



2025 ARC Fall Season Overview

ARC is a Sculling First Club Team supporting High School & Youth Middle School (G6-8th) preparation and racing. We have always supported Recreational Youth, High School & Practice Squad participants, as well Open category (under age 27) and Masters participants. You don't have to race to enjoy rowing with ARC.

High School Practice Squad members are preparing for future tryouts and/or have been unsuccessful in their recent bid to make their High School Team. We offer them access to our Full Package program to prepare for their next Tryout opportunity. To conserve their Novice status they may row in scrimmages but must avoid US Rowing events.

Recreational rowers are rowing for fitness, cross-training or the basic challenge and enjoyment of sculling. They are not committed to racing just yet and may participate in the future.

ARC focuses on Sculling technique first in 4 seat boats (Quads), then offers opportunities to row in Doubles and Singles. This “small boat” approach differentiates ARC from most Youth programs that tend to introduce rowers to Sweep technique first. Sculling is a neutral posture for the spine: Sweep rowing requires a rotary asymmetrical movement that is contraindicated for adolescents until basic Sculling skills are well developed. ARC’s “European” approach to rowing is best for new rowers of any age.

We are looking forward to a good Fall Season with 6 events and guest Coaches! Please read the two-page overview on pages 3-4 for more details and plan to attend our first Fall session at the Dammrich Rowing Center, 1pm Saturday August the 9th.

For the Fall 2025 season, we are introducing new policies for attendance and price incentives to promote improved attendance and participation. Since the pandemic, low attendance has impacted schools, after school sports and extracurricular activities. For rowing, good attendance is key for everyone’s development, work ethic, teambuilding and FUN at practice and events. This is the impetus for our PunchCard policy changes.

Purchased PunchCard changes

- Purchased sessions will expire at 1 per week.
- Reservations or Standing Practice appointments required
- For recreational rowers, you may avoid weekly expiration by paying as you go at a higher session rate and rowing primarily on the weekends.





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For High School & Youth Middle School (G6-8th) – Attendance expectations.

- Rowers are committing to the Fall season
- Minimum 3 practice times per week (2 on the water and 1 dryland)
- Club Dues and a PunchCard is purchased

For recreational rowers;

- Purchased PunchCard sessions will expire at 1 per week
- OR 'Pay as you go' approach with specific days and times to row and make reservations
- Reservations are required in advance

Making a repetitive schedule and sticking with it creates an environment conducive to better session efficiency, safety, camaraderie and progressive improvement because you are practicing with your teammates and boat line-ups. There is no better way to enjoy the sport as seat-by-seat synchronization is key for rowing Clean and Well.

If you have any questions or concerns or just need to discuss things to better understand our program, do not hesitate to Call/Text or send an Email. I will be happy to address your questions.

Kind Regards,

Coach Brian Easter, Co-Founder & Program Director

Fitness & Technical Skills Coach

Cell: 847.347.3278 Email: allrowc@gmail.com






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Program Term: Saturday, August 9th thru October 31st

Rower Categories: Youth G6-8th, High School, Open & Masters

Practice Commitment:

HS & Youth: Pick your weekday(s) and plan to come Saturdays to consistently row with your teammates. Don't let your rower miss practices!!! We need the rowers prepared to get solid results they will be proud of and build upon for their ongoing development. Both Practice & **Race experience** are **KEY** for progressive rowing improvement! Rowing Clean & Well is more important than speed. Rowing Clean & Well is the first priority for proper development.

 **Saturday DRC Practice is a Plan A to practice line-ups, Sunday is Plan B**

HS Practices: 2 MyB Dryland + 3 DRC Rowing

Youth Practices: **G8:** 1 MyB + 2 DRC, **G6-7:** 1 MyB + 1 DRC

HS & Youth Events: Tough Cup, Rockford and the first two scrimmages

Note: **HS Practice Squad & Recreational Rowers:** DRC Rowing frequency depends on boat availability as allowed by SignUps

Dues, Practice & Event Costs:


Youth: Fleet Support Dues \$99 + 20 count PunchCard \$640

NEW Good Attendance Discount: an extra MyB or DRC Session is \$20

2nd PunchCard purchases: \$240 for 10

High School: Fleet Support Dues \$200 + 30 count PunchCard \$840

Open & Masters: \$300 Fall Fleet Support Dues or Annual of \$550

 As of August 1st, Punches expire at one a week for all categories *except HS Competitive*. Weekly Account freezes are available with approval from the Director. PunchCards expire at the end of the Fall term: carry over of unused punches into November requires Directors approval.

NOTES: Clients with credit balances will be addressed on a client by client basis.

As a general policy, rowers with reservations or standing schedules will be boated before walk-ups. Walk-ups could be boated ahead of late arrivals.





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Regattas & entry fees are at the discretion of event Promoters. When Event dates may change, Regattas get canceled or poor weather occurs it creates scheduling issues for everyone: this is why we have a “Pay-to-Play” policy for all events.

Fall Event Options

This is a list of options, we typically do 6 events in the Fall Season toward attending the Head of the Hooch, the first weekend of November. We will finalize the events once Rowers have 1) Paid the initial Deposit, 2) COMMITTED to the weekly practice schedule and 3) COMMITTED to our Regatta schedule once organizers finalize their events. **Underlined Regattas indicate events ARC has historically attended.**

KEY: ARC may choose to alter the event schedule depending on factors such as Roster size, course demands and actual practice attendance preparation and *results*. *Note: predicted Regatta weather could affect decisions for each event.*

Regatta Fact Sheets are scheduled to come out 5 or more days in advance of each Regatta.

FALL EVENT options: 🕒USRowing, ✅Scrimmage & ❌Canceled

- 1) ✅**ARC Dirty Dozen 3k/1k:** DRC Sunday August 24th, Muster: 8am, **High School/Dev 6-8th**
@ the Dammrich Rowing Center in Skokie on the North Branch Channel
- 2) ✅**ARC Dirty Dozen 5k/1k:** DRC Sunday September 14th, Muster: 7am, **High School/Dev 6-8th**
@ the Dammrich Rowing Center in Skokie on the North Branch Channel
- 3) 🕒**Tough Cup:** Saturday September 27th, Muster: 7am, **ALL**
@ the Eleanor Boathouse on the Chicago River: **ALL**
- 4) ✅**Cup of Joe:** DRC Sunday October 5th, Leave DRC 6am, Muster: 9am, **ALL**
@ Private boathouse, 3232 East Riverside Road Buchanan, MI
- 5) 🕒**Head of the Rock:** Sunday October 12th, **ALL**
Saturday OVERNIGHT for Rigging & Practice Crew leave for Rockford Saturday 7a. Need 8+ Rowers & 2+ ARC Parent/Chaperones to set up the Food Tent, Rig & Practice
@ Rockford at the Rockford YMCA on the Rock River. Muster & Rigging Sunday 6:30a
- 6) ✅**ARC Dirty Dozen 6k/1k:** DRC Sunday October 26th, Muster: 9am, **ALL**
@ the Dammrich Rowing Center in Skokie on the North Branch Channel

