

Save The Dates
(participate / volunteer)

Saturday, 6/5 & Sunday, 6/13:

National Learn To Row Day(s)

Saturday, 9/11:

Springfield Head Race Regatta

Saturday, 10/2:

Source To Sea - CT River Clean-Up

Planned Rowing Launch Times*/**
(subject to change during season)

Sculling:

Mornings:

Mon / Wed / Friday @ 6:00am

Sat / Sun @ 6:30 am & 8:00am

Evenings:

Tues / Thurs @ 5:45pm

Youth Crew:

Morning:

Sat @ 8:15am

Evenings:

Tues / Thurs @ 6:00pm

* Daylight Savings will alter times in Fall.

** Suggested arrival 10-15 mins before launch.

PO Box 60762
Longmeadow, MA 01116



2010

***Pioneer
Valley
Riverfront
Club***



***Youth & Adult
Rowing Program
(Crew & Sculling)***

The PVRC is a 501(c)3 non-profit organization in it's 4th year promoting river-based sporting activities. In 2010, we will provide rowing instruction in several disciplines. Primary programs are for youth sculling and sweep rowing along with adult sculling. We also plan to continue a unique program oriented towards teen parents which began in 2009. Our rowing efforts focus on instruction, physical fitness, education and stewardship of the the Connecticut River offers. Our teaching, coaching and mentoring are open to all interested parties and help provide fitness, wellness and/or competition. The experienced rowers provide mentorship to the less experienced.

River Conditions / Safety / Equipment

Staffed with mostly volunteers and a couple of paid staff, the 2010 program has a "cooperative" flavor as experienced rowers will mentor / oversee sessions where less experienced rowers participate. Rowers are encouraged to row with a partner or 'buddy.' Sessions will be cancelled if the mentor/instructor/coach determines river conditions to be unsafe.

Equipment is available at appointed times. The boats are made of delicate materials and therefore should be handled with care and appropriate guidance. Safety procedures should be reviewed before each season.



Program Options

Sculling (2-oars/rower): This discipline is focused on rowing single-person shells and peoples ages 12 and up.. Children 12-14 years old may participate when accompanied by an adult. Most youth crew members (see below) will also learn this discipline.

Crew (1-oar/rower): This discipline is focused on rowing as a team in a four-person shell and will primarily include teens (14 to 18 years old as of June 1). Adult instruction may be arranged, if adequate interest arises.

\$100 - Four Lessons (Required for All Beginners)

\$250 - Full Rowing Season

\$50 - Coxswain (Sculling available when not coxing)

(Discounts available for members of Pioneer Valley Yacht Club, Field Club, additional family members or if signed up with all documentation prior to June 1st or following August 1st)



PVRC Sign-Up Form

Sign up for:	Price	Amount
<input type="checkbox"/> Sculling Lessons (4)	\$100	\$ _____
<input type="checkbox"/> Full Rowing Season	\$250	\$ _____
<input type="checkbox"/> Each Additional Family Member+	\$200	\$ _____
<input type="checkbox"/> Coxswain Season	\$50	\$ _____
<input type="checkbox"/> Mentor Season*	\$150	\$ _____
<input type="checkbox"/> Donation*	???	\$ _____
<input type="checkbox"/> Additional Team Shirt(s)**	\$10	\$ _____
		Subtotal: _____
PVYC / FC Member / Pre-Season -		
10% Each Discount (30% Max)		_____
After Aug. 1 - Late Season 50%***		_____
		Total: \$ _____

+Each Additional Family Member must live at same address to be eligible.

*Tax Deductible Donations are gratefully accepted .

A **Team Shirt will be provided with each completed member sign-up.

*** **Late Season Discount** not to be combined with other offers.

Name(s) _____

Address _____

O 12-14yo / O 14-18yo / O 18yo + greater

Age(s) _____

() _____

Phone(s) _____ @ _____

Email(s) - used for announcements & reminders _____

Send form with check, swim test/attestation, & waiver:

- Payable to: Pioneer Valley Riverfront Club
- Address: PVRC, PO Box 60762, Longmeadow, MA 01116

Address Questions to:

Jonathan Moss
 Email: rowing@pvrowing.com
 Cell: (413) 262-0945

-or-

Roger Jarosz
 Email: rjarosz@ingledc.com
 Cell: (413) 348-2267

