



San Diego Rowing Club

JOIN THE SDRC JUNIOR CREW ROWING PROGRAM

SDRC is actively recruiting new rowers ages 11-18, girls and boys.

TRY A NEW SPORT!

NO EXPERIENCE NECESSARY!

- *Make New Friends*
- *Build Teamwork Skills*
- *Increase Strength & Fitness*
- *Sweep & Scull Rowing*



*Row on
Beautiful
Mission Bay*

- The SDRC Junior co-ed program involves approximately 80 student-athletes and is recognized for its top-quality coaches, its dedicated athletes and its success in local, regional and national regattas.
- Many SDRC Junior members have been recruited to row at collegiate institutions such as Penn, Orange Coast, Univ of Oregon, UCLA, UC Berkeley, USC, Harvard and Univ of Washington.
- Participating students attend schools from throughout San Diego county including Santana, Helix High, Cathedral Catholic, Coronado, Francis Parker, La Jolla High, Poway High, Torrey Pines, Canyon Crest, High Tech High, and La Costa Canyon.

See reverse for more information



Est.1888

www.SDRC-row.org

1220 El Carmel Place ~ San Diego, California 92109 ~ telephone (858) 488-1893



San Diego Rowing Club

Frequently Asked Questions

When do you practice?

- A. The novice (first-year) girls practice Monday, Tuesday, Thursday and Friday from 4-6:30 pm as well as Saturdays from 9-11:30 am. The novice boys practice Monday, Tuesday, Wednesday and Friday from 4-6:30 pm and Saturdays from 9-11:30 am.

What does a typical practice consist of?

- A. Although our junior team is separated into 4 squads: varsity men, varsity women, novice men, novice women, we have a full team warm-up before going on the water. Following warm-up we separate into the four squads and determine which boats we will row for the day. We typically spend about an hour and half rowing on the water, and some days we stay on land to work out. On land we practice on rowing machines, known as ergs (ergometers or rowing machines), which simulate the rowing motion.

When is your racing season?

- A. The competitive racing season starts at the beginning of March and runs until the middle of May. As a novice rower you would have the opportunity to race in approx 6 races throughout the spring.

How late in the season do you accept new rowers?

- A. We accept new rowers until the end of January.

How much does it cost to participate?

- A. There is a \$100 initiation fee for the program plus dues and fees of \$290 per month. This amount covers club dues, coaching fees, all travel such as flights, hotels, buses and food while on the road as well as travel uniforms. Limited scholarships available.

How do I sign up?

- A. Come down to the boathouse on any practice day and we will get you started.

Where are you located?

- A. 1220 El Carmel Place, Mission Bay, 92109. From Mission Blvd, turn east towards the Bay and follow the peninsula to the very end. You will see a large brown building, the Coggeshall Rowing Center.

I have other questions, where do I find the answers?

- A. You can contact dryan474@gmail.com, call 858-488-1893 or visit our website at http://www.sdrc-row.org/juniors_site/home.php.

