


## ABOUT Albany Rowing Center

 Albany Rowing Center (ARC) was founded in 1984 as the Organization of Adirondack Rowers and Scullers (OARS). ARC is a not-for-profit organization that fosters interest in, and provides opportunity for, rowing in New York's Capital District area. ARC rowers include students in grades 8 through 12 and adults in all age groups.

Our programs attract rowers with a wide range of rowing ability from novice to experienced. ARC is a volunteer organization and relies upon the energy, talents, and generosity of its members to provide a quality sports program to the community.


Programs are planned and developed by a volunteer Board of Directors elected by the members, and are paid for by member dues, as well as by grants, donations, and sponsorships.

[www.albanyrowingcenter.org](http://www.albanyrowingcenter.org)



Klaw-StockerPhotography.com

## If You Join...

 ARC rows out of the City of Albany Boat Shed in the Hudson River Corning Preserve, and shares both the boathouse and the docks with other recreational users of these facilities.

ARC has its own fleet of eights, fours, quads, doubles, and singles for use by its teams and members.

If you join, you can expect to be welcomed onto the team, challenged by the sport, and encouraged to steadily improve your skills - whether for that competitive edge, or for recreational enjoyment.

## Contact Us

### Adults

AM: [mastersrowing@albanyrowingcenter.org](mailto:mastersrowing@albanyrowingcenter.org)

PM: [rec\\_rowing@albanyrowingcenter.org](mailto:rec_rowing@albanyrowingcenter.org)

Learn to Row: [learn2row@albanyrowingcenter.org](mailto:learn2row@albanyrowingcenter.org)

### Juniors

[juniorsrowing@albanyrowing.org](mailto:juniorsrowing@albanyrowing.org)

### Coach

Mike MacMinn [mike.macmynn@gmail.com](mailto:mike.macmynn@gmail.com)

### General Information

[info@albanyrowingcenter.org](mailto:info@albanyrowingcenter.org)

## Albany Rowing Center

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*Our Oars Are Orange*

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**Your Community Rowing Center**

## Information on ARC and its Programs



ALBANY ROWING CENTER




ALBANY, NEW YORK




## Albany Rowing Center Programs

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### Adult Rowing Programs

 ARC offers both competitive and non-competitive training for adults. The competitive option is for those rowers who wish to train hard and compete in local and national regattas. Training is five days per week for approximately 90 minutes in either morning or evening sessions. The non-competitive option is for adults who want to enjoy the benefits of rowing, and either are not interested in competing, or not able to commit to a competitive schedule. The non-competitive group rows three nights per week. For both groups, the coaching emphasis is on rowing well with good technique and building fitness and strength. All participants are encouraged to race at ARC's Head of the Hudson Regatta in late September each year.

### Learn to Row for Adults


 This program is for adults (persons 18 and over) who are interested in learning the sport of rowing. Classes are offered during spring and summer months starting in May and continuing through July. Practice time is three nights per week for four weeks at 6:30 to 8:00 pm. Morning sessions are offered only when 12 or more participants sign up. Participants completing two or more LTR sessions are encouraged to join one of our adult rowing programs at the discretion of the coach. New rowers who participate in ARC's winter training program are eligible to join a special April Learn to Row session if there is sufficient enrollment (12).

### Junior Rowing

 ARC offers a competitive rowing program for students in grades 8 through 12. These young athletes practice in the afternoon from March through October, and compete in regattas across the northeast. Rowing builds strength and responsibility as rowers commit to their teammates and rigorous training schedule. Many of our talented and dedicated juniors have competed at the national level. ARC fields both varsity and novice boats in both sculling and sweep rowing.

Our junior Summer Camps, which run from late June through July, are designed to provide a fun and relaxed introduction to rowing. Each camp runs for two weeks, Monday through Friday from 9:00 AM til 12:00 noon. Campers can move on to the junior competitive program in the fall where they have the opportunity to continue to improve their technique and win medals at regattas!

### How to Join

 ARC has a variety of programs for both adult and junior rowers. If you're interested in learning to row, or if you're already a rower looking for a club to join, check out our website and contact one of our program liaisons listed on the back of this brochure.

[www.albanyrowingcenter.org](http://www.albanyrowingcenter.org)



2010 New York State Champions