

FAYETTEVILLE-MANLIUS H.S. ROWING

Winter 2026 Ergometer Sessions



CONTACTS

David Cusano

Head Coach / Training Coordinator

(315) 546-6575 | djcusano@hotmail.com

Coaches:

Meredith Andrews

Ailise Powers

Alyssa Stahr

Aaron Nolan

Crewsters Winter Training Coordinator

(315) 727-3944 | aaronnolandds@gmail.com

PROGRAM SPECIFICS

WHO: Sessions are open to all.

WHAT: Nine (09) week program that includes general fitness and rowing specific conditioning. Sessions begin on 01/05/26 for the Varsity Boys and both Novice programs, and 01/06/26 for the Varsity Girls.

WHERE: The Good Shepherd Lutheran Church outside the village of Manlius at 7248 Highbridge Road. Athletes should park in the lot just behind the building closest to the gymnasium.

WHEN: **NOVICE GIRLS**

Two weekday sessions every Monday and Wednesday from 04:00 PM to 05:30 PM. Weekend sessions are held on Saturday mornings from 09:00 AM to 10:00 AM.

VARSITY GIRLS

Two weekday sessions every Tuesday and Thursday from 05:00 PM to 07:00 PM. Weekend sessions are held on Saturday mornings from 08:00 AM to 09:00 AM.

NOVICE BOYS

Two weekday sessions every Monday and Wednesday from 07:00 PM to 08:30 PM. Weekend sessions are held on Saturday mornings from 11:00 AM to 12:00 PM.

VARSITY BOYS

Two weekday sessions every Monday and Wednesday from 05:30 PM to 07:00 PM. Weekend sessions are held on Saturday mornings from 10:00 AM to 11:00 AM.

SIGNUP: Athletes or parents can sign up soon by filling out the online registration form located on the team [HOMEPAGE](#). The program cost is \$190 (Rowers) or \$70 (Coxswains). Please contact the Crewsters Winter Training Coordinators with any questions. Payment is due on the first day of training, payable online or by check. Checks should be made out to **FM CREWSTERS** and can be mailed to:

FM Crewsters / P.O. Box 351 / Manlius / 13104