

Alliance Rowing Club & Northshore Fitness Studio 2017 Summer Sessions - Revised June 23rd



Developmental, Competitive & Elite Full Package

Our 5th Annual program emphasizes rower development & improvement, *All sport disciplines* will benefit from rowing fitness protocols. This **FLEXIBLE Schedule offers** multiple session options every week to accommodate any busy schedule. Participation can be monthly, weekly or Drop-in!

Offering Flexible options for Conditioning, Sweep & Sculling Technique

	Northshore Fitness Studio Strength & Conditioning + Rowing ERG	Dammrich Rowing Center* - On the Water ROWING	Clinics & Regattas
<u>Monday</u>	Morning by appointment ONLY 2 - 5p	AM: Lessons by Appt. Dev: 3:45p Open: 5:15p	Sweep & Sculling Technique Tank Clinics* DRC 3220 Oakton, Skokie, IL 60076 Coxswain Clinics Regatta: 7/7-7/9 Lincoln Park SPRINTS Cycling Group Rides for Endurance RowBike Lessons
<u>Tuesday</u>	6 – 10a 2 - 5p 7:15a - ELITE Power Erg Class 2p - PowerTraining	EarlyBird: 6:30a <i>Clinic: 9:15-11:15a</i> <u>ARC: 9a & 3:45p</u> Dev: 9a & 3:45p Open: 5:15p	
<u>Wednesday</u>	Morning by appointment ONLY 2 - 5p	EarlyBird: 6:30a Dev: 9a & 3:45p Open: 5:15p	
<u>Thursday</u>	6 – 10a 2 - 5p 2p - PowerTraining	EarlyBird: 6:30a <i>Clinic: 9:15-11:15a</i> <u>ARC: 9a & 3:45p</u> Dev: 9a & 3:45p Open: 5:15p	
<u>Friday</u>	6 – 10am CLOSED in the afternoon	EarlyBird: 6:30a Dev: 9a & 10:30a	
<u>Saturday</u>	11 – 1pm Afternoon by Appointment	EarlyBird: 6a <i>Clinic: 7-9a</i> <u>ARC: 7:30a</u> Dev: 9:15a, 1p, 2:30p & 3:30p	
<u>Sunday</u>	By Appointment ONLY 3:30 PowerTraining	EarlyBird: 7a Open: 9:30 & 11a	

Details >>>	WEEKLY SCHEDULE ACTIVITIES – Basic Descriptions			
	CONDITIONING + ROWDIO™ Cardio!!!		ROWING @ DRC*	SPECIAL Events
	<p>Basic to advanced strength movements relative to age & physical maturity emphasizing:</p> <p>SAFE and proper form for any sport</p> <p>Improved balance, core strength, flexibility & quickness</p> <p>Taught in a positive motivational environment</p> <p>Private & Group (3-8 athletes) Sessions available</p>	<p>Low-impact cardio sessions improve core & upper body strength.</p> <p>Rowing machine workouts set to music for timing and ratio challenge</p> <p>GREAT cross-training for ALL sports</p> <p>Prevents injuries</p> <p>Power ERG sessions are KEY for competitive Crew preparation & progression</p>	<p>1.5 hour Sessions at the SPD DRC, Boats will be provided by ARC</p> <p>. Boats and times will be added to meet demands</p> <p>. Shuttles offered for certain times – NOT available for ALL time slots. \$2.00 fee for weekly or punch-card clients, Sign-ups for 4+ week fee is included</p> <p>Standing Appts get PRIORITY</p>	<p>Additional fee(s) required and vary by activity</p> <p>*Rowing & Sweep Rowing Oar Technique Clinics held at the Skokie Park District Dammrich Rowing Center</p> <p>. Dammrich Rowing Center (DRC) is located at 3220 West Oakton Street in SKOKIE.</p>
	Sessions held at Studio 905 Ridge, Wilmette 60091		Text 847 347 3278 for reservations	

The following ARC categories direct proper participation level, expectations, planning & goal setting.

