

S A G A M O R E R O W I N G A S S O C I A T I O N

## ***2020 Adult Programs Proposal***

Below is a proposal for adult programs at Sagamore Rowing for 2020.

– Mike Wagner

### **Adult Learn to Row**

- Description
  - For brand new rowers who have not sculled before. We recommend taking the adult learn to row for 2 months (8 sessions) before joining the club and moving onto the intermediate program.
- Day/Time
  - Tuesday evenings from 6:30-8 p.m. (1.5 hours)
- Dates
  - June: (no class on 6/2) 6/9, 6/16, 6/23, 6/30
  - July: 7/7, 7/14, 7/21, 7/28
  - August: 8/4, 8/11, 8/18, 8/25
- Cost
  - \$150 per month
- Enrollment
  - Minimum of 4 athletes.
- Number of Coaches
  - 1 Coach for 4-6 athletes (Lead Coach)
  - 2 Coaches for 7-10 athletes (Lead Coach and Assistant Coach)
  - 3 Coaches for 11-14 athletes (Lead Coach and Two Assistant Coaches)

## Adult Intermediate Sculling

- Description
  - For scullers who have already completed the adult learn to row program. This program is also geared for current members who would like to receive coaching. This can be helpful for returning members also. We will focus on mainly sculling in training single shells.
- Day/Time
  - Thursday evenings from 6-8 p.m.
- Dates
  - June: 6/4, 6/11, 6/18, 6/25
  - July: (no class on 7/2) 7/9, 7/16, 7/23, 7/30
  - August: 8/6, 8/13, 8/20, 8/27
- Cost
  - \$100 per month
- Enrollment
  - Minimum of 8 athletes.
- Number of Coaches
  - 1 Coach for, 8-12 athletes (Lead Coach)
  - 2 Coaches for 13-20 athletes (Lead Coach and Assistant Coach)
  - 3 Coaches for 21-30 athletes (Lead Coach and Two Assistant Coaches)

## Adult Community Row

- Description
  - The adult community row is a coached session held on Sunday mornings from March through October. The spring season will begin indoors in March and will transition onto the water as soon as the weather permits. The focus will be on developing team boat skills in doubles and quads.
- Day/Time
  - Sundays at 7:45-9:45 a.m.
- Dates
  - March: 3/1, 3/8, 3/15, 3/22, 3/29
  - April: 4/5, 4/12, 4/19, 4/26
  - May: 5/3, 5/10, 5/17, 5/24, (no class on 5/31)
  - June: 6/7, 6/14, 6/21, 6/28
  - July: 7/5, 7/12, 7/19, 7/26
  - August: 8/2, 8/9, 8/16, 8/23, 8/30
  - September: 9/6, 9/13, 9/20, 9/27
  - October: 10/4, 10/11, 10/18, 10/25
- Cost
  - \$50 per month
- Enrollment
  - Minimum of 16 athletes.
- Number of Coaches
  - 1 Coach for, 16-20 athletes (Lead Coach)
  - 2 Coaches for 21-30 athletes (Lead Coach and Assistant Coach)
  - 3 Coaches for 31-40 athletes (Lead Coach and Two Assistant Coaches)

## Adult Winter Indoor Training

- Description
  - Over the winter we train indoors. On Saturdays during the winter beginning on November 7, 2020, a coached session is offered. There will be 19 two hour coached sessions through February 29, 2021. Workout plans may be available for individual self directed training on other days. As always, the gym will be open on Tuesday and Thursday evenings from 6-8 p.m. and on Saturday and Sunday mornings from 8-10 a.m.
- Day/Time
  - Tuesday (Open Gym): 6-8 p.m.
  - Thursday (Open Gym): 6-8 p.m.
  - Saturday (Coached Session): 7:45-9:45 a.m.
  - Sunday (Open Gym): 8-10 a.m.
- Coached Sessions – The dates of the coached session are below:
  - November: 11/7, 11/14, 11/21, 11/28
  - December: 12/5, 12/12, 12/19, 12/26
  - January: 1/2, 1/9, 1/16, 1/23, 1/30
  - February: 2/6, 2/13, 2/20, 2/27
- Cost
  - Current members: No Cost
  - New members: \$200
    - Non members are invited to participate. The \$200 fee covers the 19 coached sessions as well as gym access during open time.