

# NARA SUMMER CAMPS 2020

6/29 - 7/1*	Summer Singles/ Doubles Camp Week 1	8/3 - 7	<b>Learn to Row Camp Week 2</b>
7/6 - 10	Summer Singles/ Doubles Camp Week 2		Summer Singles/ Doubles Camp Week 6
7/13 - 17	Summer Singles/ Doubles Camp Week 3	8/10 - 14	<b>Learn to Row Camp Week 3</b>
7/20 - 24	Summer Singles/ Doubles Camp Week 4		Summer Singles/ Doubles Camp Week 7
7/27 - 31	<b>Learn to Row Camp Week 1</b>	8/17 - 21	<b>Learn to Row Camp Week 4</b>
	Summer Singles/ Doubles Camp Week 5		Summer Singles/ Doubles Camp Week 8



## LEARN-TO-ROW CAMP

is for athletes in 7th - 12th grade who are new to the sport or who want to improve recently learned technique. Athletes will learn the basics of safety, boat handling, and the rowing stroke. Time will be spent in small sweep and sculling boats as numbers allow. For safety L2R weeks will be capped at 5 L2R athletes with limited 1x & 2x camps athletes on hand as volunteers and coaches. Total attendance will not exceed 10 people at any one time.

**8 am - 10 am**  
\$150/ week

## SUMMER SINGLES AND DOUBLES CAMP

The primary focus of this camp will be to advance technique and build fitness. Athletes will row primarily in singles, *and athletes who live together* doubles/ pairs. Camps will be capped at 6 athletes and one coach per week and may be divided into ability levels. Athletes are encouraged to arrive early to assist with the learn to row camps in exchange for volunteer hours.

**10:30 am - 12:30pm**  
\$150/ week

OR \$35/ session per athlete, minimum commitment of 3 days in a week and 48 hours cancellation notice.

## MONTOUR MARINA BOATHOUSE SUMMER SAFETY PROCEDURES

- Camps will have no more than 10 people at the boathouse at a time including coaches and teams will run camps at different times of day.
- All participants will wear a mask from the time they arrive to when they shove off the dock and will replace their masks upon returning.
- On land all athletes and coaches will respect social distancing and during any land workouts participants will respect a distance of at least 12 feet.
- ALL equipment will be disinfected by both the athlete(s) who used it, and then again by the coaches
- No sharing of water bottles.
- If you are feeling sick or someone in your household feels sick STAY HOME. If you have been exposed to someone with COVID-19 in the last 2 weeks, and you may not come to camp unless you have a negative test result.
- **We will have NO RESTROOMS available - the marina has not provided one for the summer as a [part of their safety plan.**

Both camps will be open to interested athletes *from NORTH ALLEGHENY SCHOOL DISTRICT* in 7 - 12th grade.

[\*\*SIGN UP HERE!\*\*](#)

**FOR MORE INFORMATION CONTACT [NA.ROW.INFO@GMAIL.COM](mailto:NA.ROW.INFO@GMAIL.COM)**

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