

# WEST SIDE ROWING CLUB

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ADULT PROGRAM GUIDE

2024



ONLINE REGISTRATION: [WSRC.ORG](http://WSRC.ORG)





# YOU'RE INVITED

# ROW WITH US THIS YEAR

## Events:

### Regattas

Hosted by WSRC



Shuffle Off to Buffalo 2/11/24  
West Side Invitational 7/7/24  
SRL Regatta 8/17/24  
Head of the Niagara 10/13/24

### Community Days

Free Open House  
9:00-11:00am



January 27	May 4
February 24	June 1
March 16	August 17
April 27	November 2

### Wine Wednesday

(Q/A session on WSRC programs)  
5:30-7:30pm



May 15	August 7
May 22	August 14
May 29	October 16
June 19	October 23
June 26	October 30

## Programs:

### Summer Rowing League

June 3 - August 17

Make-Up Days: July 1-3

SRL Bonus Row: June 29

SRL Bonus Row: August 10

1/2 Session:

July 8 - August 17

Designed for rowers of all abilities, to row together as a team in an eight person shell. Teams may consist of rowers with 1 season of FRL rowing, past rowing experience, or mixed beginner skill levels. During the 90-minute 1:1 ratio coached practice sessions, rowers will learn basic rowing technique and boat moving skills, both on land and on the water.

Designed for rowers to have fun, participants will have the opportunity to learn rowing technique, both on an erg and in our in-door tanks prior to hitting the water.

Teams are made of 10-11 rowers with a mix of male and female rowers. Rowers also have access to the WSRC facilities erg and tank room M-S during the the duration of the program. All teams are eligible to participate in the end of year SRL regatta.

### Fall Rowing League

September 3 - October 13

FRL Bonus Row: September 28

Designed for rowers to continue their love of rowing into the fall, this program is designed to further work on individuals rowing technique and ability to set a boat. Teams may consist of rowers with 1 season of SRL rowing, past rowing experience, or mixed beginner skill levels. During the 90-minute 1:1 ratio coached practice sessions, rowers will learn basic rowing technique and boat moving skills, both on land and on the water.

Designed for rowers to have fun, participants will have the opportunity to learn rowing technique, both on an erg and in our in-door tanks prior to hitting the water. Teams are made of 9-10 rowers with a mix of male and female rowers. Rowers also have access to the WSRC facilities erg and tank room M-S for the duration of the program. All teams are eligible to participate in the Head of the Niagara regatta.

### Winter / Spring Adult Erging

T/TH/S

January 2 - February 10

February 12 - March 23

March 25 - May 4

M/W

January 8 - February 28

November 5 - December 21

Erg at The Frank Lloyd Wright Boathouse this Winter! Whether you have never picked up an oar, or rowed in high school or college, we welcome all masters (adults ages 21 and up) into the Winter Masters Program. The masters winter training program will focus on strength, flexibility and erg technique to prepare you for races in 2024. Workouts will be provided. Participants have full usage of the locker-rooms and shower facilities.

### Freedom Rows

WSRC has partnered with USRowing Freedom Rows program to offer training, both on and off the water, specifically tailored to military veterans and members of the armed forces who have disabilities. We warmly welcome Individuals of all ages, experience levels, and abilities to participate. This is an amazing way for veterans to stay active and connect with other veterans in the community.

Thanks to generous support, we are able to offer this opportunity free of charge to veterans and their spouses. Rowing equipment is provided by USRowing through a grant from the U.S. Department of Veterans Affairs to Freedom Rows locations. WSRC indoor tanks, ergs, and rowing equipment will be utilized for this program.

### Para / Adaptive Rowing

The Para program provides opportunities for elite athletes. As we work to increase our supply of para rowing equipment, we enable individuals with various disabilities to train and compete. We currently have athletes representing all three para classifications (PR1, PR2, and PR3) competing out of our facilities. Coached by Sasha Bailey, our athletes have competed at the local, national and international level. As we move into 2024, our Community Outreach Committee continues to seek out additional partners throughout WNY to expand our adaptive rowing program opportunities.

### Masters Rowing

Summer: May 13 - August 31

Fall: September 3 - November 3

This program is designed for experienced rowers with 1+ years of on-water rowing experience (or coaches' approval). This program works to specifically refine technique, increase speed, and make connections with other passionate rowers in eights (8+) and fours (4+). Depending on program size, coxswain and shell availability, rowers may also utilize sculling equipment in quads (4x) and doubles (2x). Master's participants are able and encouraged to compete at both home and away regattas such as; Head of Welland, Head of the Ohio, Head of the Schuylkill, etc. This program operates three coached practice sessions per week with access to the boathouse M-S during the duration of the program for all program participants. Mixed gender, gender specific, and aged based boats will be categorized for both practice and for specific regattas.

# 2024

## EVENTS CALENDAR

### January

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### February

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

### March

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### April

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### May

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### June

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### July

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### August

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### September

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

### October

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### November

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### December

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



# WEST SIDE ROWING CLUB

Find out more about West Side's Corporate & Community Partnerships!

 [wsrc.org/team-building](http://wsrc.org/team-building)

## YOUR SUPPORT MATTERS

Through philanthropic support of the West Side Rowing Club, you will create opportunities for youth to use and appreciate our beautiful waterfront. West Side gives every young athlete, regardless of background, access to the water and the opportunity to learn the discipline inherent within rowing.

Corporations supporting West Side will receive a host of unique benefits renewable annually.



*Interested in becoming a Community Partner? Want to find out more? Email us: [president@wsrc.org](mailto:president@wsrc.org)*

## WSRC Staff Contact Information

President

Kirk Lang



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Ian Suchan



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WSRC Head Coach

Lily Keane



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West Side Rowing Club

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