

# NA ROWING SUMMER CAMP 2022



<b>8/1 - 5</b>	LEARN TO ROW CAMP	8 - 10 am	Summer Skills Camp 10 - noon
<b>8/8 - 12</b>	LEARN TO ROW CAMP	8 - 10 am	Summer Skills Camp 10 - noon
<b>8/15 - 19</b>	LEARN TO ROW CAMP	5 - 7pm	

**LEARN-TO-ROW CAMP** is open to 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 sweep and sculling boats as numbers allow and every week will wrap up with a day of intra-squad racing.  
**8 am - 10 am** \$175/ week

**SKILLS CAMP** is open to experienced rowers with opportunities to row in a variety of boats, including sweep and sculling boats. The primary focus of this camp will be to provide skill development and refinement and will provide direct and individualized coaching.  
**10am - Noon** \$175/ Week

Volunteer hours avail. for helping with L2R session  
**Both camps are open to interested athletes entering 7 - 12th grade.**



**[NAROWING.ORG](http://NAROWING.ORG)**  
**[NA.ROW.INFO@GMAIL.COM](mailto:NA.ROW.INFO@GMAIL.COM)**

**REGISTRATION**  
**[HTTPS://FORMS.GLE/6PDGAZDOEXSVYSFEA](https://forms.gle/6PDGAZDOEXSVYSFEA)**