

Palm Coast Rowing Club
Junior Program Update
July 1, 2023



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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A. Program Focus Through Fall 2023 Season

Sweep Rowing

- Primary focus for group rowing and training

Sculling

- Some sculling planned
- For training where needed and racing opportunity
- One on One mentoring

B. New Youth On-boarding

During this fall 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 – Fall Only starting in November

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 Fall Clinic

a. Fall learn-to-row kicks off Wednesday, Sept. 13 for new youth interested in learning to row. Focus LTR training for new student rowers.

b. This program will move into a further development program throughout the fall



C. Indoor “Erg” for Youth

PCRC provides an indoor “Erg” rowing class opportunity at the Palm Coast Community Center from November 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.** Note: PCRC Junior program will include some sessions at erg class.

1. Indoor Erg for Youth

- a. Held at the Palm Coast Community Center, 305 Palm Coast Pkwy NE, Palm Coast, FL 32137
- b. Seasonal November 9, 2023, to May 23, 2024
- c. Classes Every Thursday (except Holiday periods)
- d. Time: 4 pm (class may adjust to different times)
- e. 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
- f. 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](#)



D. Program and On-the-Water Group Sessions

The current On-the-Water program for Juniors is focused on 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 initial phase will run Two days a week with on-the-water group rowing and alternate week one Erg session until November.

a. Two days group sessions into late-fall 2023

- i. Wednesday 4:15 pm (Daylight savings will adjust) rowing from Palm Harbor boatyard
- ii. Saturday 7:15 am rowing from Palm Harbor boatyard
- iii. Online session sign-up at this link: [Junior Group Rowing Session](#)
 - i. Note: Membership sign-in required



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

- c. Erg and fitness Indoor Rowing Classes Every Thursday other (except Holiday periods)
 - c. Time: 4:00 pm (class may adjust to a later time so stay tuned)
- 2. November through early January 2024, program may move to 3 days per week. Possible Tuesday as additional day, TBD
- 3. Current Junior session Lead/Coaches for any session
 - a. Joani McCullough
 - b. Roger Koehler
 - c. Sydney Novak
 - d. Roslyn Turner
- 4. 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](#)
- 5. Fall Program Options and Cost
 - a. Take the fall Learn to Row course, starts Sept. 13, 4 sessions, \$130 with \$50 toward first month Junior Membership is join the PCRC Junior program.
 - b. 2 indoor Erg classes starting Nov. 9, then can sign up to try on the water free in Jan. 24.
 - c. Junior Membership for general fall program - \$50/month

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

5. Longer Term program focus – as we move to winter/spring 2024 and beyond
 - a. Competitive Focus
 - b. Recreational Focus
 - c. High School and Middle School distinction where possible possible
 - d. More coaching focus
 - e. Updated workout scheduling
 - f. Develop team logo and brand image
 - g. 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



E. Coaching Development and Clinics

1. PCRC focused on getting more coaching resources later 2023/2024
2. Guest coach clinics will be planned
3. Club coach leads continue to work on skill and training program development
4. Parents should be aware of the [PCRC Adult Leadership Youth Protection Policy](#)
 1. All adults having any involvement with youth at the PCRC are required to have a background check.
 2. In addition, all adults working with youth require to agree to an Adult Leadership Youth Protection agreement and sign a pledge to uphold those policies.



F. Race Planning and Junior Events

1. Opportunity to attend and observe a fall race in Florida.
 - a. Sites to TBD
 - b. Possible First Coast (JAX) TBD, Gatorhead (Gainesville) TBD
 - c. Spring 2024 plan to race
 1. Opening Day (Fellsmere) 2/18, OARS (Orlando) 3/11
 2. FRSA State Sculling (Sarasota) 4/15, FRSA State Sweep, 4/29
2. Cost of Racing and travel to be determined and announced
3. Junior Events Planned
 - a. TBD based on family planning
 - b. Other events in planning



G. Parents Committee - Planning

1. Parent Committee – to be developed
 - 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



H. Recruitment Planning

1. Recruitment Planning for New Junior Members
 - a. Matanzas High School rowing club
 - b. Open house at Community Center
 - c. Palm Coast Observer articles
 - d. Youth Camp/Learn to Row 2023
 - e. Other marketing and email through adult and fund-raising efforts
 - f. Parents outreach

Contact Us

Email: pcrclubinfo@gmail.com Phone: 386-260-2911

