

Masters Coached Sculling – A New Session Starts Every Month!

The MRRA Masters Coached Sculling Program is designed for the rower with at least one year of sculling experience, or who has completed Learn To Scull and has passed their Captain's Test and is a fit and confident sculler, or the intermediate sculler looking to take their skills to the next level.

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

We expect to float a quad, and several doubles based on attendance. Participation in all sessions is not required, but if you do participate, a high rate of attendance and commitment at each class is expected. You may join a session any time during the month. Based on interest, rowers may compete in several regattas during the season.

Program Details

- Full Logbook Sculling Membership required.
- Program Coach: Mark Lewis
- Program Manager: Linas Alinskas
- Fee: \$135 per person per month. A minimum of 6 rowers is needed for this rate.

Program Sessions

- Sessions run full calendar months from May through October – Mon, Wed, Fri 5:30AM to 7AM

Registration Process:

This Program is for current MRRA Peak Logbook Sculling members.

Please contact masterssculling@merrimackrowing.org for more information and to reserve your place in any of the sessions.

Payment can be made by:

- A check made out to “Merrimac River Rowing Association” handed to the Program Manager
- Paypal (please indicate “Masters Sculling Program Fee”)