

WBC Youth Program

Performance Program vs. Club Program

Youth Performance Rowing Program

Focus: Competitive development and high-level training.

Goals:

- Prepare athletes for higher level youth racing (e.g., being competitive at local/regional/national championships, collegiate recruitment, junior national team).
- Build advanced technique, strength, and endurance.
- Emphasize performance metrics (erg scores, race results).

Standards:

- Frequent, intense practices (5-6 days/week).
 - Athletes with more than 3 unexcused absences will be moved to the Club Team
- 1607 Strength & conditioning sessions (2 days/week)
 - Strongly recommended, must get the coach's permission to do alternative strength training sessions.
- Participation in regattas.
 - Coaches will determine regattas participation and boat placement based on fitness, skill and age.
 - Regatta fees are included in the program fee. Additional food fees may apply
- Participation largely based on desire and willingness to commit
 - At least one season of Club Team participation is required (participation in a previous fall or spring season at WBC or another rowing club is suffice)
 - Athletes from the Club Team may be moved to the Performance Team at any time at the discretion of a Head Coach.

Schedule:

- Girls:
 - Monday, Tuesday, Thursday, Friday 3:30-6pm / Boathouse
 - Wednesday 3-4:30 or 4-5:30pm / 1607
 - Saturday: 7-8:30am / 1607, 9-11am / Boathouse
- Boys:
 - Monday, Wednesday, Thursday, Friday 3:30-6pm / Boathouse
 - Tuesday 3-4:30 or 4-5:30pm / 1607
 - Saturday: 7-8:30am / 1607, 9-11am / Boathouse

Ideal for: Athletes serious about committing to a competitive sport and potentially pursuing rowing at the collegiate level

Cost: TBD

- Regatta Fees included
- 1607 is an additional charge: monthly directly to 1607

Youth Club Rowing Program

Focus: Participation, skill development, and enjoyment of the sport.

Goals:

- Introduce and grow rowing skills.
- Encourage fitness, teamwork, and sportsmanship.
- Provide racing opportunities, but with a more recreational or developmental approach.

Standards:

- Moderate practice schedule (3-4 days/week).
- Optional participation in additional strength and conditioning at 1607
- Emphasis on fun, learning, and inclusivity.
- Welcomes all skill levels, including beginners/novices.
- Local regattas
 - Coaches may invite athletes to row with the Performance Team
- More flexible attendance and lower time commitment.

Schedule:

- Girls:
 - Monday, Tuesday, Thursday 3:30-6pm / Boathouse
 - Saturday: 9-11am / Boathouse
 - Optional 1607: Wednesday 3-4:30 or 4-5:30pm /Saturday 7-8:30am
- Boys:
 - Monday, Wednesday, Thursday 3:30-6pm / Boathouse
 - Saturday: 9-11am / Boathouse
 - Optional 1607: Tuesday 3-4:30 or 4-5:30pm /Saturday 7-8:30am

Ideal for: Rowers exploring the sport or participating for fitness and enjoyment without a high-pressure competitive environment.

****All incoming 8th graders AND Novice rowers should register for the Club Team.
Coaches will evaluate and potentially move interested athletes to the Performance Team.**

Cost: TBD

- Additional Regatta Fees apply
- Optional 1607 is charged monthly directly to 1607

Summary Table

Aspect	Youth Performance	Youth Club
Focus	Higher-level competition	Participation & development
Time Commitment	High (5–6x/week)	Moderate (3–4x/week)
Entry Requirements	Once season Club/commitment	Open to all
Coaching	Specialized, competitive-focused	Developmental, inclusive
Goal	Competitive at Regionals/YNC	Skill-building and fun
Events	Local, regional, national	Local, some regional races