

NORTH ALLEGHENY ROWING SUMMER CAMPS



Start your mornings right and join us on the Ohio River!

Experienced rowers or those just learning to row,

All summer rowing camps are for any rising 8th through 11th grade

student at North Allegheny!

Session 1:	June 25 – 29	7:30 – 10 am	
Session 2:	July 2 – 6	7:30 – 10 am	
Session 3:	July 9 – 14	7:30 – 10 am	
Session 4:	July 16 – 20	7:30 – 10 am	
Session 5:	July 23 – 27	7:30 – 10 am	
Session 6:	August 6 – 10	9 - 11:30 am	
Session 7:	August 20 - 22	2 - 4:30 pm	(\$60)

All camps will be held at the Montour Boathouse

4551 Royal Avenue, Coraopolis PA

A swim test is required for all new rowers!

Cost: \$100/week; Session 7 (3 days) - \$60

\$50 discount if you register for more than one session!

Contact Lisa Urich with questions & to register lisaurch@verizon.net

COACHING STAFF

Todd Ridenour – Head Coach

Rowed at University of Pittsburgh 1987-1992 - won Dad Vail Silver in Men's Pair 1992
University of Pittsburgh Novice Men's Coach 1993-1994 – won Dad Vail Men's Novice
8+ gold medal

University of Pittsburgh Head Coach 1995-1997 - Men's Light 8+ Gold

NARA Women's Head Coach - 2011-2014

NARA Assistant Coach – 2014-current

Assistant Coaches – NARA Alumni

Emily Guckert, 2016

Lea Griffin, 2014

Jared Urich, 2016

Jules Malachin, 2014

NORTH ALLEGHENY ROWING

LEARN TO ROW REGISTRATION

ROWER INFORMATION: *Please print clearly!*

Name: _____ Male Female

Grade entering in Fall 2018: _____ Middle School Attended: _____

Previous rowing experience, if any: _____

Did you attend a previous Learn to Row? Yes No Did you attend NA Erg Race? Yes No

Address: _____

Email: _____ Phone: _____

List other sports, clubs, or activities in which you participate: _____

PARENT/GUARDIAN INFORMATION:

FATHER/GUARDIAN NAME: _____

Email: _____ Phone: _____

Address (if different from above): _____

MOTHER/GUARDIAN NAME: _____

Email: _____ Phone: _____

Address (if different from above): _____

I wish to attend:	Session 1	June 25-29	_____
	Session 2	July 2-6	_____
	Session 3	July 9-13	_____
	Session 4	July 16-20	_____
	Session 5	July 23-27	_____
	Session 6	August 6-10	_____
	Session 7	August 20-22	_____

NORTH ALLEGHENY ROWING ASSOCIATION (NARA) SWIM TEST FORM



All rowers must pass the following swim test and have a certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of this test by signing the form below.

The swim test is comprised of the following elements:

- 50 yards continuous swim, any stroke
- 5 minute continuous tread water wearing sweats
- put on a life jacket and secure it while treading water

Once completed, this form should be submitted as part of your registration for NARA rowing camps or team participation.

Certification

I, _____, certify that _____

(print lifeguard's name)

(print student's name)

has completed 50 yards of continuous swimming, followed by 5 minutes of treading water while wearing sweats, and then put on a life jacket while in the water and secured it following the five minutes of treading water.

This test of swimming ability was given at _____

on _____, 2018.

I am currently certified as a Lifeguard or American Red Cross Water Safety Instructor.

My certification expires on _____

Signature of Lifeguard or Instructor