

# FAYETTEVILLE-MANLIUS H.S. ROWING

## Winter 2019 Ergometer Sessions

### CONTACTS

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**Girls Coaches:** David Cusano  
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**Boys Coaches:** Aaron Lim  
Joy Strickland

### PROGRAM SPECIFICS

**WHO:** While the sessions are open to all, priority will be given to returning athletes that have completed at least one season of competition on the Fayetteville-Manlius H.S. rowing program.

**WHAT:** Nine (9) week program (including Winter Recess) that will include general fitness and rowing specific conditioning. Sessions for all programs will begin on Wednesday, January 2<sup>nd</sup>.

**WHERE:** The Good Shepherd Lutheran Church outside the village of Manlius at 7248 Highbridge Road. Athletes should park in the lot just behind the building closest to the gymnasium.

**WHEN:** **Varsity Boys & Novice Girls/Boys\***  
The Varsity Boys & Novice Girls/Boys program consists of two weekday sessions every Monday and Wednesday from 05:00 PM to 07:30 PM. Weekend sessions are held on Saturday mornings from 08:00 AM to 10:30 AM.

#### **Varsity Girls**

The Varsity Girls program consists of two weekday sessions every Tuesday and Thursday from 05:00 PM to 07:30 PM. Weekend sessions are held on Saturday mornings from 10:00 AM to 12:30 PM.

*\* Novice training session days/times are subject to change based on the number of Varsity athletes who sign up. We can only accommodate a certain number of athletes per night and may have to move groups around to allow for the most effective use of our training space.*

**SIGNUP:** Athletes can sign up in the House One foyer on Tuesday, December 18<sup>th</sup> or Wednesday, December 19<sup>th</sup> from 02:15 PM to 03:30 PM. The program cost is \$125 for rowers and \$25 for coxswains. Payment will reserve an athlete's place in the program and checks should be made out to **FM CREWSTERS**. There will be one informational form and one waiver that will need to be completed and returned BEFORE athletes are allowed to participate at their first session.