ARC Category	Description/Prerequisites	Advancement Req's
PRO, Cat 1	Expert, Coaching, Post-Collegiate Racing & National Level Collegiate Experience + mentoring Possess BOTH bi-sweptual Sweep skills and Sculling	Olympic Medalist
Cat 2	High School/Collegiate Crew with sculling skills and a minimum 2 years competition Master's with same skills that maintain a high fitness level	Collegiate or Open Crew experience as a competitive Master's rower USRowing Certification(s)
Cat 3	Masters, Collegiate and Junior level racers and some Development rowers with single-sculling experience	Minimum 2 years of High School or Collegiate Crew Master's with 3+ years of competition
Cat 4, Novice	Recreational Sculling, Developmental training is ongoing, Fitness level improves	Completion of Novice requirements with advancement and competitive continuation
Cat 5, Beginner	Learn to Row	Basic Sculling & Fitness Level
Adaptive, Special Needs	Self-explanatory	Special equipment required

Summer Program Services Offered:

- **Conditioning & ROWdio™:** These are group sessions in increments of 30, 60 or 90 minutes to accommodate all levels and age groups. We recommend at least two sessions per week minimum. Sessions Include cardio intervals, flexibility and recovery activities. Designed to improve performance and speed for ALL SPORTS!!!!
 - **Tank Time -Oar SWEEP Technique:** These sessions are for ALL sweep rowers providing instruction on oar handling and technique; conducted at the DRC and are scheduled based upon demand. We recommend these sessions for 8th graders who aspire to row in High School and ALL post-high school ages
 - **Boat Time:** NO SHOWS will not be tolerated for boat outings – there will be a \$25 charge per offense and eventual exclusion for repeats
 - **Summer ARC** development dues are included for 4 or more week programs (U19 \$175 value), and weekly sessions
 - **Boats & Equipment:** ARC provides all water craft with exception of Single Sculls – Members may provide their own
 - **Power Training** – For Experienced CREW competitive participants ONLY: Cat 3 & 2 with Cat 4 participation ONLY with approval
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- **FLEXIBLE Scheduling!!** ALL SESSIONS are available multiple times a week and will accommodate practically any schedule your athlete(s) may need. Participation can encompass the total 12 Week program, 6 Weeks, Weekly or may be individually tailored on a day-to-day basis! Total roster sign-up will dictate load-leveling to guarantee participation and equal opportunity utilization
 - Deadline for summer session **early registration is June 15th**
 - **Dryland ONLY** Strength & Conditioning option available at a reduced rate
 - **Discounts** for **families**, Active **Crew** members & Referrals at **10% or more!**
 - Summer session is LIMITED to a maximum of **90 participants!**
 - **Alliance Rowing Club of Illinois (ARC)** will supply all boats, coaching, related equipment, safety training along with optional transportation to DRC (limited availability)
 - **Allow 2.25 hours** minimum elapsed time (travel to/from) for the DRC water sessions – shuttle service to and from the Wilmette Studio is optionally available on a limited basis
 - Tank sessions will be scheduled based on demand during the 12 week program - times tentatively planned for evening and are held at the DRC for sweep or Clark Park (Chicago) for sculling
 - Self-directed boat usage is based on availability and requires active ARC membership along with REQUIRED coach's safety certification!
 - ELITE rowing program **requires** Strength & Conditioning to participate

**2017 Sport and Rowing Program
Northshore Fitness and ARC of Illinois**

Participant Options	Before June 15th	AFTER June 15th
Full Summer 12 Weeks June 5th – Sept 3rd with a midpoint <i>break</i> the week of July 1st: Independence Day week	\$1049 Minimum Deposit of \$500 Balance Due by June 30 th	\$1189 Minimum Deposit of \$500 Balance Due by July 15 th
6 Weeks ** Additional weeks are \$139	\$596 Minimum Deposit of \$250 Balance Due the 3 rd week	\$696 Minimum Deposit of \$250 Balance Due the 3 rd week
Weekly *	\$189	
Participants MUST be 12 years old by January 1 st , 2015 – exceptions ONLY if an <u>older sibling/relative</u> is also participating or <u>with ARC Director approval</u>		
*Selected week(s) must be specified at sign-up and do not have to be consecutive weeks.		
Prorated refunds are available for hardship or injuries ONLY <u>with ARC Director approval</u>		

