

VRPC Coached Rowing Sessions 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am	Coached Rowing		Coached Rowing		Coached Rowing	
7-8am	Coached Rowing		Coached Rowing		Coached Rowing	Competitive Crew Training
8-9am	Coached Rowing		Coached Rowing		Coached Rowing	Coached Rowing
9-10am	Coached Rowing		Coached Rowing		Coached Rowing	Coached Rowing
4-5pm		Coached Rowing		Coached Rowing		
5-6pm		Coached Rowing		Coached Rowing		
6-7pm		Coached Rowing		Coached Rowing		

Coached rowing sessions are open to all rowers. These sessions embrace the commitment at VRPC to an inclusive rowing community. Adult, youth and adaptive rowers are all welcome.

Saturday competitive crew coaching will focus on performance improvement throughout the season.