

CREW CAMP



Have fun learning to row a sixty foot eight oared shell and experience the teamwork and physical challenges of our country's oldest intercollegiate sport.

The five day camp will focus on teaching the basics skills required to row competitively on a high school crew and is open to students who will be in grades 7-10 this fall. The location is the Jupiter Boathouse rowing facility in Belmont.

Session 1. June 11 to 15, 9:15 am to 11:30 am.

Session 2. June 18 to 22, 5:45 pm to 8:00 pm.

Instruction is by Rockford Crew varsity coaches. Class sizes are limited, so register early. The cost is \$60 (non-refundable) and includes a T-shirt.

While the boats rarely tip over, rowing is a water sport so participants should have good swimming proficiency.



Questions may be directed to:

Coach Rick Anderson at 874-7437, rockfordcrew@charter.net

Coach Kathleen Siegfried at 874-9151, run4life@chartermi.net.

2007 CREW CAMP REGISTRATION

Name _____ Male _____ Female _____

Address _____

ZIP _____

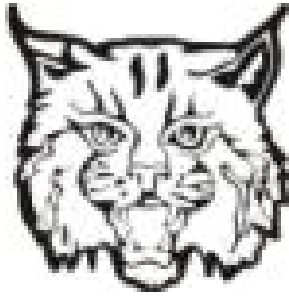
Home phone: _____ Email: _____

Circle: Session 1 - June 11 to 15 (mornings) or Session 2 - June 18 to 22 (evenings)

T-shirt size: Xsmall Small Medium Large X-Large

The cost is \$60 and checks are to be made out to "Rockford Crew".

Mail to: Crew Camp
c/o R. Anderson
5684 Arroyo Vista Drive
Rockford, MI 49341



CREW CAMP

Here is an opportunity for you to have fun and experience the teamwork and physical challenges required by our country's oldest intercollegiate sport.

The camp's focus will be on learning the basics skills required to row competitively on a high school crew. The five-day camp is open to students who will be in grades 7-10 this fall. It will be held at the new Jupiter Boathouse rowing facility in Belmont.

Session 1. June 11 to 15, 9:15 am to 11:30 am.

Session 2. June 18 to June 22, 9:15 am to 11:30 am.



Instruction will be given by Rockford Crew varsity coaches. Classes sizes are limited, so register early. The cost is \$60 (non-refundable) and includes a T-shirt. While the boats rarely tip over, rowing is a water sport so participants should have a good swimming proficiency,

Questions may be directed to Coach Rick Anderson at 874-7437 or Coach Kathleen Siegfried at 874 -9151 or at run4life@chartermi.net.

2007 CREW CAMP REGISTRATION

Name _____ Male _____ Female _____

Address _____

ZIP _____

Home phone: _____ Email: _____

Circle: Session 1 - June 13 to 17. or Session 2, June 27 to July 1

T-shirt size: Small Medium Large X-Large

The cost is \$60 and checks are to be made out to "Rockford Crew".

Mail to: Rowing Camp

c/o R. Anderson
5684 Arroyo Vista Drive
Rockford, MI 49341