

WEST SIDE ROWING CLUB

YOUTH PROGRAM GUIDE

2024



ONLINE REGISTRATION: WSRC.ORG

YOU'RE INVITED

ROW WITH US THIS YEAR

Events:

Home Regattas

Hosted by West Side Rowing Club



Shuffle Off to Buffalo	2/11/24	Crew Camp Regatta 1	7/19/24
John Bennett Regatta	5/5/24	Crew Camp Regatta 2	8/9/24
All-High Fontana Regatta	5/27/24	Head of the Niagara	10/13/24
West Side Invitational	7/7/24	Hogan Fries	11/3/24

Community Days

9:00-11:00am



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

School Year Programs:

WSRC High School



Fall:	September 3 - November 3
Winter:	November 18 - March 9
Spring:	March 11 - May 31

Varsity Rowing

A competitive team for athletes in high school with at least one full season of racing experience. Athletes will train both on and off the water and have opportunities to compete at various races at the local, state, and national level.

Novice Rowing

A competitive team for athletes in high school wanting to try a new sport. Learn how to row and have the opportunity to compete at races!

WSRC Middle School



Winter Session 2:	January 8 - February 28
Spring:	March 18 - May 23
Fall:	September 4 - November 1
Winter Session 1:	November 18 - December 20

The West Side Rowing Club Middle School Program is open to athletes in 6th, 7th, and 8th grade interested in learning about rowing and exploring Buffalo's waterfront! The Middle School Program is designed as a learn to row program that culminates in racing at the end of the season.

Summer Programs:

Crew Camp



Full Day Crew Camps: 8:30 a.m. to 3:30 p.m.	1/2 Day Crew Camp: 8:30 a.m. to 12:00 p.m.
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Week 1: June 24 - June 28	Week 1: July 8 - July 19
Week 2: July 8 - July 12	Week 2: July 15 - July 26
Week 3: July 15 - 19	
Week 4: July 22 - 26	
Week 5: August 5 - 9	
Week 6: August 12 - 16	

Discounts available for multi-week sign-ups

Financial Aid is available

Crew Camp provides a hands-on introduction to the sport of rowing for kids between the ages of 10-16. Campers will learn basic rowing technique and boat moving skills, both on land and on the water. Crew Camp is a great way to try out the sport and see if it's a good fit. It's also a great opportunity to make friends and try something new!

NEW for 2024:

- Experienced campers will learn to scull in coastal shells!
- Two Crew Camp wide family regattas: July 19 and August 9
- Remodeled tank room for on land technical learning.

Summer Competitive Program



U17/U19/U23/Competitive Sculling/Senior Team
June 17 - August 4

During the Summer every junior athlete competes for WSRC, regardless of school affiliation. Athletes are separated into aged based categories of U17/U19/U23 and competitive sculling. Teams will compete at both U.S. and Canadian Regattas.

Small Boats Program



Week 1:	July 15 - July 26
Week 2:	August 5 - August 16

Small Boats Skills Camp is a program designed to introduce rowers, with a MINIMUM OF ONE SEASON OF COMPETITIVE ROWING, to the pleasures of rowing in small boats. Participants will learn boat and oar handling techniques in a single, double, and pair. Participants will meet with WSRC Learn to Scull (LTS) coaches five times per week for a 90-minute session over two weeks. LTS sessions will have a great coach to athlete ratio, ensuring the highest level of coaching instruction.

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

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

WSRC Staff Contact Information

President

Kirk Lang



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West Side Rowing Club

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