

# NVRC Junior Summer Rowing 2011

## Be a part of the FIRST season of NVRC's Junior Summer Sweep Team!

Spend part of your summer on the Occoquan improving your skills and fitness. Work with coaches who have experience preparing rowers for success at the state, national, Jr. National Team, and collegiate levels. NVRC Juniors will provide a **DEVELOPMENTAL** and **COMPETITIVE** environment in order to help each rower achieve their goals beyond summer rowing.

**Development Team:** Members of the NVRC Development Team will have no racing commitment and is designed for those rowers mainly interested in continued rowing development to further their rowing career. The program runs from **Monday, June 6th** until **Monday, August 1st**. Cost is **\$600** per rower and **\$400** per coxswain. Practices run **Monday** through **Friday** from **4-6:30pm** and **Saturday** from **7:30-10am**. Please note at least one season of rowing experience is required.

**Competitive Team:** Members of the NVRC Competitive Team will train to race at a few regattas over the summer including US Rowing Club Nationals; with a possible trip to the annual Canadian Henley. The team will be divided into two teams by age: **J-16** (bdays 1995 or younger) and **J-18** (bdays 1993 or younger). Registration for the competitive team will be limited at least one season of rowing experience is required.

Session #1 will run for 6 weeks from **Monday, June 6th** through **Monday, July 18th** (Club Nationals) and the cost is **\$400** per rower or coxswain. Session #2 will run for 3 weeks from **Monday, July 18th** through **Monday, August 7th** (Canadian Henley) and the cost is **\$200** per rower or coxswain. In addition to these base fees, there will be travel and regatta expenses; which will be comparable to any other competitive team in the area. Practices run **Monday** through **Friday** from **4-6:30pm** and **Saturday** from **7:30-10am**; with possible morning practices added in during the week after school ends.

### Register today at:

[http://www.roninregistration.com/rowing/info.asp?  
GroupID=70716&p=default&pt=rowing&InfoType=Register](http://www.roninregistration.com/rowing/info.asp?GroupID=70716&p=default&pt=rowing&InfoType=Register)

Please email Coach Paul Allbright and Coach Skye Elliot with any questions, comments, or concerns at: [nvrcsummerrowing@gmail.com](mailto:nvrcsummerrowing@gmail.com)