

Survive, Thrive & Be Fit!

Indoor Row Group!

2019/20 INDOOR ROW GROUP "OFF SEASON"!

Join us during our "OFF SEASON" which runs from May 1st through October 31st as we prepare for the 2019/20 Indoor Row Season that runs from November 1st through April 30th!

- The Indoor Row Group (IRG) meets regularly at MOA/SCBS with additional indoor rowing options at the Sheboygan & Sheboygan Falls YMCA.
- Contact Tim for details or to schedule an Indoor Row Group Informational Session and Demo!



Above: Survivor-Athletes after completing the 4th Annual 2019 Lake Michigan Crossing!

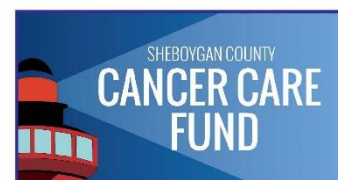


Benefits of Indoor Rowing:

- Rowing is easy to learn and can be enjoyed by all ages and abilities!
- Rowing is a low impact activity offering smooth, rhythmic and impact free motion for comfortable and injury free exercise!
- Rowing exercises all major muscle groups through a wider range of motion than most other exercises thereby promoting strength, fitness, flexibility and mobility!
- Rowing with others provides for a supportive, social and enjoyable environment!
- Rowing is a time-efficient exercise that allows for a great workout in little time!

The Sheboygan County Cancer Care Fund is a "Beacon of Hope" for cancer patients and survivors of Sheboygan County, offering financial "Gestures" and healthy "Survive, Thrive & Be Fit" activities to eligible community members!

To learn more:
visit www.scccf.org or call 920.457.2223



**Making Sheboygan County
The Healthiest Place
To Survive Cancer!**

2019/20 Indoor Row Group (IRG) General Information

- The 2019/20 IRG Season will run from November 1st through April 30th.
- All “official” IRG members must complete a one-time “IRG Participation Checklist” in order to participate in group activities. This checklist is designed to insure participants learn to row in a safe and efficient manner. Contact Tim for more details (current IRG members have already completed this and need not do anything further).
- IRG “Sessions” are scheduled at MOA/SCBS at various days and times. A schedule of IRG Sessions will be periodically sent out to IRG members. Schedules are frequently updated and occasionally changed throughout the month. See attached August & September schedule.
- Most sessions will be scheduled from about 3:45P to 6:45P as it seems to best accommodate BOTH those with and without work commitments. Occasional late morning sessions (typically the day following an evening session when the ergs are set up and the conference room is available) may be scheduled. Your comments regarding the schedule are always welcome and I will do my best to accommodate and do what’s best for the group.
- IRG members can request available time slots by communicating their interest to Tim preferably via e-mail (trenzelmann@physhealthnet.com) or phone (920.457.2223).
- Time slots will be confirmed on the current IRG Session schedule at least two or three weeks in advance. Second choices are always appreciated. Slots will be assigned in a manner that allows the most individuals the opportunity to row.
- IRG members are encouraged to arrive early and be ready to row when their slot starts.
- Time slots are typically 45-minutes in length. IRG members are to honor all start and finish times to accommodate other attending/participating IRG members.
- If an IRG member is interested in rowing more than the usual 45-minute time period, consider the first or last time slot of a session and contact Tim (in advance). If possible, I may be able to start the first session sooner or extend the last session.
- IRG members are strongly encouraged to honor all commitments and to communicate any changes as soon as possible.
- After sessions have been confirmed, any open slots during that session will be made available for reservation on a first-come, first serve basis and any open slots during an IRG session are also available for anyone to use (please be considerate of others who may also want to row).
- IRG members are encouraged (but not required) to sign up for the Concept2 online log in order to track their progress, participate in Concept2 individual and team challenges, and to be recognized for various IRG-related individual and team accomplishments.
- IRG members are requested to record meters rowed at IRG sessions on the log provided at each IRG session.
- In addition to the four Concept2 rowing ergometers (rowing machines) one bike ergometer (stationary bike) is available.
- Please clean your ergometer as follows. First, dampen one of the provided rags with the spray bottle and wipe down the Performance Monitor (please don’t spray the monitor). Next, spray the handles, the straps, the seat and the rail and then wipe each. Finally, with the damp rag, clean off the seat rollers (under the seat, front and back). Remove the handle from the holder and let it rest against the flywheel housing.
- Your comments and feedback are always welcome.
 - REMEMBER: The only two REQUIREMENTS of the Indoor Row Group are:
 1. ROW
 2. Have Fun!

