

ROWPITTSBURGH

412-823-1068

www.rowpittsburgh.com

Summer Sculling Programs

All programs will be held at the Three Rivers Rowing Association Millvale Training Facility. Directions are available on our website. All camps are directed by Florin Curuea, Director of Rowing programs. Camps are coached by experienced rowing coaches.

All camps begin 6/10/2008.

All fees are non-refundable after the first day of session.

Open Sculling Program: This program is for the experienced rower. The program is open to all junior and post secondary school rowers. Participants will focus on refining technique and increasing speed. Minimum age of 14 and experienced rowers only. Program participants may row at the Independence Day Regatta (Philadelphia) and the USRowing Club National Regatta (Cherry Hill, NJ) with coach's approval. Experienced junior rowers may also attend competitive junior camp.

Times: Mon. and Wed. 5:30AM-7:30

Tues.,Thurs.,Fri. 6:30PM-8:30PM

Sat. 9:00AM-11:00AM

Cost: \$10.00 per session (minimum 5 session prepaid deposit required). For every 10 sessions paid in advance, receive 2 free.

Competitive Junior Sculling Program: This program is for experienced junior rowers (sweep or scull) that wish to improve their skill and speed. Participants should be 12-19 years old. Any interested participant of this program may compete in the Independence Day Regatta (Philadelphia) and the USRowing Club National Regatta (Cherry Hill, NJ). Experienced junior rowers may also attend open sessions.

Times: Mon.-Fri. 8:30AM-10:30AM Sat. 9:00AM-11:00AM

Cost: \$150.00/month

Novice Sweep to Sculling Camp

This camp is designed for those new to rowing and for those with little experience in rowing. Participants will start in sweep boats with the intention of learning to scull after on-the-water confidence is gained. Participants may compete in the Philadelphia Youth Regatta.

Minimum age is 12 years old.

Times: Mon., Wed., Fri., 8:30 AM- 10:30AM

Cost: \$100.00/ month

Learn to Row

The learn to row camp is a week long session designed to introduce rowing to high school students. Students that think they might be interested in rowing can learn the basics of rowing and water safety. The camp meets five consecutive days.

Times: Session I – June 23-27

Session II – July 28-Aug 1

Session III – Aug 18-22

All sessions are from 6:00PM-7:30PM

Cost: \$50.00 per session

Introduction to Rowing for 10-13 year olds

This camp introduces 10-13 year old children to the basics of rowing. Campers will learn boat safety, row in the simulation rowing tanks and get on the water in a real racing shell. All participants must wear a provided floatation device while on the water. Campers will be supervised by trained rowing coaches.

Times: Session I – June 23-27

Session II – July 28-Aug 1

Session III – Aug 18-22

All sessions are from 4:00PM-5:30PM

Cost: \$50.00 per session

Race Information

Race fees are separate from camp fees. All race fees will be due 7 days prior to the race. Camp participants will travel as a team. Fees will include lodging, entry fees, transportation, food and an equal share of coach's expenses. There will be no "extra" fees. Receipts will be made available for all costs. Approximate costs will be available soon. All trips will be chaperoned and participants will be required to adhere to code of conduct.

Independence Day Regatta – Philadelphia, PA Leave Friday 7/04/2008 and return Monday 7/07/2008

USRowing Club Nationals – Cherry Hill, NJ Leave 6/15/2008 and return 7/20/2008

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Summer Camp Registration Form

Please complete form and return as soon as possible to

RowPittsburgh

P.O.Box 19425 Pittsburgh, PA 15213

Form and fees due 5/31/2008

Name _____

Address _____

Address _____

Phone _____ Cell _____

e-mail (IMPORTANT) _____

school _____

Parent(s) name _____

Phone _____ Cell _____

Parent(s) e-mail (IMPORTANT) _____

Level of Rowing Experience Sweep ___ yrs. Scull ___ yrs

T-Shirt size ____

Camp:

Open Sculling Camp (experienced rowers only) ____ (\$10.00/session)

Competitive Junior Camp ____ (\$150.00/month)

Novice Sweep to Sculling Camp ____ (\$100.00/month)

These camps are not sponsored by the Pine-Richland School District.