

Masters Coached Sculling Program now forming for 2013

The MRRA Masters Coached Sculling program, starting early May, is designed for the rower with at least one year of sculling experience, including those who have completed Learn To Scull and have passed their Captain's Test, or the intermediate sculler looking to take their skills to the next level.

We expect to float a quad and a double, and a number of singles based on attendance.

There will be three coached sessions per week. Expect to be on the water for approximately 90 minutes. You should be a fit and confident rower. Coaching consists of improving technique through drills and longer rowing pieces, providing a good mix of instruction and a workout.

Based on interest, rowers may participate in several regattas during the season. Participation in all three programs is not necessary, but if you do participate in any program, a high rate of attendance and commitment is expected for scheduling purposes.

Program Details

- ⤴ Membership in the MRRA is required (\$125)
- ⤴ If you are an Off-Peak Sculling member please upgrade to a Full Logbook Sculling Membership.
- ⤴ Program Coach: Colleen Irby
- ⤴ Program Manager: Linas Alinskas
- ⤴ A minimum of 6 rowers is needed, and the maximum is 8.
- ⤴ Cost is \$175 per person.
- ⤴ Contact: masterssculling@merrimackrowing.org

Program Schedule

- ⤴ **Masters Sculling I** - May 20 through June 28 – Mon, Wed, Fri 5:30AM to 7AM (No class 5/27)
- ⤴ **Masters Sculling II** - July 8 through August 16 – Mon, Wed, Fri 5:30AM to 7AM
- ⤴ **Masters Sculling III** – TBD: Tentatively August 19 through end of head racing season.

If you are interested in participating, write to masterssculling@merrimackrowing.org for more information.

Registration Process:

This Program is for current MRRA Logbook Sculling members. See “Membership Application” on the MRRA website to join.

Please email a brief “rowing resume” to masterssculling@merrimackrowing.org for more information and to reserve your place in any of the three sessions.

Once you receive confirmation from MRRA, submit your check made out to “MRRA” in the amount of \$175 per program to Linas Alinskas before the first day of the program. You will not be permitted in the boat with a balance due! Checks can be handed to Linas at the May Meeting or mailed to his home address: 53 Acton Road, Westford, MA 01886.