

WINTER CONDITIONING

BRING WATER!

LOCATION

- Winter conditioning takes place at SCSS in the weight room and the multi-purpose room.

PARTICIPATION

- Winter conditioning is not required of rowers but is strongly recommended since rowing is a strenuous sport that requires good physical condition of arms, legs and torso. Students participating in winter sports are not expected to participate in winter conditioning.
- Per FCPS policy, winter conditioning is open to all students.
- PRE-REQUISITES: Per FCPS guidelines, we cannot REQUIRE physicals to be completed before winter conditioning. However, we do ENCOURAGE participants to get them as quickly as possible.

Note however that per FCPS rules, rowers MUST have all forms (e.g. physicals, Emergency Care forms, and proof of medical insurance) filled out and submitted BEFORE the first day of the crew season. There is NO grace period; any missing forms, and rower cannot participate.

DRESS

- Come dressed for running, outdoor work and indoor work; e.g. layer your clothing!

TYPICAL ACTIVITIES

- Running
- "Erg"ing (rowing machine)
- Doing circuits
- Working out in the weight room

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KEY CONCEPTS

- Our main goal is to increase fitness – both cardio and core. If you are FIT going into the rowing season, it should lead to faster times during regattas and hence increase our competitiveness. Each rower must be willing to work hard and put in the time in order for the team to be successful.
- The first two weeks of winter conditioning will be fitness testing – there are four tests that each rower will do and then they will have something to base their goals on for the rest of the season.
- We are putting ALL rowers on notice that this year coaches will focus on each rower's commitment to fitness and conditioning. Test results at the end of winter conditioning along with commitment will be key criteria towards placement within boats come start of on-water practice as well as placement for regattas.

P.S. BRING WATER!