

Green & Gold Program

PYR 2023 - 2024

PURPOSE AND GOALS

Our goal in creating two training tracks is to provide athletes with a greater variety of experience options that better fit their interests. From this, our goals are to:

- 1) create greater access to a positive experience for those athletes who are currently underserved in the traditional competitive model and;
- 2) provide space for more focused competitive development work with appropriate levels of accountability to time commitments and training.

GENERAL STRUCTURE, ATHLETE REQUIREMENTS AND EXPECTATIONS

Gold Squad Overview

Structure

- 3 - 6 practices per week (depending on age group)
 - *Middle School = 3 / week*
 - *U17 = 5 / week (winter and spring only)*
 - *U19 = 6 / week*
- Full selection process for competitions (i.e. erg testing, seat racing, time trials, etc.)
- Additional assigned workouts outside of practice time for high school athletes
- 90% average attendance rate requirement for race eligibility

Athlete Requirements and Expectations

- 90% attendance average for race eligibility
 - This equals out an athlete missing one session every two weeks.
 - Exceptions made on a case-by-case basis (i.e. SAT/ACT test days, college recruiting visits, etc.)
- 1-2 extra workouts per week, done independently and recorded
 - Options for before or after practice on certain days
- Minimum one season of Green Squad experience
- Must be available for all priority regattas and 80% of other regattas
- Must attend the majority of Spring Break practices

Green Squad Overview

Structure

- 2 - 5 practices per week (depending on age group)
 - Middle School = 2 / week
 - U17 = 4 / week
 - U19 = 5 / week



- Athlete input for regatta entries and lineups
- Priority at most local races
- One land day per week
 - No erg test or ranked workouts
 - Still includes weight training
 - Additional training recommendations available for interested athletes

Athlete Requirements and Expectations

- Must have completed Learn to Row
- Must maintain consistent communication about attendance plans and regatta availability

TEAM CULTURE

This two-track structure risks a fractured team culture. To prevent this, and to build a stronger community around love of the sport, we will keep specific routines in place and continue to grow others. These will include:

- Daily group dynamic warm-ups
- Regular joint practices
- Full team meetings and seminars
- Expanded team leadership structure
- Athlete buddy groups / interest groups
- Regatta travel and participation across multiple squads

SEASONAL PROGRAM OFFERINGS

	<i>Fall</i>	<i>Winter Cond. 1</i>	<i>Winter Cond. 2</i>	<i>Spring</i>
Middle School	Green, Gold	none	Gold*	Green, Gold
U17	Green	Green, Gold	Green, Gold	Green, Gold
U19	Green, Gold	Green, Gold	Green, Gold	Green, Gold

**Middle School Winter Conditioning 2 runs in February only*

Athletes in all age categories must complete at least one season of Green Squad before signing up for Gold Squad. This builds in time for athletes to experience the schedule, routine, and workload of being a student-athlete before committing to more. Younger athletes will have the opportunity to participate in the Gold Squad for the competitive seasons but the annual structure of those programs will continue to prioritize off-season breaks and overall balance.



SCHEDULES AND RACING

Weekly Training Structure (Fall & Spring)

<i>Squad</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
U19 Gold	Land	Row	Row	Land	Row	Row
U19 Green	Land	Row	Row	Row	Off	Row
U17 Gold*	Row	Land	Off	Row	Row	Row
U17 Green	Off	Row	Row	Row	Off	Row

*=Spring Only

Regatta Schedule

<i>Regatta Name</i>	<i>Location</i>	<i>Squads</i>
Pink Ribbon Row	Seattle	All U19
Tail of the Lake	Seattle	All U17, U19
Burnaby Invite	Burnaby, BC	U19 Gold
American Lake	Lakewood, WA	U19 Green, Select U17 & Gold MS
Portland Fall Classic	Vancouver, WA	All U17, U19, Gold MS
Head of the Lake	Seattle, WA	U19 Gold
Elk Lake Spring Regatta	Victoria, BC	U17 Gold, U19 Gold
Burton Beach	Vashon Island, WA	U17 Green, U19 Green
Husky Open	Seattle, WA	U17 Gold, U19 Gold
Rose City Invite	Vancouver, WA	U17 Gold, U19 Gold
Spring Sprints	Lake Stevens, WA	All Green
Brentwood	Mill Bay, BC	MS Gold, U17 Gold and U19
Opening Day	Seattle, WA	U19 Gold
NW Champs	Vancouver, WA	MS Gold, All U17 and U19
Youth Nationals	Sarasota, FL	Select U17 Gold, U19 Gold



FAQ'S

What does it mean that Green Squad athletes will have input on regatta entries and lineups?

