



Gorge Rowing and Paddling Centre -2010 Adult Rowing Program Guide-

250-380-4669

105-2940 Jutland Rd, Victoria, BC
www.gorgerowingandpaddling.com



REGISTRATION POLICIES

Fees: Registration fees cover liability insurance, administration, use of the facility and equipment. Prices do not include tax, uniforms, festival or regatta entry fees or coaching unless specifically noted. Program Fees are non-transferable and cannot be shared by more than one person.

Payment: All fees must be paid in full prior to program start date, unless specifically noted. Registrants who have not paid will not be permitted to participate. Payments can be made by Visa or MasterCard over the phone.

Late Enrollment: With the exception of our Introductory Programs, enrollment is continuous for GRPC *Coached* Dragon Boat Programs - Fees can be pro-rated 2 weeks after the program start date.

Refunds: To qualify for a refund, participants must give notice within 48 hours after the second session – This is the refund deadline: No refunds will be given after this date. Refunds are calculated based on the number of sessions attended and a 10% administration fee (up to a \$500 maximum). Refunds will be processed as an account credit or returned in the same manner in which they were received. In the event of illness, deployment/relocation, pro-rated refunds may be granted - Valid documentation will be required.

Program Cancellation: We reserve the right to cancel programs if enrollment quotas are not met. In this situation all registrants will be notified. Coached programs will not run on statutory holidays.

Missed Sessions: It is the responsibility of the participant to attend scheduled sessions. Missed sessions will not be made up. In the unforeseen circumstance that a session is canceled due to weather, a make-up session may be rescheduled.

*GRPC reserves the right to change program schedules and pricing without notice.

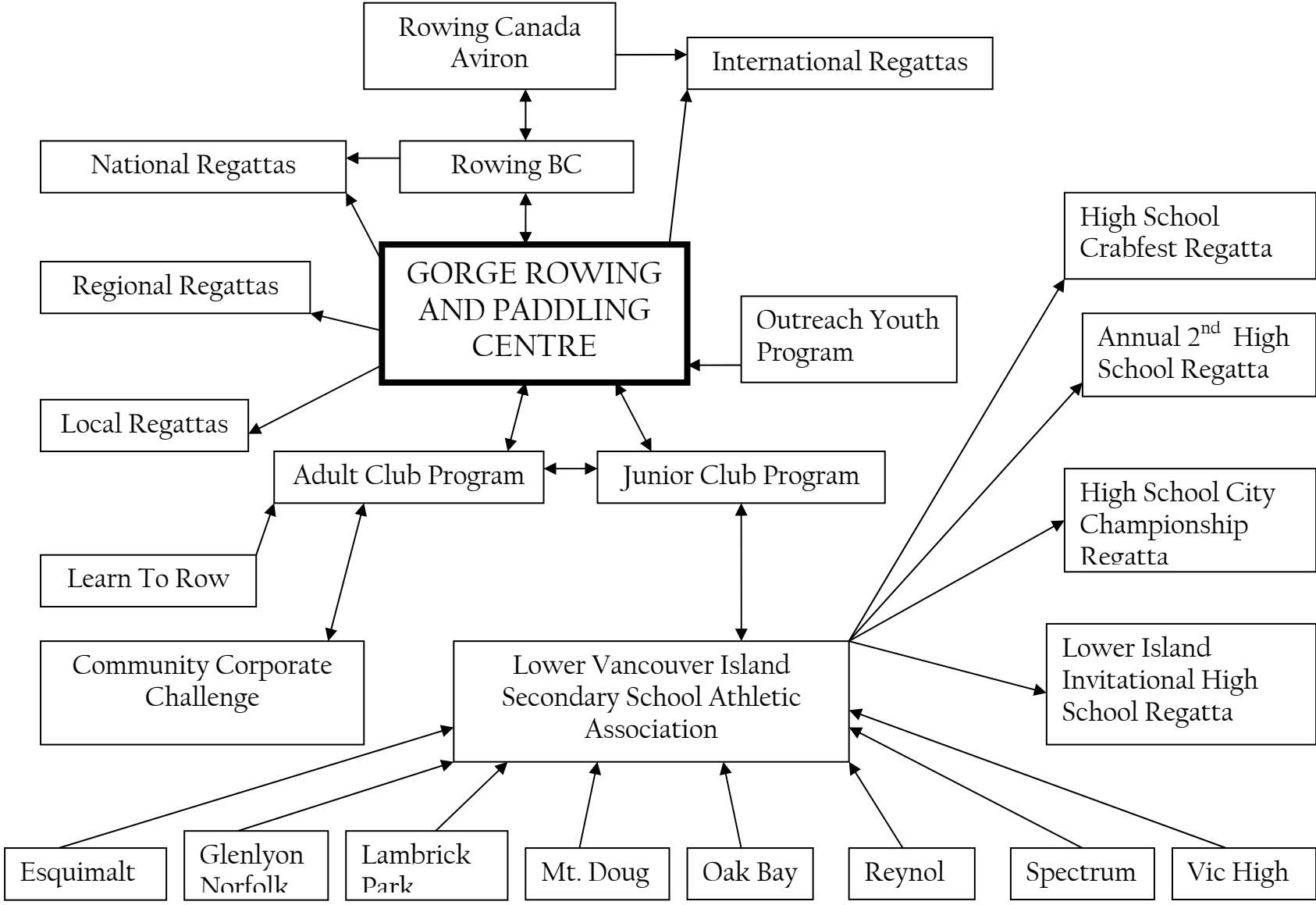
Mission Statement: The Gorge Rowing & Paddling Centre (GRPC) exists to provide the community with an opportunity for a positive experience in rowing and paddling sports. At the GRPC we aim to facilitate excellence, not only in those who participate in these sports, but also in our staff and program delivery.

