

UA Crew Inc. Summer Rowing Opportunities 2008

Competitive Youth

June 23th-August 8th
M-F 5:45-7:45 am
Cost: \$225

This program is designed for 10th-12th grade students from UA with at least one season of competitive experience at the high school level. The cost includes regatta fees for the Grand Rapids Grand Regatta held July 12th in Grand Rapids, Michigan.

Competitive Masters/Adult Intermediate

June 23th-August 8th
M-F 5:45-7:45 am
Cost: \$250

The Competitive Masters program will provide post-high school athletes an opportunity to train and race competitively at the USRowing Midwest Masters Regional Championship July 1st, as well as an opportunity to compete at the Royal Canadian Henley from August 4th-10th. Athletes must have participated in at least two LTR sessions or equivalent.

Adult/Youth Learn-To-Row

June 23th-August 8th
M,W,F 6:30-8:15 pm
Cost: \$220 or \$35/week

The Learn-To-Row program through UA Crew is a non-competitive session designed to provide an introduction to sweep rowing. Participants must be post-high school or not have competed with the UA Crew team during the fall or spring season. No previous experience is required.

Middle School Sculling

July 7th-August 1st
M,W,F 9:00-11:00 am
Cost: \$100

This session is intended to introduce students from Jones and Hastings to the sport of rowing. Students will learn basic sculling technique and gain an understanding of one of their many athletic choices at the high school. Participants will be required to take a swim test and attend a safety information session administered by the coaching staff.

9th Grade Two-Day Mini Camp

August 14th and 15th 8:00-10:30 am

Cost: Free

This mini camp is provided for any incoming freshmen curious about what the sport of crew entails. Students will gain a basic understanding of equipment, terminology, and technique, and participate in practices similar to those administered during the competitive season.

Faculty Rows Free Day

August 17th 8:00-11:00 am

Cost: Free

This year, UA Crew will be providing on free day for any faculty or staff from the Upper Arlington School District. This is a great opportunity to row side-by-side with your students and see the sport of rowing from their perspective. Breakfast will be provided by UA Crew Inc.

For More Information:

Visit www.uacrew.org or contact Head Coach Tino Benedetti (614-209-1613; tino.benedetti@gmail.com).