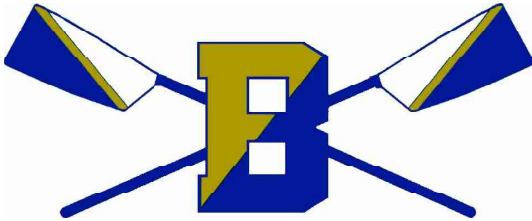


Welcome returning Varsity, Novice, and new sweep rowers!



Due to the overwhelmingly positive response and success of the Extended Spring 2009 season, BRC is happy to announce similar plans for spring 2010! On land practices will begin Wednesday Jan. 20th and consist of coordinated preparation for our spring regattas taking place in April and May. The goal is to earn berths at the Cincinnati YOUTH NATIONAL CHAMPIONSHIPS, June 11-13.

2010 Spring Calendar:

Tues, Dec 15	Registration opens on Regatta Central
Wed, Jan 15	Registration closes, first installment due
Wed, Jan 20	Practice begins, Mon-Wed-Fri weekly
Sun, Feb 14	CRASH Bs, World Indoor Rowing Championships, Boston, MA
Mon, Feb 15	Second installment due
Mon-Fri, Feb 15-19	February break, NO FORMAL PRACTICE
Sat- Feb 27	BRIGHTON BURN, University of Rochester, Rochester, NY
Mon, Mar 15	Third installment due
Sat, Mar 20	BRC CASH RAFFLE, German House, Rochester, NY
Mon, Mar 29	Practice at Genesee Waterways Center, weather permitting
Mon-Fri, Apr 19-23	Spring Break, PRACTICE WILL BE HELD
Sat, Apr 24	GOVERNORS CUP, Columbus, OH
Sat-Sun, May 8-9	NY STATE SCHOLASTIC CHAMPIONSHIPS, Saratoga, NY
Sat, May 15	BHS-Junior Prom
Sat, May 22	SYRACUSE CHARGERS REGATTA, Syracuse, NY
Sat-Sun, May 29-30	PITTSFORD REGATTA, Pittsford, NY
Sat, May 29	BHS- Senior Prom
Fri-Sun, Jun 11-13	US ROWING YOUTH NATIONAL CHAMPIONSHIPS, Cincinnati, OH

Training Expectations

Erging & Conditioning: To promote progress, each individual will be tested at the beginning of the season to assess their relative strengths and weaknesses in terms of power and endurance. The program will consist of erg work prescribed as a result of testing, and cross training for additional cardiovascular improvement. Based upon the results of testing, the athletes will embark upon a program designed to rapidly address each athlete's physiological areas most in need of attention. Practices will be scheduled Mon/ Wed/ Fri for 90 minutes at the Brighton Central School District Administration Building at 2035 Monroe Ave. The first rotation will start at 3:00. Practices are not optional. If you have a conflict, you must contact your coach in advance by phone.

Strength Training: Athletes will strength train two times per week at the gym of his or her choice. The JCC offers a \$78 three-month trial membership for teens, after which the cost is \$18 per month. Flex Gym on Culver Rd. offers a \$75 three-month membership. Other options include using the weight room at BHS at no cost.

Erg Competitions: Athletes will be periodically tested to assess their progress and will participate either at the WORLD INDOOR ROWING CHAMPIONSHIPS [CRASH-B's](#) in Boston, MA, Sun Feb 14, or at the BRIGHTON BURN, hosted by the University of Rochester, on Sat, Feb 27.

Membership Dues: Three installments of \$230 each are due January 15th, Feb. 15th, and March 15th. Families paying in full at registration will pay \$655.50, a 5% discount. Email reminders will be sent one week in advance of each due date. Each payment arriving after midnight on the due date will incur a late fee of \$10. Additionally, rowers will incur approximately \$350 in regatta fees if participating in all 4 planned regattas.

The season dues include the price of one, \$100 cash raffle ticket, which admits two to an evening of music, dancing, food, and a chance to build relationships within and across the greater Rochester rowing community. The event will be held March 20th at the historic GERMAN HOUSE. It is an exciting night, with each ticket holder entered to win substantial cash prizes, including a top prize of \$5,000!

Financial Aid: A limited number of partial financial aid opportunities are available; contact Sue Williams Treasurer@BrightonCrew.org, if you need more information.

Exemptions: Although the spring season commences with on land training January 20th, rowers participating in another sport may be exempt from on land training. Other conflicts, such as involvement with the high school musical, may justify an exemption for one or more months. Exemptions need to be discussed with a coach, and approved by the BRC Board. The standard discount is \$40 per month. Once approved, individual payment terms can be worked out with the treasurer.

Registration: Enrollment for Spring 2010 will open on Dec. 15 on RegattaCentral.com. The new calendar year will require the full complement of paper forms: Medical Treatment Authorization, Code of Conduct, BRC/GWC Waiver, and USRowing Waiver. An email will be sent with full details before Thanksgiving, and information and forms will be available on BRC's website BrightonCrew.org

Parent Involvement:

Brighton Rowing Club is a parent run organization. The only paid positions are the coaches. The club is currently seeking interested parents to fill positions to be vacated by graduating families. There are openings on the Board of Directors, as well as on key committees such as regatta hospitality, fundraising, and recruitment. Each family must volunteer in some capacity in order for the club to continue to thrive. If you haven't been involved as a parent, or are new to BRC, then it is time to explore how your skills and interests might serve the workings of the club. Your involvement can be a very rewarding experience, and an especially good way to stay connected with your teenager.

Eligibility: Brighton Rowing Club recruits athletes from area high schools without rowing programs of their own. No prior experience is necessary. Currently, BRC rowers attend school in Brighton, Gates Chili, Irondequoit, Webster, and Rochester Catholic schools. For more information about BRC, call Tim Giarrusso, [Club Spokesperson](#), at (585) 737-0069.