

# Mic Mac A.A.C. Rowing

## Adult Programs (ages 19+)



The MicMac AAC Adult Rowing programs are designed to follow the stages of Canadian Sport for Life's Long Term Athlete Development Model. The program is divided into separate groups supporting the ideas of "Competitive for Life", "Fit for Life", and "Active for Life". Each group trains to meet slightly different goals, and is aimed at athletes of varying rowing experience, ability, and interests.

For all of our programs, we strive to ensure that every participant finds the place that suits their personal and athletic goals, ranging from fun, fitness and friendship, to high level competition. For questions about our programs, please contact: [rowing@micmacaac.com](mailto:rowing@micmacaac.com) or (902) 461-7525.

### Adult Learn to Row Ages 19+

Learn the basics of rowing including safety, equipment, body movement, and timing. The focus is on having fun, learning new skills, and providing an opportunity to be "Active for Life". This program is available through group, private, or semi-private lessons.

### Also Available:

- Private / Semi-Private Coaching
- Guest Drop-In Rates for members of other rowing clubs

### Junior Programs or other previous rowing experience

### Adult Novice

Participants build on their basic rowing skills in a group setting. The focus is on continuing to have fun while learning to train and be part of a team.

### Under 23 / Senior Recreational

Participants considering this program should consult with a Coach for an assessment. Focus is on fun, improving overall fitness, and further development of sport-specific skills. This program is for athletes either still building towards, or not interested in training for competition.

### Under 23 / Senior Competitive

Participants considering this program should consult with a Coach for an assessment. Focus is to train athletes interested in specializing in rowing and competing at local, provincial, national, and international level competitions. It involves a higher level of commitment, training volume, and intensity.

### Adult Recreational

Participants who have Learn to Row and Novice (or equivalent) can join this group. Focus is on fun, improving overall fitness, and further development of sport-specific skills. This program is for athletes who are not interested in training for competition.

### Adult Pre- Competitive

Participants who have Learn to Row and Novice (or equivalent) can join this group. Focus is on further development of rowing skills and fitness, with an introduction to racing skills such as rowing at higher pressure and rates, starts, and competing as a Novice athlete at local regattas.

### Adult Master's Competitive

Participants considering this program should consult with a Coach for an assessment. Focus is to train athletes interested in specializing in rowing and competing as a Master's Athlete at local, provincial, national, and international level competitions. It involves a higher level of commitment, training volume, and intensity.