

# 2022 ARC Junior Program Guide

## Important Info

**Cost: \$1,172.00\*** per year

\*Financial assistance is available - [please see our website for more info](#)

## Regattas

Regattas (rowing races) take place throughout the year, but the vast majority are on weekends between July and October. Regatta fees are in addition to the membership fee. A presumptive schedule [is posted on our website, here](#)

## Contact Info

**Head Coach:** Connor Elsdon;  
coach@argonautrowingclub.com

**Development Coach:** Nikki Morrison;  
juniorcoordinator@argonautrowingclub.com

**General inquiries:**  
info@argonautrowingclub.com

## Links

**Website:** [argonautrowingclub.com](http://argonautrowingclub.com)

**Instagram:** [@argojuniors](https://www.instagram.com/argojuniors)

**Facebook:** [@ArgonautRowing](https://www.facebook.com/ArgonautRowing)

## Programs

**Junior Learn-to-Row:** For people with little to no rowing experience. We focus on fundamental skills, safety, and fun. After completing this program, rowers are ready to progress to Junior Novice or Junior Sport, depending on their interest.

**Junior Sport:** For athletes that aren't focussed on competition but want to row because they love being on the water with friends, this twice a week program offers rowing in a relaxed, fun-focussed atmosphere. A great choice for athletes who participate in other sports or are otherwise unable to row more than twice a week. Junior Sport rowers do not attend regattas.

**Junior Novice:** For athletes that have just completed Learn-to-Row or Camp Argo, and are looking to develop their skills, this option provides two on-water sessions and one land training session per week. Junior Novice athletes attend few regattas.

**Junior Development:** For rowers that want to join Junior Performance but need more time to develop their technique and build fitness. Athletes can expect to learn the basics of strength and conditioning, nutrition, and sports psychology, and will experience different types of rowing (sculling/sweeping) in a variety of boat classes, supervised by an NCCP trained coach. Junior Development athletes attend several regattas.

**Junior Performance:** For experienced athletes that want to compete at the highest levels and prepare for rowing in College/University. Athletes can expect 6 - 10 training sessions per week (depending on the season) fully supervised by an NCCP certified coach. Sessions include weight training and land training at the ARC clubhouse in addition to their on-water training. Junior Performance athletes attend most regattas.

## Weekly Schedule

(Spring, Fall\*)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 2:00						Performance	Development, Novice & Sport
2:00 - 4:00						Novice & Sport	
4:30 - 6:30	Performance & Learn-to-Row	Performance & Novice	Performance & Development	Performance & Learn-to-Row	Performance & Development		

**\*Summer training schedules may vary depending on athlete interest and availability**