

Station L Rowing Club 2011 Learn to Row and Membership Programs ADOPTED by Board, Dec. 2010

<b>Group</b>	<b>Coach #</b>	<b>Format</b>	<b>Schedule*</b>	<b>Cost</b>	<b>Pre-requisite</b>	<b>Benchmarks</b>	<b>Competition</b>
Level 1 Sweep	Kevin, Erika, Others TBD	10 lesson LTR class, 8-12 participants	2011 LTR schedule	\$165	Swim test	Attend 7 of 10 classes, Row pick drill [arms, bodies over, ½ slide], master whole stroke on square	End of class scrimmage
Level 2 Sweep	Ralf, Erika, Kevin, Others TBD	10 lesson LTR class, 8-12 participants	2011 LTR schedule	\$165	Pass Level 1 sweep or equivalent novice experience, swim test	Attend 7 of 10 classes, Pause drill, ratio & rate, starts, 5 min piece at power	Novice racing opportunity provided upon completion of class
Level 2 Scull	As assigned	5 lesson LTR class, up to 5 participants	2011 LTR schedule	\$80 members \$130 non-members	Pass Level 2 sweep, or current participation in Level 3 or 4 sweep	Be comfortable at bow seat, pause drills, row at power	
Level 3 Sweep	TBA	Membership program, meets 2x week, co-ed	M W morning	Membership dues	Pass Level 2 sweep, or 1 year prior club or school rowing experience	Participate in erg test[s], Meet designated age-adjusted erg time, approval of Level 3 and 4 coaches	Opportunity to race at all regional regattas [PNW]
Level 3 Scull	Brad	Membership program, meets 1x week, co-ed	F morning	Membership dues	Pass Level 2 scull, or 1 year prior sculling experience	Pass Captain's test in 2x	Opportunity to race at all regional regattas [PNW]
Level 4 Sweep	Peter, Emily	Membership program, meets 2x week, men's & women's programs	T TH morning	Membership dues	Approval of Level 4 coaches		Expectation to race at regional and national regattas
Level 4 Scull	Cat	Membership program, meets 2x week, co-ed	M W morning	Membership dues	Pass Level 3 scull benchmarks, including captain' test		Expectation to race at regional and national regattas

Level 1 and 2 sweep and Level 2 sculling schedules are posted in the Learn to Row section of our website.