



# Spring 2021

ARC JUNIOR PROGRAM

# Head Coaches



Astrid Wettstein (Novice Girls)  
and Jeff Tyrrel (Novice Boys)



Patrick Kelly (Varsity/IV Boys) and  
Ethan Nussdorfer (Varsity/IV Girls)

# Assistant Coaches



Liz Green



Troy Harding and Hannah Heyerdahl



# Spring Overview

- Rolling admission to the Novice Program through January 2021
  - After that, admission will be made case by case
- Communication
  - Slack
  - Email
  - Website
- Inclement weather
  - Practice cancellation
  - Practice preparation

# Spring Safety Protocols



- Masks are required
- Socially distance
- Wash your hands upon arrival and frequently throughout practice
- Bathrooms are open (2 at a time)
- Limit to 2 people per bay at a time
- Locker rooms are **closed**
- Arrive close to your start time
- Clean all equipment after use



# Spring Programs

## Junior Rec Program

- Coaches
  - Coach Eleni
- 4 two-hour classes
- Beginning at the end of February
- Will meet once a week for four weeks

## At Home Program

- Coaches
  - Coach Liz Green
  - Coach Troy
- Workouts virtually and on your own
- Classes about nutrition, cooking, fitness, etc



# Key Dates & Regattas

## Key Dates

- Saturday February 13 - No Practice
- Monday February 15 - No Practice
- March 15 - 20 Spring Break - No Practice

## Regattas/Races

- No officially scheduled events at this point
- Informal scrimmages are highly likely
- No overnight travel
- No team transportation



# Spring Training

Mastering technique: cleaning up technique in small boats so that higher rates are clean and efficient


- Increasing rate: Higher intensity workouts, shorter distances
- Maintaining base: regular active recovery with long steady state and stretching
- Continued strength and mobility on land - building on good results from the fall





# Nutrition and Health

- Athletes need a lot of energy
- Whole grains, veggies, fruit, protein, and fat are all good
- Sugar is OK in moderation since athletes have very high metabolism
- What type of food is ok pre-workout?
- What is best after a workout?
- Sleep and stretching



**Please provide a minimum of  
24 hr notice before missing a  
practice.**



# Outstanding Waivers

- Alexis Apostolakis
- Avarie Carpenter
- Emilie Smith
- Grayson Engler
- Gus Papasan
- Sadie Broughton
- Jacob Boston
- Jae Edgar
- Jia Sardi
- Logan Wright



# Rowing in College

- Zoom meeting Thursday, January 28th at 8:30 pm.
  - Picking a program and school
  - Researching programs/getting to know what is out there
  - Communicating with coaches
  - Standards for recruitment



# Questions?