

*Palm Coast Rowing Club
Junior Program Update
March 1, 2022*



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PCRC Junior Program

This presentation deck is an update on the upcoming program plans for the Palm Coast Rowing Club Junior program. This highlights information for both the existing Junior members and families and is helpful information tool for prospective new Junior rowers as well. We are building on the momentum to develop a robust program for the youth of Palm Coast that will provide rowing programs for Middle and High School athletes with opportunities for Competitive and Recreational rowing.

- [PCRC Youth Website Page](#)
- [Membership Plans](#)
- [PCRC Vision, Mission, Core Values](#)
- [PCRC Home Page](#)



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Program Focus Through Spring 2022 Season

Sweep Rowing

- Primary focus for group rowing and training

Sculling is optional

- For training where needed and racing opportunity
- One on One mentoring



New Youth On-boarding

During this fall and winter season, there are two methods of on-boarding new youth to our program with the assumption new recruits are beginners.

1. Indoor Erg Class – 2 Erg sessions required

a. Once Indoor completed:

i. On-water Sweep option – 2 times on-water to determine becoming a member

1) One beginner in youth sweep four boat

2) Or - Join adult row with no more than two beginners in an eight or one in four

1) Complete 2 Free On-Water sessions and decide to join Junior program

2. Learn-to-row Course

a. LTR is sweep rowing focused

b. Possible program to start in May 2022

c. When completed, youth can join and if they do, will receive first 30 days free.



Indoor “Erg” for Youth

PCRC provides an indoor “Erg” rowing class opportunity at the Palm Coast Community Center from September to May every year. This is a great opportunity for Junior club members **to learn the proper rowing technique, develop understanding the proper use of an Erg machine, establishing erg workout goals, improving rowing fitness and connecting with others that are part of the program.**

1. Indoor Erg for Youth

- a. Held at the Palm Coast Community Center, 305 Palm Coast Pkwy NE, Palm Coast, FL 32137
- b. Classes Every Thursday (except Holiday periods)
- c. Time: 3:30 pm (class may adjust to a later time so stay tuned)
- d. Class is free to PCRC Junior members. Junior prospects pay \$5 per class to the community center. As mentioned in prior slide, prospect complete 2 classes
- e. Junior member sign up for classes to allow proper class capacity issues. This can be done at the PCRC website link here: [PCRC Erg Class Sign-up](#)



Program and On-the-Water Group Sessions

The current On-the-Water program for Juniors is focused and skill development, improving technical foundation (stroke technique on and off the water), aerobic fitness, stability and flexibility. For new rowers, the program will generally be recreation oriented where after a period of time will:

- Be better prepared for training and learning to grow into and competitive program or remain and stay focused on a recreational rowing plan.
- Demonstrate improved performances in technique, fitness, and stability
- Articulate greater understanding of rowing concepts and specifics of more effective rowing and athleticism
- Recognize & acknowledge his/her greatest strengths and weaknesses

1. Program will run three days a week with two on-the-water group rowing and one Erg session
 - a. Two days group sessions into late-Winter 2022
 - i. Wednesday 4:30 pm (Daylight savings will adjust) rowing from Palm Harbor boatyard
 - ii. Saturday 7:30 am rowing from Palm Harbor boatyard
 - iii. Online session sign-up at this link: [Junior Group Rowing Session](#)
 - i. Note: Membership sign-in required
 - b. Fitness is Indoor Rowing Classes Every Thursday (except Holiday periods)
 - i. Time: 3:30 pm (class may adjust to a later time so stay tuned)



Program and On-the-Water Group Sessions (Cont.)

- c. Program Session Info (Continued)
 - i. Fitness is Indoor Rowing Classes Every Thursday (except Holiday periods)
 - 1. Time: 3:30 pm (class may adjust to a later time so stay tuned)
- 2. Current Junior session Lead/Coaches for any session
 - a. Joani McCullough
 - b. Roger Koehler
 - c. Roslyn Turner
 - d. Chris Meehan
- 3. All Juniors can and are encouraged to join an Adult Group Row session for more opportunities to row. Join an adult rowing session by going to this link. [Adult Group Row](#)
- 4. Longer Term program focus – as we move in to Later in 2022
 - a. Competitive Focus
 - b. Recreational Focus
 - c. High School and Middle School distinction if possible
 - d. More coaching focus
 - e. Updated workout scheduling
 - f. Develop team logo and brand image

Program and On-the-Water Group Sessions (Cont.)

5. Seniors – Focus for College

a. Rowing Training Issues

- i. Try to make as many practices as possible
- ii. Set rowing and competition goals
- iii. Roger Koelher leading development and goals
- iv. Get mentor session on-water outside of group sessions

b. Off-water Activities

- i. More erging, twice per week
- ii. Men's 2000m Erg Goals - Top 25% Colleges - 6:20
- iii. Women's 2000m Erg Goals – Top 25% Colleges – 7:50
- iv. Create Target list of schools
 1. Speak with leadership for assistance and support



Coaching Development and Clinics

1. PCRC focused on getting more coaching resources by mid-late Q2
2. No Clinics planned for early 2022 yet
3. Club coach leads continue to work on skill and training program development



Race Planning and Junior Events

1. Roger Koehler to continue to develop plans for upcoming races
 - a. TBD
 - b. FRSA States – Visit only
 - c. FSRA State Sculling Championships (Sat & Sun, April 9-10, 2022) - [Link](#)
 - d. FSRA State Sweep Championships (Saturday & Sunday, April 23-24, 2022) - [Link](#)
2. Cost of Racing and travel to be determined and announced
3. Junior Events Planned
 - a. TBD
 - b. Other events in planning



Parents Committee - Planning

1. Parent Committee – to be developed, Roger Koehler to help lead
 - a. Needs Include:
 - i. Administrative assistance
 1. Communications
 2. Scheduling
 3. FSRA coordination
 - ii. Events assistance
 - iii. Meets or regatta assistance
 - iv. Fund raising for Junior Program and scholastic meets
 - v. Junior social gatherings



Recruitment Planning

1. Recruitment Planning for New Junior Members
 - a. Focus toward recruiting build up March to May
 - b. Community Center Erg program source of new recruits
 - c. Matanzas High School rowing club
 - d. Palm Coast Observer articles
 - e. Youth Learn to Row, late May
 - f. Other marketing and email through adult and fund-raising efforts
 - g. Parents outreach

