

HS Rowers

Winter Training: Mon 27 Nov 2017 to Fri 2 Mar 2018.

Mon thru Fri from 3 - 5 pm at Healthplex Fitness, 1673 Rt 9, Clifton Park NY 12065

Transportation: Freshmen take HS transfer bus to HSE, then board Upstate Transit bus with rest of team at the pickup location behind HSE. Rowers will need to obtain own transportation to practice during school holidays.

Cost: \$410.00 due 21 Nov 2017. Check payable to FOSC and mail to Nancy Paulsen, 8 Gleneagles Blvd, Malta 12019.

Note: Spring Season will begin at Healthplex until practice shifts to the boathouse, weather permitting.

MS Rowers

Winter Training: Mon 2 Jan 2018 to Fri 30 Mar 2018

Dates: Mon, Tue, Fri at Koda Adaptive Gym, 3:30 - 5:30 pm

Transportation: Mod rowers proceed to Koda Adaptive Gym upon dismissal. No practice on school holidays.

Cost: \$195.00 due 2 Jan 2018. Check payable to FOSC and mail to Nancy Paulsen, 8 Gleneagles Blvd, Malta 12019.

MS Erg Sessions

This is an add-on session above and beyond the basic MS winter training session. Only rowers enrolled in MS Winter Training will be eligible to attend this course.

Dates: Saturday 11 am - noon for 8 weeks beginning Jan 13th - March 17 (no practice 2/24 & 3/3)

Transportation: Parents provide training to and from Healthplex Fitness Center, 1673 Rt. 9, Clifton Park 12065.

Cost: \$ 90.00 due 16 Jan 2018. Check payable to FOSC and mail to Nancy Paulsen, 8 Gleneagles Blvd, Malta 12019.