

JUNIOR B SCULLING CAMP

South Jersey Rowing Club will host a Sculling Development Camp for Junior B girls and boys at the Camden County Boathouse on the Cooper River in New Jersey. The camp will be 10 days of sculling instruction. We are looking for rowers 16 years old and younger who have rowed but have little or no sculling experience. Participants should have a strong desire to learn sculling and improve their rowing skills.

The camp will open on Monday June 28 at 9:00 AM and run through Saturday July 10 with July 2, 3 & 4 off.

We will open with introductions and an overview of our goals for the camp.

The daily itinerary for each session will be to begin at 9:00 AM with a review of the previous session including going over any videos of the previous practice and the setting of goals that we want to accomplish for the session. Each day will have at least two sessions on the water. We will also go over exercises you can do on land including on the erg to help you improve and get stronger. There will be a lunch break and some time to rest between rows and talks. We will use 4x's, 2x's and 1x's. The day will end at 3:00 PM.

For more details and directions go to our website at www.southjerseyrowing.org or feel free to contact Joe Sullivan at sjrcoachjoe@comcast.net or by cell phone at 856-912-1002.

Anyone joining the camp will also be included as part of our summer team. Please indicate if you wish to go to compete in the summer regattas in particular USRowing Club National Championship. This would be a great way to cap your camp experience, a chance to race at Club Nationals the week following the camp. Contact me at sjrcoachjoe@comcast.net to let me know if you wish to be included as part of our summer team. Travel expenses to the away regattas and the team unisuit are not included in the camp fee.

Cost: \$750.00

**Registration forms due by June 1 all payments by June 28
(if in need of a payment plan please contact Joe Sullivan at
sjrcoachjoe@comcast.net)**

If you decide to continue with the racing program please note:

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

Time: 9:00 AM to 3:00 PM

**Dates: Monday June 28 to Thursday July 1
Off July 2, 3 & 4
Monday July 5 to Saturday July 10**