



Duluth Rowing Club

Juniors



The DRC Junior Rowing Program is for kids 13 years old through the summer after they graduate from high school. The junior rowing season starts the Monday after school is out for the summer and ends with the NWIRA Championship Regatta in mid to late August. Juniors practice from 8 am-10 am Monday through Friday.

This group learns to row in eights, fours, quads, pairs, doubles and singles. They work on rowing techniques and fitness with the goal of rowing well and fast.

The juniors have 3-5 regattas they can compete in each summer. These regattas are located in Thunder Bay, Duluth, Kenora Ontario, and the NWIRA Championship Regatta which rotates among member clubs. Some juniors also row in our fall regatta, Death Row.

We want the junior rowers to row well and have fun with their friends on the water.

First year junior rowers will attend our "Novice Camp". This runs for the first two weeks of practice, June 14 – 25, from 10:30 am to noon, Monday through Friday. After the Novice Camp, first year rowers join the other juniors rowing from 8 am to 10 am.

Duluth Rowing Club membership for Juniors is \$200. See our website www.duluthrowing.org to join.

Scholarships are available for students who are on the school free/reduced lunch program. Contact Bonnie for more information at bonniefullerkask@gmail.com or 218-464-3510.

Junior Rowing Schedule

- Experienced Rowers – June 14 – mid August, Monday – Friday 8:00 a.m. – 10:00 a.m.
- Novice Rowers – June 14 – June 25, Monday – Friday 10:30 a.m. – 12 noon
June 28 – mid August, Monday – Friday 8:00 a.m. – 10:00 a.m.

Junior program changes:

COVID-19 MITIGATION STRATEGIES:

Due to the USRowing and Minnesota Department of Health COVID-19 guidelines, we have made some changes to the Junior Rowing Program.

1. Rowers will be grouped into pods.
2. Pods will have staggered start times. Make sure you are on time because your pod will be relying on you.
3. Rowers must wear masks while on DRC property and in the boats.
4. Rowers will be required to do the COVID-19 check in online at home each day before coming to the boathouse.
5. Daily attendance will be taken.
6. If you have COVID-19 symptoms or are sick or have been exposed to COVID-19, PLEASE STAY HOME.

Please check your rower for ANY COVID-19 related symptoms. If there are ANY COVID-19 symptoms, please keep your rower at home. These symptoms include the following:

- Fever 100.4 or higher
- Chills
- Cough
- Shortness of breath
- Sore throat
- Muscle Aches (not sport related)
- Headache
- Runny/stuffy nose
- Recent contact with ANYONE who has been diagnosed with COVID-19

Behavior expectations and guidelines to stop the spread of COVID 19 will be strictly enforced. We want to ensure a safe environment for all athletes and coaches.

COVID 19 – Daily Check-In Form/Rowing. We need every athlete to do this before they come to practice or a regatta. They can use the tab on the website. Temperatures must be taken before athletes come to practice or a regatta. Thank you for keeping our team safe and successful.