

# **NORTH ALLEGHENY ROWING SUMMER CAMPS**



**June and July camps (Sessions 1-5) are intended for returning rowers. Rising 8<sup>th</sup> through 11<sup>th</sup> grade students at North Allegheny who are interested in learning to row are also welcome. These camps will focus on technique and conditioning early in the week and a fun scrimmage on Fridays.**

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

**August camps will focus on new rowers with no experience.**

**Returning rowers are also welcome.**

Session 6:	August 6 – 10	9 - 11:30 am	
Session 7:	August 13 – 17	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!**

**New rowers complete the attached forms & email to  
[lisaurich@verizon.net](mailto:lisaurich@verizon.net) for more info.**

# 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 13-17	_____

# 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*