

# NA ROWING SUMMER CAMPS 2023

Montour Marina 4551 Royal Ave Coraopolis PA



<b>6/19-6/23</b>	LEARN TO ROW CAMP & Summer Skills Camp	6 - 8am
<b>7/10-7/14</b>	LEARN TO ROW CAMP & Summer Skills Camp	6 - 8am
<b>7/31- 8/4</b>	LEARN TO ROW CAMP      8 - 10 am	Summer Skills Camp      10 - noon
<b>8/7 - 11</b>	LEARN TO ROW CAMP      8 - 10 am	Summer Skills Camp      10 - noon
<b>8/14 - 18</b>	LEARN TO ROW CAMP      5 - 7 pm	Summer Skills Camp      3 - 5 pm

## SMALL BOAT PRIVATE LESSONS CONTACT OUR COACHES:

\$50/1-hr

Todd Ridenour [ToddCRidenour@gmail.com](mailto:ToddCRidenour@gmail.com)

Madison Parry [mnparry321@gmail.com](mailto:mnparry321@gmail.com)

**\*\* FREE LEARN TO ROW WORKSHOP SATURDAY, AUGUST 12TH, 10-12 AM\*\***

**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.**

**REGISTER HERE NOW!**

**QUESTIONS? [NA.ROW.INFO@GMAIL.COM](mailto:NA.ROW.INFO@GMAIL.COM)**

**NORTH ALLEGHENY ROWING ASSOCIATION WEBSITE**



**SCAN ME**