



DRAFT SPRING 2025 Schedule

Revision(s) as of mm/dd/yy are indicated with underlined ****italicized**** text with an asterisk.

Dryland Circuits @ MyBody (Gold), Rowing @ Dammrich (Blue) & By Appointment ONLY is (Yellow)

A M	MON	TUE	WED	THU	FRI	SAT	SUN
		8a MyBody Dryland Circuits			8a MyBody Dryland Circuits	11:30a MyBody Dryland Circuits LearnToRow	11:30a MyBody Dryland Circuits LearnToRow
P M	MON	TUE	WED	THU	FRI	⬇️ PLUS ⬇️ Rising 9th & 8th graders	⬇️ PLUS ⬇️ Rising 9th & 8th graders
	4p MyBody Dryland Circuits	4:30p DRC Rowing	4p MyBody Dryland Circuits	4:30p DRC Rowing	4:30p DRC Rowing	1:15p DRC Rowing	1:15p DRC Rowing
			4:30p DRC Rowing	6p DRC Rowing		DRC Rowing MyBody Dryland Circuits LearnToRow	DRC Rowing MyBody Dryland Circuits LearnToRow

NOTES

- Class Sizes: MyBody 6 Min / 18 Max; DRC Rowing 6 Min / 24 Max
- MyBody sessions are held for ~2 hours to drop-in for 75-90m to allow flexible start times
- ⬇️ PLUS ⬇️ Sessions (Dryland + Rowing) maximize physiological gains (Deep Practice), 7th graders or younger athletes are allowed to participate with the Director's OK



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Policies & Procedures

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

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 boat 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. Good sculling allows for maximal Sweep capacity & skills.

Rowing (on the water) sessions. Poor attendance can create major unnecessary distractions that minimize progress for everyone involved: worse case scenario safety then becomes an issue and then the session “Fun Factor” suffers.

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

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 two-week freeze may be applied to your account as of the most recent session for vacations and accounts are frozen during National Holidays. Expired sessions for a PunchCard purchased within the last 6 months may be reinstated by purchasing a 4 session PunchCard with a *limit of no more than 5 expired sessions reinstated.*

A PunchCard package is VOID after 6 months unless it is an injury attributed directly to ARC sessions, then it expires on the anniversary of the original purchase date.

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-ups/Dynamic participants (day of, TEXT less than 2 hours prior) rowers are ***served only if available seats allow and boated 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 text** (**A**RC Reservation & Communications **G**roup **T**ext). We will do our best to get late rowers boated. Regardless of notification, late rowers may need to ride in the Safety Launch or worse case not be allowed to participate.

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

For DRC Rowing sessions, we consult AccuWeather for current conditions and predictions. Doppler is checked proactively and cancellation text Bulletins are sent no less than an hour prior to the posted launch time.

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.**

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