

PRINCE WILLIAM ROWING CLUB

ADULT NOVICE ROWING

Novice (Sweep Rowing)

This program is for adults who have never rowed before, and runs for our entire season (June through November). The program focuses on technique, basic skills, and working together with the other rowers in the boat. The novice boats have their own dedicated coaches and are brought along slowly. Typically, each year there are multiple ladies novice boats and one men's novice boat. During the summer months the novices focus on learning how to row both as a team (rowing together) and individually (proper technique). Novice crews progress at different rates. However, should they desire, most novice crews have progressed far enough by September or October to begin participating in regattas at home (Occoquan events) and The Head of the Schuylkill (Philadelphia). By the end of the season, each novice will have completely mastered the basic skills.

"Raw Knucks" (Sweep Rowing)

Prior to this program, an individual with no prior rowing experience had few options but to join our club as a novice for the entire season to see if they liked rowing. With everyone in the boat a novice, and each novice rower in the midst of the process of learning to row, it took a fair amount of time for an individual to truly experience rowing's potential. Knowing the demands and responsibilities all adults have to juggle, PWRC developed this "trial run" program in 2004. For two weeks each Raw Knucks eight will go out with 4 experienced rowers and 4 novices. Rowing with experienced rowers allows the novices to leap frog ahead in the learning process and gain a feel of the potential that rowing offers. The commitment to this program is only for two weeks. The Raw Knucks Program consists of six total sessions. If you are on the fence about joining, you are having trouble justifying the commitment, but you suspect that you would enjoy rowing, Raw Knucks is for you!

Raw Knucks '08 Schedule	
Tuesday, May 27th	6pm-8pm
Thursday, May 29th	6pm-8pm
Saturday, May 31st	9:30am-11:30am
Monday, June 2nd	6pm-8pm
Wednesday, June 4th	6pm-8pm
Raw Knuck mini regatta and graduation celebration Saturday, June 7th	9:30am-11:30am