OCTOBER, 2019 IRG Sessions

Day/Date/Time	Indicate Your Interest Here:	Confirmed Assignments In These Columns:				
Tue – 10/1	MOA/SCBS	R1	R2	R3	R4	B1
1000A to 1045A	<i>Jennifer K, Sue Z</i>	JK	SZ			
1045A to 1130A						
345 to 430P	<i>Jennifer K, Mike B, Rae-Ellen W, Tim R</i>	JK	MB	RW	TR	
430 to 515P	<i>Kathy B</i>	KB				
515P to 600P						
600P to 645P						
Wed – 10/9	MOA/SCBS	R1	R2	R3	R4	B1
1000A to 1045A	<i>Sue Z, Rae-Ellen W, Jennifer K</i>	SZ	RW	JK		
1045A to 1130A						
345P to 430P	<i>Maryellen K, Mike B</i>	MK	MB			
430P to 515P	<i>Kathy B, Jennifer K</i>	KB	JK			
515P to 600P						
600P to 645P						
Thu – 10/10	MOA/SCBS	R1	R2	R3	R4	B1
1000A to 1045A	<i>Maryellen K, Sue Z, Mike B</i>	MK	SZ	MB		
1045A to 1130A						
Tue – 10/15	MOA/SCBS – (TLC Night)	R1	R2	R3	R4	B1
1000A to 1045A						
1045A to 1130A						
345 to 430P	<i>Sue Z, Mike B</i>	SZ	MB			
430 to 515P	<i>Kathy B, Kirstin O</i>	KB	KO			
515P to 600P						
600P to 645P						
Wed – 10/16	MOA/SCBS – (Yoga)	R1	R2	R3	R4	B1
1000A to 1045A						
1045A to 1100A						
345 to 430P	<i>Mike B</i>	MB				
430 to 515P	<i>Sue Z, Kathy B, Kirstin O</i>	SZ	KB	KO		
515P to 600P	<i>Jennifer K</i>	JK				
600P to 645P						
Wed – 10/23	MOA/SCBS (Yoga)	R1	R2	R3	R4	B1
1000A to 1045A						
1045A to 1100A						
345 to 430P	<i>Mike B</i>	MB				
430 to 515P	<i>Kirstin O</i>	KO				
515P to 600P	<i>Jennifer K</i>	JK				
600P to 645P						
Sat – 10/26	MOA/SCBS (Yoga)	R1	R2	R3	R4	B1
800 to 845A						
845A to 930A	<i>Sue Z</i>	SZ				
930A to 1030A	<i>Mike B</i>	MB				
Tue – 10/29	MOA/SCBS	R1	R2	R3	R4	B1
1000A to 1045A						
1045A to 1130A						
Wed – 10/30	MOA/SCBS (Yoga)	R1	R2	R3	R4	B1
1000A to 1045A						
1045A to 1130A						
345P to 430P	<i>Mike B</i>					
430P to 515P	<i>Sue Z</i>					
515P to 600P	<i>Jennifer K</i>					
600P to 645P						

- Listed are current dates/time slots available for registered IRG survivor-athletes. Please sign up for dates/times of interest (column 2).
- Slots will be confirmed about three weeks in advance). Second choices appreciated (“+” = after, “-” = before) and will be honored if slot fills.
- R1, R2, R3 & R4 = Row Ergs. B1 = Bike Erg. If interested in the Bike Erg, please note with a “B” next to your name.
- Red/italicized* indicate expressed interest. **Blue Bold** indicates confirmed assignments. **Open (gray)** boxes are open and will be filled/confirmed to the first person to communicate interest. **Open (yellow)** boxes indicate slots that have not been confirmed.
- If all time slots are full please contact Tim as additional time slots may be added at the beginning/end of a session.
- If you have any questions... contact Tim (920.457.2223 or trenzelmann@physhealthnet.com).

NOVEMBER, 2019 IRG Sessions

Day/Date/Time	Indicate Your Interest Here:	Confirmed Assignments In These Columns:				
Fri – 11/1	MOA/SCBS – 2019/20 ST&BF Season Kick-Off!	R1	R2	R3	R4	B1
800A to 900A						
900A to 1000A						
1000A to 1100A						
Mon – 11/4	MOA/SCBS (530P Yoga)	R1	R2	R3	R4	B1
345P to 430P						
430P to 515P						
515P to 600P						
600P to 645P						
Tue – 11/5	MOA/SCBS	R1	R2	R3	R4	B1
1000A to 1045A						
1045A to 1130A						
Mon – 11/11	MOA/SCBS (530P Yoga)	R1	R2	R3	R4	B1
1000A to 1045A						
1045A to 1130A						
345 to 430P						
430 to 515P						
515P to 600P						
600P to 645P						
Wed – 11/13	MOA/SCBS	R1	R2	R3	R4	B1
345 to 430P						
430 to 515P						
515P to 600P						
600P to 645P						
Thu – 11/14	MOA/SCBS	R1	R2	R3	R4	B1
1000A to 1045A						
1045A to 1100A						
Mon – 11/18	MOA/SCBS (530P Yoga)	R1	R2	R3	R4	B1
1000A to 1045A						
1045A to 1100A						
345 to 430P						
430 to 515P						
515P to 600P						
600P to 645P						
Tue – 11/19	MOA/SCBS (430P TLC Games, 6P TLC Survivorship)	R1	R2	R3	R4	B1
345P to 430P						
430P to 515P						
515P to 600P						
600P to 645P						
Sat – 11/23	MOA/SCBS (930A Yoga)	R1	R2	R3	R4	B1
800A to 845A						
845A to 930A						
930A to 1015A						
Tue – 11/26	MOA/SCBS (430P TLC Games, 6P TLC Survivorship)	R1	R2	R3	R4	B1
345P to 430P						
430P to 515P						
515P to 600P						
600P to 645P						
Wed – 11/27	MOA/SCBS (430P TLC Games, 6P TLC Survivorship)	R1	R2	R3	R4	B1
1000A to 1045A						
1045A to 1130A						

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