



Duxbury Bay Maritime School

Jr. Rowing Summer Program Progression

2-Week Learn to Row

Who: Never rowed/ergged
before

June 27 – July 8
July 11 – 22
July 25 – August 5
August 8 – 19

2 Week Experienced

Who: Participated in 8th
grade rowing or
completed 2 week LTR

June 27 – July 8
July 11 – 22
July 25 – August 5
August 8 – 19

1-Week Advanced

Who: Participated in 8th grade rowing
WITH coach recommendation, HS
rowing, OR completed 2 week
Experienced

July 11 – 15
July 18 – 22
July 25 – 29
August 1 – 5
August 8 – 12
August 22 – 26

For incoming DHS students:

- Novice Team Pre-season (Who: intending to tryout for novice)
 - Aug 15 – 25 (4:30 – 6:30 PM)
- Varsity Team Pre-season (Who: intending to tryout for varsity)
 - Aug 15 – 25 (6:30 – 8:30 AM)