



## **Black Creek Elite Sculling (with Social Distancing)**

20 Black Creek Rd, Rochester, NY 14623

**Elite Sculling Lessons** (Coaches bios below)

**When:** June 15 - August 30, 2020

**Register:** <https://www.rochestercommunityinclusiverowing.org/>

Consistent with Covid-19 guidelines, this program will maintain 10 people or less at the facility at any one time  
1 rower per boat, 1 coach per 1-3 rowers Ages 15 and up Must have experience sculling or as a sweep rower  
5180 sq. ft. facility, 2 indoor restrooms with showers (ADA compliant) cleaned /disinfected regularly by RCiR  
Masks mandatory in the boathouse or within 6 feet of others outside the building  
Rowers will disinfect their oars, slings, boat, and (erg if used)  
EPA approved disinfectants will be provided

### **Weekdays:**

Slot 1 Early Morning Session 7:00 am -9:15am  
Slot 2 Mid-Morning Session 9:30 am -11:45am  
Slot 3 Evening Session 6:00 pm -8:00pm

### **Weekends (Saturday and/or Sunday):**

Slot 4 Early Morning Session 7:00 am -9:15am  
Slot 5 Mid-Morning Session 9:30 am -11:45am

RCiR is a US Rowing Member in good standing with all insurances up to date,  
offering elite sculling lessons in singles consistent with governing body guidelines  
Doubles lessons available to people living within same home

Life vests provided or bring your own  
Secured building with external security cameras

4 new ergs for use 12 ft. apart per US Rowing guidelines  
Rack storage for personal 1x's during lessons or boat provided\*

*\*Let us know if you are interested in purchasing a single*

### **Program Deliverables:**

\*Fundamentals of boat handling to/from and on the water  
\*On water drills for technique development  
\*Conditioning on water work outs for race planning/execution  
\*River and Weather Monitoring  
\*Boat care & rigging  
\*Racing start technique  
\*Video of progress  
\*Proper Erg technique (if desired)

**Pricing:** 1.5 hour lesson = \$90.00

When registering select length of lesson, desired weeks, time slot preferences 1-5 and indicate preferred coach  
Demand for boat usage and launch availability will influence scheduling  
Scheduling will be coordinated by the coaches

50% of the monies will be tax deductible as a donation to RCiR's annual mission and expenses,  
the balance will be applied to program expenses for services received and coaching expenses.

Rochester Community inclusive Rowing (RCiR) is a 501c3 not for profit, formed in 2011 whose mission is  
*to create a supportive, INCLUSIVE and fully accessible environment for veterans and people with ANY challenge  
who want to come to the water and learn to row.*

Visit <https://www.rochestercommunityinclusiverowing.org/rowers> - The 2 videos express our mission best.

RCiR has been the host organization for the Head of the Genesee for the last 10 years with a vision of  
completing our construction project of an ADA compliant sculling center at 20 Black Creek Rd, Rochester, NY 14623  
in support of our mission.

**Questions call Tim Giarrusso at (585) 465-2634**



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RIT's **Jim Bodenstedt** is in his 27th year career as the men's and women's crew coach, one of the finest varsity programs in all of Division III. During his tenure, many of his crews have earned top finishes at some of the nation's finest events. During the 2018-19 season, 11 members of the women's squad and 12 members of the men's squad earned National Invitational Rowing Championships All-Academic Team honors. A total of 32 Tigers (15 men and 17 women) earned Liberty League All-Academic Team accolades. Bodenstedt is a graduate of Ohio University and the State University of New York at Brockport. He is an active master's sculler himself.



**Serra Sevenler** is currently the RIT women's varsity coach and head girls coach at Pittsford. Prior to this she was the director of rowing at Genesee Rowing Club and the head men's coach at her alma mater, the University of Rochester in 2017-2018. Prior to coaching at Rochester, she was a grad assistant coach at the University at Buffalo in 2016-17. Her international experience includes a year as the lead junior rowing coach at the Royal Hong Kong Yacht Club. Sevenler started rowing at Mercy High School where she went on to win second in the single at Head of the Charles her senior year. While at U of R she was captain her junior and senior years and won gold at the Dad Vail Regatta in 2013. Serra's master's degree is in higher education administration.



**Jon Convey**, head coach at St. John Fisher College since 2017 is a Pittsford native, Jon rowed 4 years for McQuaid and continued in college at Ithaca College. His boats made Grand Finals at the National Invitational Championship (NIC) in 2007 & 2009, and the NYS Championship final in 2008. Jon has a B.A in Sport Studies and an MS in Sport Management from Ithaca. As a grad assistant, Ithaca's freshmen men won bronze in the 8+ at NIC. Jon returned to Rochester to coaching Pittsford Crew as assistant with the varsity team, later named the Varsity boys head coach in 2015. At Pittsford Jon and his peers coached multiple NYS championship boats with appearances at USRowing Youth Nationals in 2012, 2013, 2014 & 2016. In the fall of 2016 Jon returned to McQuaid as Head Rowing Coach. Nationally, Jon was named assistant coach for the USRowing Olympic Development Program / Northeast Region Boys in 2019 & 2020.



**Dennis Fronheiser** has over 40 years of experience in all aspects of rowing and sculling. A co-founder of RCiR, he has coached at all levels of High School, Collegiate and Masters Rowing. Having competed in Philadelphia, Boston, Canada, and numerous venues on the East Coast and mid-West he is well versed at what makes a boat go fast, and how smooth technique cuts seconds. A former coach for the University of Rochester and many other local organizations, Dennis has continually learned from icons like Jim Joy, John Bernfield, Ted Nash, and Bill Sanford.



**Tim Giarrusso** began his love of sculling just 20 years ago. As an active sculler, Tim has studied with US Rowing's 2017 Medal of Honor winner Jim Joy and is committed to sculling for all as a lifelong sport which inspired the co-founding of RCiR with Dennis Fronheiser. He has coached modified sculling, adults, Veterans, people with visual impairments, blindness, cancer battlers and survivors, Cerebral Palsy, MS and various other challenges. Tim has integrated various learning theories into the creation of a supportive and inclusive organizations like RCiR & Human Technologies where he is President & CEO, employing people with disabilities in a \$65M self-sufficient social enterprise. Tim has a bachelor's degree in engineering and an M.S. in Organizational Theory and Behavior.



In 2009 **Anna-Marie Unger** began her RIT college career as a coxswain for both the men's and women's teams over the four years at RIT, competing all over New England. Having graduated in 2013 with a BS degree in ASL Interpreting, her coxing career continued at the Genesee Waterways Masters team and then with Rochester Boat Club (RBC) in 2014. In 2015 she returned to rowing herself and in 2017 began coaching as an assistant with Brighton Crew, becoming the Head Coach in 2018 having earned her US Rowing Level 2 Coaching Certification. In 2020, Anna-Marie is now working with Mercy as an assistant coach.