

WBC Athletes and Parents,

We're thrilled to announce the Williamsburg Boat Club's Winter 2025–2026 Youth Programs!

Winter is the perfect time to build strength, sharpen technique, and stay connected with teammates while preparing for an exciting spring season ahead. Registration will be opening soon through our website: www.williamsburgboatclub.org

Whether you're gearing up for spring rowing or looking to stay in top shape for another sport, WBC's winter training builds endurance, strength, and discipline that will help athletes succeed in all of their athletic pursuits!

Performance Team – Boys & Girls

Who: 8th–12th grade athletes with at least one season of club or novice rowing

Focus: Prepare for the spring racing season, with the goal of competing at regionals and potentially qualifying for nationals.

Dates: December 1, 2025 – February 27, 2026

Location: The WISC – 5700 Warhill Trail, Williamsburg

Schedule:

- Monday: 3:30–5:45 pm / Everyone
- Tuesday: 3:30–5:45 pm / Girls Only
- Wednesday: 3:30–5:45 pm / Boys Only
- Thursday: 3:30–5:45 pm / Everyone
- Friday: 3:30–5:45 pm / Everyone

Strength & Conditioning: Required at 1607. (Alternate S&C may be approved by coaches.)
Additional 1607 registration required.

- Boys: Tuesday 3–4:30 pm or 4–5:30 pm
- Girls: Wednesday 3–4:30 pm or 4–5:30 pm
- Boys/Girls: Saturday 7–8:30 am + 60 minutes of “on your own” cross-training

Competitions: Colonial Sprints – *Saturday, February 14, 2026* (William & Mary Rec Center)

Other Events: Williamsburg Christmas Parade – *Sunday, December 7, 2025*

Cost: \$520 or 2 payments of \$265

Club/Novice Team – Boys & Girls

Who: 8th–12th grade athletes of all experience levels – ideal for new rowers as well as those looking for a little less competitive environment and/or a flexible schedule.

Focus: Develop rowing fundamentals, improve fitness, strength, coordination, erg technique, and teamwork. The training not only prepares athletes for spring rowing but provides training

that complements other sports.

Dates: December 1, 2025 – February 26, 2026

Location: The WISC – 5700 Warhill Trail, Williamsburg

Schedule:

- Monday: 3:30–5:45 pm / Everyone
- Tuesday: 3:30–5:45 pm / Girls Only
- Wednesday: 3:30–5:45 pm / Boys Only
- Thursday: 3:30–5:45 pm / Everyone

Strength & Conditioning: Optional but highly encouraged (same schedule as Performance Team).

Additional registration and fees required.

Competitions: Colonial Sprints – *Saturday, February 14, 2026* (Optional but encouraged!)

Other Events: Williamsburg Christmas Parade – *Sunday, December 7, 2025*

Cost: \$390 or 2 payments of \$200

Middle School Team – Boys & Girls

Who: 6th–8th grade athletes of all experience levels (*8th grades can also choose to participate in the club/performance program*)

Focus: Building fitness, coordination, strength, and rowing fundamentals in a fun and supportive environment.

Dates: December 1, 2025 – February 27, 2026

Location: The WISC – 5700 Warhill Trail, Williamsburg

Schedule:

- Tuesday: 5–6 pm / Erg training with WBC coaches
- Wednesday: 5–6 pm / Strength & Conditioning with 1607 coaches
- Friday: 5–6 pm / Erg training with WBC coaches

Competitions: Colonial Sprints – *Saturday, February 14, 2026* (Optional but encouraged!)

Other Events: Williamsburg Christmas Parade – *Sunday, December 7, 2025*

Cost: \$300 or 2 payments of \$155

We can't wait to see our athletes continue to grow stronger, faster, and more connected this winter. Whether you're new to the sport or preparing for the next level of competition, there's a place for you at WBC this winter season.

Stay tuned for registration details coming soon and get ready for another great winter of training together!

WBC on 3!