica Page, 16 S. Ridge Road, Niantic, CT 06357*

*Contact Erica Page with questions regarding registration, payment, or programming: [Eampage86@gmail.com](mailto:Eampage86@gmail.com), (860)861-3253*



## Blood Street Sculls Junior Rowing Fall 2011 Overview



The Old Lyme Rowing Association Junior Rowing Program operates during the fall at the Emerson Boathouse at Rogers Lake in Old Lyme. Blood Street Sculls will be offering a *Fall Novice Program*. The program will start September 20<sup>th</sup> and will run for six weeks.

In order to participate the athlete must: be a student entering grades 9-12, pass a swim test (treading water for 10 minutes, swimming 50 yards any stroke, swimming underwater for 10 feet), no previous rowing experience is required. Athletes in both programs are expected to consistently attend practices, take proper care of boathouse and boats, and respect teammates and coaches.

### Novice Team

**Athlete Profile:** Anyone who is interested in Rowing. Athletes seeking improvement in technique and fitness, younger rowers, and those rowers who do not wish to make the time commitment required for the High Performance Team or Competitive team

**Practice Schedule:** September 20<sup>th</sup> - October 27<sup>th</sup>, Tues, Thurs, after school (2 sessions/ week)

**Racing Schedule:** Inter squad home races on the 4<sup>th</sup> and 6<sup>th</sup>

**What to Expect:** A more recreational and developmental rowing experience.

**Blood Street Sculls Junior Rowing  
Fall Registration Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Athlete Phone # \_\_\_\_\_ Athlete E-Mail \_\_\_\_\_

Birth Date \_\_\_\_\_ US Rowing # \_\_\_\_\_

**Important Medical Information:**

\_\_\_\_\_

\_\_\_\_\_

**Emergency Contact Information:**

\_\_\_\_\_

\_\_\_\_\_

*I verify that I am able to: Swim 100 yards, tread water for 15 minutes, swim 10 feet under water*

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Program Selection: Please check off which program you will be participating in.**

**\_\_ Novice Team, September 20 – October 27, Tues/Thurs after school. Fall session fee is \$125 with payment due with the registration form.**

Rowers will not be permitted on the water until registration form and waiver form (see [www.oldlymerowing.org](http://www.oldlymerowing.org)) are completed, along with proof of current US Rowing membership and Payment. Checks should be made out to **Old Lyme Parks and Rec**. Please mail completed registration, waiver, and check to:

OLRA Fall Programs  
C/o Tyler Page  
16 S. Ridge Rd., Niantic, CT 06357  
[tpage83@gmail.com](mailto:tpage83@gmail.com)  
(860)941-0602