

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 9 to 13, 9:15 am to 11:30 am.

Session 2. June 16 to 20, 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

Register through the Rockford Athletic Department or by using the form below:

2008 CREW CAMP REGISTRATION

Name _____ Male _____ Female _____

Address _____

ZIP _____

Home phone: _____ Email: _____

Circle: Session 1 - June 9 to 13 (mornings) or Session 2 - June 16 to 20 (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