

2018 BIR JUNIORS - WINTER TRAINING

The BIR Winter Training Program for Juniors is designed by BIR coaches to build strength and endurance, safely during the winter months to prepare for a competitive Spring season.

Winter Training is open to ALL current rowers and ALL students in grades 9-12.

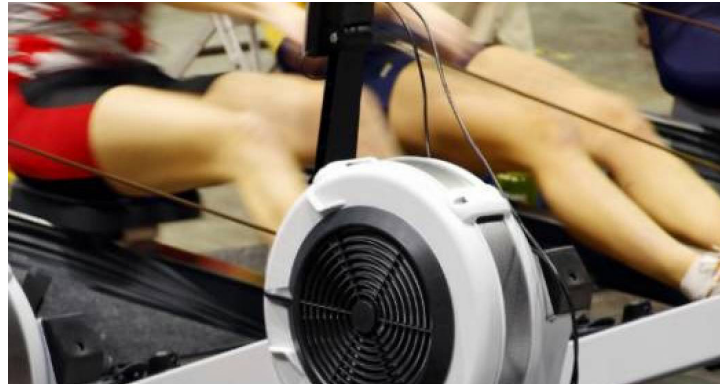
TIME/DATES: Monday through Friday,
Nov. 13 - Jan. 25 (9 weeks).
Times/locations vary by team.

COACHES:

Nicolai Otte: nicolaiotte@gmail.com

Bruce Beall: rowdir1@gmail.com

Olivia Gangmark Strickland: gangmarkstrickland.olivia@outlook.com



QUESTIONS? email registrar@bainbridgerowing.org

PLEASE NOTE: There will be no Winter Training during BHS school holidays (November 22, 23, December 19-January 2, January 16).

WINTER WEATHER CANCELLATIONS: Winter Training will be cancelled in conjunction with any BHS school weather closures or as communicated by coaches. If school is cancelled, training will also be cancelled. If school is delayed, typically, winter training will take place as scheduled.

LOCATION: Training will alternate between:

CrossFit© Outcome (located at 9463 NE Business Park Lane - adjacent to Coppertop Business Park),
BIR boatyard and BHS Track.

COST: \$290. Athletes must have valid Basic US Rowing membership (even non-rowers)

REGISTRATION: visit <https://bainbridgerowing.org/bir-juniors-winter-season/>

SCHEDULE

Varsity Girls

Monday 3:30 to 4:30 pm - Weight Training @ Crossfit Outcome

Tuesday 3:30 to 4:30 pm - Erging @ Rowing Center Boatyard

Wednesday 3:30 to 4:45 pm - Team Day @ BHS Track

Thursday 3:30 to 4:30 pm - Erging @ Rowing Center Boatyard

Friday 3:30 to 4:30pm - Weight Training @ Crossfit Outcome

Varsity Boys

Monday 2:30 to 3:45 pm - Erging @ Rowing Center Boatyard

Tuesday 4:45 to 5:45 pm - Weight Training @ Crossfit Outcome

Wednesday 3:30 to 4:45 pm - Team Day @ BHS Track

Thursday 4:45 to 5:45 pm - Weight Training @ Crossfit Outcome

Friday 3:30 to 4:30pm - Erging @ Rowing Center Boatyard

Novice Girls and Boys

Monday 4:45 to 5:45 pm - Weight Training @ Crossfit Outcome

Tuesday 4:45 to 5:45 pm - Erging @ Rowing Center Boatyard

Wednesday 3:30 to 4:45 pm - Team Day @ BHS Track

Thursday 4:45 to 5:45 pm - Erging @ Rowing Center Boatyard

Friday 4:45 to 5:45 pm - Weight Training @ Crossfit Outcome



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