Athletes on Green Squad teams will have the opportunity to share with coaches which events / boat classes they would most like to race and specific combinations they want to try. Coaches will aim to facilitate as many of these opportunities as possible, taking into account the logistics required to meet the needs and interests of the squad.

For example: Two athletes on the U19 Green Squad enjoy rowing the double together. The American Lake Fall Classic regatta is coming up in a few weeks. Coaches ask the athletes who have indicated they are available for that regatta what events they would like to race. These athletes let their coaches know they would like to try racing the double together. The coaches take into account other athlete requests, the events offered at the regatta, and the equipment available. If those pieces all work out, the coaches enter that double in the appropriate event. Those athletes row their double on days they are both at practice up until the regatta.

What types of extra workouts will the Gold Squad athletes need to do?

The Gold Squad extra workouts will range from aerobic work to mobility to recovery activities. They will be specific to the age group, so middle school athletes will not be doing the same volume work as the older high school athletes. One goal of these workouts is to develop effective recovery routines for athletes outside of practice, hence the regular inclusion of core and yoga.

Here is an example of what one week of extra workouts might look like for the Gold Squads:

<i>Squad</i>	<i>Workout #1</i>	<i>Workout #2</i>	<i>Notes</i>
U19 Gold	45' U1 cross-training (run, bike, swim, etc)	20' Core Circuit + 20' Recovery Yoga	Be sure to increase your water and calorie intake on the day you do Workout #1. You should do Workout #2 on a day you are not lifting.
U17 Gold	30' U1 cross-training (run, bike, swim, etc)	20' Recovery Yoga	You can choose to complete both of these on your off day or spread them out.
Middle School Gold	20' Core Circuit	20' Recovery Yoga	Do these on days you don't have practice.



Why is there only U17 Green in the fall season and no Gold Squad option?

The 9th grade fall experience is full of transitions. Student-athletes are adjusting to new schools and higher academic workloads and expectations, as well as moving from the middle school squad training load (max 3 days / week) to a high school training load. The Green Squad structure allows all 9th grade student-athletes to test out this new level of school-sport balance before signing on to a larger commitment.

I am a rising sophomore who is still U17 eligible through the spring season. Which squad should I sign up for?

You get a lot of choices! It will really come down to how often you want to be at the boathouse and which type of training experience you are most excited about. You are welcome to sign up for U17 Green if that is appealing to you. You are also eligible for U19 Green and U19 Gold. As always, you can contact the coaches if you want to talk through what will be the best fit for you. You can also take this short quiz to find the right squad: <https://ebi67h9k37b.typeform.com/to/Sv1v6Y0l>

Do I have to be on the same squad all year?

Only if you want to be. Athletes can change squads between seasons. If an athlete tries out Gold Squad in the fall and learns they would rather be on the Green Squad in spring, they can absolutely make that switch.

Which squad should athletes who just finished Learn to Row join?

Athletes who have just completed Learn to Row (or an equivalent introductory/novice program) should sign up for their age-group's Green Squad. Take this short quiz to find the right squad: <https://ebi67h9k37b.typeform.com/to/Sv1v6Y0l>

Do returning PYR athletes who have rowed during the school year need to do a Green Squad season before signing up for a Gold Squad?

The only returning athletes who would need to complete a Green Squad season before signing up for Gold Squad are rising 9th graders. Returning athletes from the 2022-2023 school year who are going into 8th, 10th, 11th, or 12th grade may sign up for a Gold Squad if they so choose.

