



**2021 Program Descriptions  
Updated July 2, 2021**

**Experienced:** adult (18+) rowers that are comfortable rowing in small boats (1x, 2x, 2-). Training will focus on technique improvement, speed, and endurance through prescribed workouts.

**Juniors:** all experienced and developing youth rowers (u18). Training will follow Rowing Canada Aviron's Long-Term Athlete Development Model.

**Open:** all experienced and developing rowers, both adult (18+) and youth (u18). Developing rowers are those who are working on their small boat (1x, 2x, 2-) skills. Those who have recently completed LTR would be considered developing rowers.

Please note more focus will be given to developing rowers to ensure safety on the water. Experienced rowers will complete their prescribed workouts, while developing rowers will focus on technique improvement through prescribed workouts.

Developing rowers may move up to the experienced sessions upon confirmation of the [Head Coach](#).