

HIGH SCHOOL ERG SPRINTS

2008

Prince William Rowing Club is hosting their **5th Annual PWRC Invitational High School Erg Sprints.**

WHERE: Gold's Gym in Lake Ridge
WHEN: Saturday Feb. 9th
TIME: 1:00 pm to 5:00 pm **** NOTE THE TIME CHANGE ****

The ERG Sprints competition provides the Prince William Rowing Club with the opportunity to help local rowing coaches help their student rowers to perform better on the water. This is accomplished several ways:

- by creating a friendly, competitive, high energy event so students have a nice goal to work for during winter training,
- by providing the coaches with a profile chart for each rower showing the stroke by stroke data that was pulled during a competitive event – so the coach can discuss it with the rower to encourage further improvement.

It is usually set up for the Prince William Schools but South County has been invited to compete again this year. High Schools which will compete:

Woodbridge
Gar-Field
Potomac
Forest Park
Hylton
South County

Each and every SC rower is encouraged to compete. It is a great opportunity for each rower to test themselves and “see what they can do” against some of the schools which SC Crew will be facing during the Spring rowing season. It will also give coaches and rowers some great data on each rower so coaches and rowers can sit down together to work out individual plans for improvements. This is an opportunity that should not be passed up. It will also be crew’s first “team event” where everyone is there together to encourage teammates to do their best. And, believe it or not, it will be lots of fun too!

Attached is the information sheet that tells rowers the events for which they are eligible and consequently how many meters rowers will have to row.

There are tee shirts available for pre-order, etc.

More information will be made available at Winter Conditioning. All interested rowers should register with Coaches at Winter Conditioning by **JANUARY 31** so SC Crew can be sure to enter a strong contingent. **Anyone who has signed up already but now will not be able to participate due to the time change from morning to afternoon should discuss with the coaches.**

After the sprints, check out the photos at the PWRC website: pwrc.org

Updated: Jan 16 2008

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Coach King

PWRC Invitational HS Erg Sprints Events

1M. Men 14 & under	1000 m
1W. Women 14 & under	1000 m
2M. Men 16 & under	1500 m
2W. Women 16 & under	1500 m
3M. Lwt men 18 & under (150 lb)	1500 m
3W. Lwt women 18 & under (130 lb)	1500 m
4M. Men 18 & under	1500 m
4W. Women 18 & under	1500 m
5M. Men Coxswains	500 m
5W. Women Coxswains	500 m
6B. Mixed relay (500 m each) 2M/2F	2000 m