







LINCOLN PARK BOAT CLUB

Rowing and Paddling Programming Schedule

January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am							
6 am							
7 am							
8 am							
9 am						Comp Training	Masters Training
10 am							
11 am							
12 am							
1 pm						Junior Boating	
2 pm							
3 pm							
4 pm				Masters			
5 pm	Junior Boating	Junior Boating	Junior Boating	Juniors			
6 pm							
7 pm	Comp Team	Novice Team	Comp Team	Novice Team			
8 pm							

Program Name	Months	Location
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 Competitive Rowing	Nov-Mar	Lagoon
 Masters Training	Nov-Mar	Lagoon
 Junior Boating	Nov-Mar	Lagoon
 Novice Team	Nov-Mar	Lagoon



LINCOLN PARK BOAT CLUB

Rowing and Paddling Programming Schedule

Feb - Mar 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am							
6 am							
7 am							
8 am							
9 am						Comp Training	Masters Training
10 am							
11 am						Get Fit to Row (1)	Get Fit to Row (2)
12 am							
1 pm						Junior Boating	
2 pm							
3 pm							
4 pm					Masters Training		
5 pm	Junior Boating	Junior Boating	Junior Boating	Junior Boating			
6 pm							
7 pm	Comp & Novice Teams	Get Fit to Row (1)	Comp & Novice Teams	Get Fit to Row (2)			
8 pm							

Program Name	Months	Location
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■ Competitive & Novice	Nov-Mar	Lagoon
■ Masters Training	Nov-Mar	Lagoon
■ Junior Boating	Nov-Mar	Lagoon
■ Get Fit to Row	Feb-Mar	Lagoon



Rowing and Paddling Programming Schedule Winter Programming Overview

Novice to Competitive Training

December - February, Week nights 6:30 – 8:30, Saturdays 9:00 – 11:00
\$60/month

For the Novice Rower aiming to row competitively in 2018 or the Recreational Rower looking for more effective fitness training. Follows the Competitive Team training plan. The purpose of this program is to teach the novice athlete all of the components of competitive team training – weights, erg workouts, injury prevention, and more. Once athletes have mastered one component of the training, coaching will move on to another component, with the athletes practicing the mastered component on their own. The training plan features six training days per week and athletes can expect to be coached through 2-3 practices per week. Athletes can expect to train with the competitive team. Coached practices will be held during the scheduled Competitive Training times Monday – Thursday 6:30 – 8:30 p.m. and Saturday 9:00 – 11:00 a.m.

Competitive Team Training

December – February, Week nights 6:30 – 8:30, Saturdays 9:00 – 11:00 a.m.
\$60/month

For the competitive rower looking for more one-on-one coaching through the winter. Coached practices will emphasize getting the most out of the Competitive Team training. Coaching will focus on an athlete's individual limitations within the program and may involve customizing the training to fit their unique needs. Will include heart rate zone work, weight training, and erg technique. Much like the Novice-to- Competitive Training, will feature 2-3 coached practices a week held during the Competitive Training practice times.

Masters Sculling Winter Training

January - March, Sundays 9:00 – 10:30 a.m., 3:30-5:00 p.m. (Thursdays in Jan, Fridays in Feb-Mar)
\$90/month

Emily Caffee brings her strength coaching and rowing expertise into the erg room, designing dynamic group workouts that will build your fitness and improve your rowing performance. Sessions consist of a combination of mobility/flexibility essentials, core strength and stability exercises, technique drills, and erg workouts of varying intensity. We'll work together to track your progress over the winter with individualized assessments, video analysis, and regular feedback. Plus, the playlists are awesome. Come join our squad!

Junior Sculling

Winter Sessions: Monday, November 27 through Saturday, March 3
Monday - Thursday 4:30 - 6:30 p.m.; Saturday 1:00 - 3:00 p.m.
Full Season: \$500; Half Season: \$300

Lincoln Park Boat Club offers programs designed for the competitive high school rower who plans to continue with rowing in college. These programs emphasize physiological development and training for injury-free competitive success. The athlete's focus in these programs are competition and preparation for collegiate rowing. Additional workouts will be assigned for the athlete to complete on their own.

Get Fit To Row

February 6th – March 31st, Tues 6:30 pm – 8:00, Sat 11:00 – 12:30 OR Thurs 6:30 pm – 8:00, Sun 11:00 – 12:30
Members: \$90; Non-members \$160

Get in shape during the winter months, so that you'll be ready to get out on the water once the ice has melted! Our land-based program focuses on developing the core physical attributes of good rowing – strength, endurance, flexibility and stability – in the dry (and warm) environment of our boathouse in Lincoln Park. All of our sessions are led by experienced rowers and coaches who will be able to give you one on one guidance and feedback throughout. Open to experienced members as well as non-members new to the sport.

All-Access Pass: The All-Access Pass remains an option for those members who wish to work within multiple training groups.

Ready to get on the water with us?
Sign-up today on [RegattaCentral!](http://www.regattacentral.com)

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