

2023 Youth Learn to Row, Masters, & Adult Learn to Row

Youth Learn to Row

3 sessions of YLTR will be offered.

Each session includes: instruction, equipment, a camp t-shirt and a picnic on the last day.

Contact Coach Marshall via laura.marshall@wyandotteboatclub.com

Pricing Structure:

First rower from a household:

Single session, **cost is \$150**

Pre-pay for two sessions, **total cost is \$275** (\$25 discount)

Pre-pay for all three sessions, **total cost is \$375** (\$75 discount)

If multiple rowers from the same household attend the same camp, each additional rower gets a discount of \$25/session. Pricing for additional rowers from the same household:

Single session, cost is \$125

Pre-pay for two sessions, total cost is \$225

Pre-pay for all three sessions, total cost is \$300

Masters Rowing — \$375.00

Includes summer coaching fee and WBC Jersey.

Price without WBC Jersey—**\$325.00**

Fees due: First day of session plus \$40 WBC Membership fee if not already a WBC member.

Contact Coach Mark Pappas @ ampappas@netzero.com w/ any questions

Adult Recreational Rowing

Adult Learn to Row-Beginners

\$160.00

Session 1: 6/10-7/15

Includes 3 days of rowing per week. Monday, Wednesday, Saturday.

Fees due: First day of session plus \$40 WBC Membership fee if not already a WBC member.

Adult Rowing-Experienced

\$180.00

Session 1: 6/10-7/15

Includes 3 days of rowing per week. Tuesday, Thursday, and Saturday.

Fees due: First day of session plus \$40 WBC Membership fee if not already a member.

2023 Coaches

Head Coach Mark Milewski

Coach Milewski rowed for Roosevelt High School, Michigan State, and the Wyandotte Boat Club. He has coached for 23 years and currently is the Head Coach at Crestwood and the Regatta Chairmen for the WBC.

Coach Mark Pappas -Masters

Coach Pappas rowed for Ecorse High School, Ecorse Boat Club, and the Wyandotte Boat Club. He currently coaches at Roosevelt..

Coach Wil Doss –Development

Coach Doss rowed for Riverview High School, Mercyhurst University, and the Wyandotte Boat Club. He currently coaches at Riverview.

Coach Laura Marshall –YLTR

Coach Marshall rowed for Grand Valley State University and currently coaches at Grosse Ile.

2023 Women’s Staff

Coach Cameron Colwell

Coach Colwell rowed at Grosse Ile High School and the University of Toledo. He has coached for Grosse Ile & Riverview and is currently the head coach at Trenton.

Coach Carly Allen

Coach Allen coxed for Roosevelt High School, and the WBC. She has spent several years coaching Youth Learn to Row and currently coaches at Roosevelt.

Coach Nora Fillie

Coach Nora rowed for Roosevelt High School and the WBC. She has spent several years coaching Youth Learn to Row and currently coaches at Roosevelt.

2023 Men’s Staff

Coach Patrick Knipe

Coach Knipe rowed for Riverview High School and the WBC. He has coached for 16 years and is currently the head coach at Riverview.

Coach Alex Pappas

Coach Pappas rowed at Roosevelt High School and regularly competes for the WBC. He has coached for over 8 years and has coached at both Roosevelt and Trenton.

Coach Derik Rawlins

Coach Rawlins rowed for Carlson High School and the WBC. He has coached for over 10 years and currently coaches at Carlson.



**Wyandotte Boat
Club Summer
Rowing 2023**



Wyandotte Boat Club
#1 Pine Street
Wyandotte, MI 48192
www.wyandotteboatclub.com

Goal of Summer Rowing

The primary mission for each of the WBC summer programs is to promote the further education, and fitness, for athletes of all ages. In order to do this rowers must commit to something greater than themselves. By committing to this team, each athlete will walk away a better, stronger, individual. For our junior athletes, this means taking that knowledge, and strength, back to their respective programs come the spring season. This will not only help to improve each individual high school team, but the Wyandotte Boat Club as a whole.



Competitive Rowing 2023 for U17, U19, & U23

The goal of the Competitive team is to provide a competitive environment for our athletes to improve both fitness and technical proficiency. The team will be comprised of athletes, and coaches, from all different rowing backgrounds. Knowledge will be shared and everyone will work together towards one common goal, **making the boat fast.**

Athletes will be exposed to different training methodologies and be given the opportunity to improve both their sweep and sculling abilities, while striving for success throughout each of our racing endeavors.

2023 Competitive Rowing Fee

\$600.00-Includes all scheduled regattas & WBC Jersey

2023 Competitive Practice Schedule

Morning Practice: Monday through Friday, from 5-7 am. Focus will be on-water training.

Evening Workouts: Monday through Thursday, from 5-8 pm. Focus will be on-land training. The boat club will be open for 3 hours. Athletes may come anytime during that period to complete their workout.

2023 Competitive Regatta Schedule

June 24th Detroit Scrimmage-Wyandotte, MI

July 8th CORA-Welland, ON

July 9th West Side-Buffalo, NY

July 15th Michigan Club Invitational-Ann Arbor, MI

July 29th & 30th Ontario Champs-Welland, ON



Junior Development Rowing 2023

The goal of the Junior Development team is to provide a fun, and educational, environment for athletes to develop their rowing abilities by rowing 3 days a week and focusing primarily on small boat training.

The Development team will not compete in any regattas, but instead work on building technical proficiency throughout the summer. All athletes will be exposed to sculling and will have the opportunity to train in singles, doubles, pairs, and quads with the methodology being that small boats will help make the big boats faster.

2023 Development Rowing Fee

\$150.00

2023 Development Practice Schedule

Tuesday & Thursday from 3-5 pm

Saturday 9-11 am