Services	NonMember Pricing
Daily Drop-in Fee	\$48 - Strength & Conditioning w/ Rowing Cardio \$32 – On the water Rowing w/ ARC (10 for \$280) \$60 – 96 per session SemiPrivate or Private
Punch Cards	
Private/Semi-Private Lessons	
	ARC Member Pricing
Daily Drop-in Fee	\$40 - Strength & Conditioning w/ Rowing Cardio \$28 – On the water Rowing w/ ARC (10 for \$240 or less for D6/7) \$48 – 82 per session SemiPrivate or Private
Punch Cards	
Private/Semi-Private Lessons	
	ARC Masters Pricing
Daily Drop-in Fee	Studio access included Apr-Nov. Winter monthly fee applies Dec-Mar \$20 – On the water Rowing w/ ARC (15 for \$225) \$40 – 70 per session SemiPrivate or Private
Punch Cards	
Private/Semi-Private Lessons	

ARC – Chicagoland’s NorthShore Rowing Resource!

Overview

This is our fifth year for ARC of Illinois – an all-ages **A**thletic, **R**ecreational and **C**ompetitive (ARC) rowing club on the Northshore of Chicagoland. By definition we are a Community Club.

ARC of Illinois was founded in 2012 by Ron Boi (RRB Cycles) and Brian Easter (Northshore Fitness) to create a grass-roots local program that benefits all ages for all local clubs. We offer an established tradition of holistic rowing development excellence for adolescents. Following are the different groups within our organization.

DEVELOPMENT: We start with with grades 6 - 8 (D6-9) in our grassroots Development program teaching Sculling technique exclusively. All ages of new Rowers follow our Learn to Row track and then graduate into the general Development category or into a category listed below. This track also includes High School Tryout group (D9) and they are sorted into a Tryout specific preparation program June-August.

JUNIORS: Our ARC Junior Club Team offers High School rowing to area schools that may not offer Crew along with a complete Master’s program.

ELITE: Our Elite Performance curriculum Both Collegiate and High School Crew athletes a superior track for major improvement both on the water & on the ERG. SemiPrivate & Private Sessions are available as needed.

MASTERS: Our Masters program caters to **both** recreational sculling and competitive Sweep and Sculling disciplines. For skilled adult rowers we are essentially an equipment CoOp providing equipment access for self-directed rowing.

Founding Fathers: Ron Boi rowed with Lincoln Park Juniors when he attended Lane Tech High School and renewed his rowing interests by organizing a master’s team in 2008. Ron also owns RRB Cycles: an established Bicycle Shop with decades of experience. Ron bicycle raced at the National Level and provided coaching, support & custom equipment to World-level cyclists.

Brian Easter, a fitness professional for 15 years and National-level cyclist in the 80’s, has worked with various area rowers and others as a Sports Strength & Conditioning coach. Ron introduced Brian to rowing in 2009, who then began racing in 2012 as a cross-training regimen for Master’s sports.

With guidance from a diverse and talented coaching staff, ARC offers athletic and recreational rowing throughout the 3 seasons: Spring, Summer & Fall. We offer a full-package year-round training program and with Northshore Fitness as our Dryland home, we work with athletes from various glide-sport disciplines.

Northshore Fitness has partnered with ARC in preparing rowers for High School & College rowing tryouts while simultaneously working with Athletico Rehabilitation Clinics for injury prevention and performance improvement for over a decade.

EMail: allrowc@gmail.com

Preference is Text: Brian 847-347-3278

