

## Dynamic Opportunities for Youth 2006

Dear Parent(s) / Guardian(s),

Your child has been selected by his / her community association / school to participate in the 2006 Dynamic Opportunities for Youth (DOFY) program provided by the Calgary Rowing Club. This is a service that we provide free of charge to the participants and is designed to teach team-building and participation skills to youth at risk in Calgary communities.

Over the course of the sessions, participants will learn new things while enjoying Canada's most successful Olympic sport. In boats of four to eight people, students will work together to tour the Glenmore Reservoir.

In the first two or three sessions, students in DOFY will be working on land to learn the skills needed to be able to safely control a boat on the water. They will make use of indoor rowing machines and our indoor rowing tank to develop basic technique. Once they have mastered this, they will move on to the water.

While on the water, each student is required to wear a personal floatation device (PFD) sanctioned by the Glenmore Boat Patrol. A trained coach will be in the boat with them at all times, with a second coach following closely in a motor boat should any unlikely problems be encountered in the water. All participants will view a 30-minute safety video before heading out on the water for the first time so that they know what to do in the event that the boat tips or rough water comes up.

Boats will never leave the dock should the weather conditions be poor. Whitecaps, lightning, and thunder are all signs of danger that rowers strictly avoid. On these days, students will make use of our indoor facilities and the vast park space where they can play kickball, ultimate, and other sports.

Appropriate clothing comprises of running shoes, athletic clothing, and layers since the weather in Calgary changes frequently. Sandals and jeans will impede a student's progress. It is a good idea that they pack extra clothing and rain gear incase the situation warrants it.

If you have any questions about the facilities or our program, please do not hesitate to contact me.

Sincerely,

Jillian Logee  
Local Program Coordinator  
Dynamic Opportunities for Youth  
Calgary Rowing Club

(403) 608-1830  
[jrlogee@ucalgary.ca](mailto:jrlogee@ucalgary.ca)