



ARC Fall 2025 Schedule

The latest Revision(s) are indicated with underlined ****italicized**** text with an asterisk.

Dryland Circuits & **LearnToRow** @ MyBody (Gold & Pink), Rowing @ Dammrich (Blue)

| A M | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------|--|--|--|--|-----|--|--|
| | | 6a MyBody Dryland Circuits | | 6a MyBody Dryland Circuits | | 11:30a MyBody Dryland Circuits | 8:30a LearnToRow |
| | | | | | | 12p LearnToRow | 10a DRC Rowing |
| P M | MON | TUE | WED | THU | FRI | ↕ PLUS ↕ | SUN |
| | 4p MyBody Dryland Circuits | 4:30p DRC Rowing | 4p MyBody Dryland Circuits | 4:30p DRC Rowing | | 1:15p DRC Rowing | 4p MyBody Dryland Circuits |
| | | | 4:30p DRC Rowing | | | | |

NOTES

- Class Sizes: MyBody 6 Min / 12 Max; DRC Rowing 6 Min / 24 Max
- MyBody sessions are held for 2 hours as drop-in for 75-90m to allow flexible arrival times
- ↕ **PLUS** ↕ Session (Dryland + Rowing) maximizes physiological gains (Deep Practice), 7th graders or younger athletes are allowed to participate with the Director's approval



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Rowing Frequency & Progress

Rowing in general requires a high level of awareness, technical skills and **regular practice** to attain a competent level of performance in order to enjoy rowing.

Approaching rowing as a Recreational, Fitness or Competitive Sport requires proper initial development. All new rowers, regardless of age, require regular and frequent development progress for both the rowing ERGometer and Sculling technique.

Sweep rowing poses an extreme balance challenge if sculling basics are not attained first. Good attendance is the key as it affects everyone attending both the Dryland and On the Water sessions. ***Sculling Clean & Well FIRST is the basis for maximal Sweep rowing technique potential and capacity.***

Poor or irregular attendance can create unnecessary distractions that negatively affect steady progress for everyone involved. This issue can affect session Safety and, in turn, diminish progress and the “Fun Factor” for both Rowers and Coaches alike.

FACT: Arriving on time, working as a team and not missing scheduled sessions provides regular improvement. This promotes improvement for each individual and boat line-up performance, preventing setbacks and unnecessary rowing challenges.

Policies & Procedures

Session Term/Expiration: 4 & 10 session PunchCard packages expire in 6 and 10 weeks respectively, 20 session packages expire in 12 weeks.

PunchCard Sessions: PunchCard sessions may be applied universally to MyBody Dryland or DRC Rowing/Tanks.

Events NOTE: Clinics, Scrimmages & Regattas are priced/billed separately as the costs vary

A proactive two-week freeze may be applied to your account as of the most recent session for vacations and holidays when school is out of session.

A PunchCard package is VOID after 6 months unless it is a substantiated injury attributed directly to ARC sessions.

No Refunds are granted for a) injuries incurred outside the ARC program or b) any HS Competitive Team member during the Phase 1 introductory period for Fall or Spring seasons.

Reservations: Use your AGT: **A**RC Reservation & Communication **G**roup **T**ext message to notify the Staff of any changes at least 2 hours before the session if not the previous day.



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Policies & Procedures - continued

Weekly Standing appointments are *STRONGLY* recommended for DRC Rowing as poor attendance & tardiness together create session chaos, safety issues and launching disruption that affects morale for everyone! **Plan your schedule and work your Plan!**

While it's usually not an issue, Walk-up participants (day of, TEXT less than 2 hours prior) are ***boated only if available seats allow on a stand by basis.***

NOTE: Clients with Standing appointment schedules are the first priority for sessions

NOTE: If you're running late, **proactively notify us by using your AGT.** We will do our best to get late rowers boated. Regardless of notification, late rowers may need to ride in the Safety Launch or not be allowed to participate. Recurring tardiness is considered a major issue.

Dress appropriately and bring a sports drink bottle (water alone is not sufficient, electrolyte drinks/additives are HIGHLY recommended. Wear a bucket pr knit hat & apply sunscreen.

For DRC Rowing sessions, we consult AccuWeather for current conditions and predictions. Doppler is checked proactively and cancellation broadcast text Bulletins are sent no less than an hour prior to the posted launch time. By policy, Coaches consult AccuWeather while on the water as storms can occur with little or no advanced warning.

Use of AutoPFD's may be required or requested for situations as a preventative safety measure. Individuals refusing to wear an AutoPFD will not be boated. No Exceptions.

IMPORTANT: DO NOT LEAVE the DRC until the coaches excuse you: Everyone helps launch and stow Boats & equipment. Let the coaches know when you arrive if you need to leave ASAP after docking. DO NOT JUST DISAPPEAR as future boating reservations will be denied.

PLEASE direct any Questions or concerns related to the ARC program to the Director, Coach Brian Easter at allrowc@gmail.com or via TEXT or phone call at 847.347.3278