

Intermediate/Senior Level Competitive Summer Program

Train with South Jersey Rowing Club on the nationally recognized Cooper River in Camden, NJ. SJRC is an up and coming club looking for serious college age rowers who want to sharpen their rowing skills and compete at a high level. The club rows out of the Camden County Boathouse.

The program is open to men and women who have at least one year of collegiate rowing, both heavyweight and lightweight. All rowers will train in both sweep and sculling boats. The summer program will start on June 12th and concluded at Canadian Henley. We are particularly looking for strong college rowers or those with a strong desire to compete against the top clubs in the U.S. and Canada. Boats will be developed based on erg scores, rowing skill, and team work.

Coaching Staff:

Joe Sullivan	Head Coach South Jersey Rowing Club
Jamie Stack	Head Coach Rutgers University @ Camden Camden County Boathouse Manager
Steve Vetter	Head Coach Haddonfield High School
Bridget Yannes	Assistant Coach Rutgers University @ Camden

Regattas:

Independence Day Regatta, Philadelphia, PA
US Rowing Club Nationals, Oak Ridge, TN
Canadian Henley Regatta, St. Catharine's, Ontario

Cost: **\$325.00 + Unisuit which must be ordered and paid for when submitting registration forms**

Registration forms due by June 1 all payments by June 12 (if in need of a payment plan please contact Joe Sullivan at sjrcoachjoe@comcast.net)

Rowers are responsible for expenses related to travel to away regattas.

All rowers must be current registered members of USRowing. This is mandatory for racing at USRowing Club Nationals and Canadian Henley. Use this link to join USRowing http://www.usrowing.org/join_renew/membershipoptions/index.aspx

Practice: Monday – Friday 5:45 AM to 8:00 AM
Monday – Friday PM practices at least 3 days per week, days and times to be determined
Saturday Morning practice, times to be arranged by coaches