

SUMMER ROWING CAMPS



LEARN TO ROW*LEARN TO RACE

Looking for something new, different and fun to try this summer? Join NORCAL Crew for our week long Learn to Row sessions. Each session is **open to boys and girls 7th grade to 12th grade** with no prior rowing experience required. You will spend each day learning how to use our land training rowing machines as well as spending most of your time on the water learning how to row in our 60 foot long rowing shells. You will get an introduction on how to sweep row (one oar per person in a 4-8 person boat) and how to scull (2 oars per one person in a one person boat). If you are an **8th grader or High School athlete** looking to try a new sport next year, you can test out our summer program to see if rowing is something you might want try next fall and **join our Novice Men or Women's competitive teams**. It's fun in the sun and on the water along the Bair Island preserve. Come join us! Rowers will be coached by Olympians, World Champions and regionally and nationally ranked coaches. Contact Jenifer@norcalcrew.org for more information.

JUNE 23-27 * JULY 7-11 * JULY 14-18 * JULY 21-25 * JULY 28- AUGUST 1 * AUGUST 11-15 * AUGUST 18-22

ALL SESSION BEGIN AT 8 AM & END AT NOON

Cost \$300 for one week – We offer a frequency discount if more than one week of camp is attended First week attended- \$300 Second week attended- \$200 Third week attended- \$100

(Up to \$400 can be applied to your annual dues if you decide to row for NORCAL)

All paperwork and fees must be received before camp. We prefer that you mail everything in advance to NORCAL Crew, 530 Bay Road, Menlo Park, CA 94025 (checks made payable to NORCAL)

