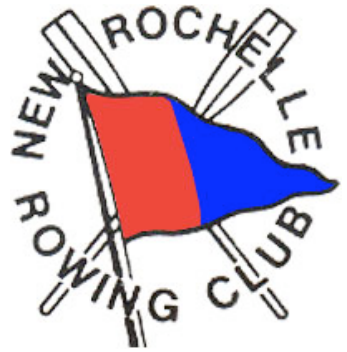




Summer Rowing Camp Competitive Summer 2009

Located at the New Rochelle Rowing Club
New Hudson Park Avenue
New Rochelle, NY 10801
Nyrowing.org



Summer Session I – June 8- July 17

The Competitive Boys and Girls teams are dedicated to developing the athlete's ability to race at the next level of competition. The session is designed to work on technique and enhance their physical fitness level.

Practice Schedule Monday – Friday 6am – 8am with some practice and races on weekends.
Prerequisite: Must have rowing experience and current swim test.

Summer Session II – July 20- August 11

Practice Schedule Monday – Friday 6am – 8am with some practice and races on weekends.
Prerequisite: Must have rowing experience and current swim test.

We focus on empowering individuals to master the sport of rowing, prior to going to college, during college and after college.

Please Contact : Jennifer at Nyrowing9@gmail.com for more information.