

Welcome Back Adult Rowers

We're glad to be back on the water for another season of programming at the DRC this year! This message includes information regarding what every adult rower needs to know about the upcoming season. Some of the new things we started in 2022 will continue through 2023, and there is some new information as well!

Adult Boathouse Open Hours

Weekdays M-F	6:00-8:00am
Weeknights M-Th	5:00-8:00pm
Saturday and Sunday	7:00-10:00am

(Junior Program is in session: June 12-mid August 2023)

Text Message for Morning Rowing Conditions

Tom Rauschenfels sends a message out each morning on rowing conditions. To get on the text list send your name and number to Tom at 218-391-5147.

Adult Coaching

DRC has hired Pete Olson as the Adult Rowing Coach for Summer 2023. He will be coaching during open row hours on **Monday and Thursday** mornings.

Wednesday Mornings

Let's give new and experienced rowers the chance to row together in larger boats. Just show up at 6:00am and boats will be assigned.

Friday Mornings

Every week on Fridays will be race day starting in mid June. This will provide the opportunity to practice racing skills and improve speed over the season. Any size boat can participate. Length of race will vary.

NEW: Workouts

Workouts will be sent out via newsletter to current members on Sunday nights, and will be created via resources such as Concept2 and FasterMasters. Rowers can use them or not as they wish.

Crew and Brew: Continuing this weekly ritual!

Beginning June 22, Crew and Brew will be back every Thursday through August 31st 6-8pm. This weekly event is open to any adult rowers. The focus is on rowing larger boats and then some fun socializing at Hoops brewery. It is free to members and those with a Row Pass, there is a \$15 per session for others. You must have taken the Learn to Row class or have prior rowing experience.

Learn to Row: Volunteers Needed

In an effort to recruit more Learn To Row participants to become DRC members we would like to have DRC members involved in these classes. To sign up to volunteer for **Session I**, [please click here](#). For **Session II**, [please click here](#). We are looking for at least 4 helpers per day. Any questions? Reach out to hello@duluthrowing.org.

DRC Website and Member Portal

If you have not already, please create a username and password on the DRC website member portal. The portal contains DRC policies and important information that all members should know before rowing. Watch the portal and news briefs on the home page for announcements..

Morning Boat Sign Up System

We are re-vamping our Boat Sign Up system, and will let you know the process for this when we get it finalized.

Men's and Women's Crew Co-Captains

DRC is searching for Men's and Women's Captains for the Masters Rowers, if you are interested, please reach out to us! These folks are responsible for welcoming new rowers to DRC and facilitating a positive learning environment, helping the assistant coaches to arrange boat line ups for practices, and other duties as needed by DRC including helping to organize volunteers for different events.

Contact the DRC

If you are looking to contact anyone at the DRC please use hello@duluthrowing.org. We encourage you to share personal contact information among yourselves to set up boats and communicate with each other. The DRC does not publish contact information for individual members.