GRPC is a GO Centre. GO Rowing & Paddling Association of Canada (GO) is a non-profit Amateur Athletic Association, and Registered Charity, dedicated to sharing the benefits of rowing and paddling sports with Canadians of all ages & athletic abilities. For more information on GO, visit www.gorowandpaddle.org or call 1 866 658 6333.



Gorge Rowing and Paddling Centre

The GRPC Rowing Community



GRPC offers recreational, competitive and high-performance programs to benefit all interested participants.

ADULT ROWING PROGRAM

Our adult program offers a variety of different training times to fit the needs of everyone. Whether you like to train two, three or five days a week; early morning, late morning or evening – there are options! Practices are offered from 5:30am-7am, 7:30am-9:00 am as well as 5:45pm-7:15pm.

The adult program is further broken down into training categories to allow each participant to achieve their goals. The training categories are as follows: learning to train, training to train, training to compete, training to win. This model of program follows the long-term athlete development plan created by Rowing Canada. Although rowers may be in different stages of development it is still possible for those same athletes to row together. Quite simply each rower will be able to develop specific training goals and physical targets.

Adult Program participants can choose to row recreationally with the goal of being an active for life rowing participant.

Active for Life

Participants that wish to row recreationally will find others at GRPC with similar goals. Rowing is a terrific sport for those who would like to try a new activity later in life. It is never too late to join a learn-to-row.

Active for life can include all levels of athlete. The intention for this group is to row for health,

enjoyment or rehabilitation. These athletes enjoy being on the water without the competitive environment associated with the training groups. Participants will be coached technically but there is not a training schedule to be followed.

Active for life participants can choose to join a training group at any time if they so desire. Upon such a decision a GRPC coach would evaluate the athlete and place the athlete in the appropriate training group.

Learning to Train

The learning to train stage begins once a participant has completed a learn-to-row session and would like to continue on with rowing.

The objectives of this stage include learning the basic technical aspects of the rowing stroke and boat handling skills. Athletes also begin to build an aerobic base.

The majority of participants of the learning to train stage recognize that they enjoy the basic aspects of rowing and would like to explore the possibilities within the sport. By participating in this stage they further progress technically and choose whether they would like to continue on with the sport in a more dedicated training manner. If they choose to continue with training they would progress to the training to train stage.

Training to Train and Learning to Compete

Participants of the training to train and learning to compete stage choose to take the beginning steps in becoming competitive athletes that race at competition. Although participants do not race

during this stage the goal is to increase aerobic capacity as well as develop speed and strength with the intent to become fit to race.

Athletes should be comfortable with the basic rowing stroke and will begin to comprehend more advanced concepts of the stroke. If athletes have only rowed in crew boats such as quads, fours and eights they will begin to practice in doubles and singles, in which more advanced skills can be learned.

It is during this stage that athletes develop sport-specific strength, speed and skills to race a 1000 metre or 2000 metre race. While training, athletes are introduced to speed workouts, where technical skill is expected to stay consistent with the increased pressure and changeable weather conditions. Anaerobic workouts become a part of the training program as the intent to race is present.

Training to Compete

During the training to compete stage athletes will follow a training plan developed by our team of coaches. The plan will be specific to race preparation for the appropriate time of year. Objectives during this stage include the continuation of technical development, maintaining aerobic capacity and continuing to increase anaerobic capacity. It is also during this stage that the psychological aspect of sport is addressed. Mental preparation for practice as well as race day becomes a part of the training.

It is expected that athletes mature as racers during this stage and are finishing on the podium at regional and national competitions. Once that success is achieved the athlete and coach can decide whether the athlete is capable of competing for a position on the junior, under-23 or senior national team.

Training to Win

Participants of the training to win stage are dedicated to their training and racing and do so with the intent to be as fast as possible. At this stage athletes' goals include not only making the national team but winning medals at the junior, under-23 and senior World Championships and Olympic games. Athletes intend to train for a quadrennial.

Technical improvements will continue to occur but are advanced.

Season Dates and Pricing

Season Dates	
Spring	January 4th to April 8th
CCRC Season	April 11th to May 29th
Summer	May 31st to September 17th
Fall	September 20th to December 17th

Payment Options add GST						
Practice Schedule	Seasonal				Annual	*D.A.P.A
	Spring	CCRC Season	Summer	Fall		
Th(noon to 1:30)	\$188.56	\$94.28	\$215.50	\$175.09	\$612.20	\$61.73
T/Th	\$314.27	\$157.13	\$359.16	\$291.82	\$1020.34	\$102.88
M/W/F	\$377.12	\$188.56	\$430.99	\$350.18	\$1224.41	\$123.46
M - F	\$471.40	\$235.70	\$538.74	\$437.73	\$1530.51	\$154.33

Additional Rowing Canada fees of \$44.00 plus GST are due at the beginning of the Spring Season.

*D.A.P.A. is our Direct Annual Payment Agreement. Payments will be withdrawn monthly as per a 1 year contract.