

# **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

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