

Junior Competitive Team

Our Junior Team is open to girls and boys 18 and under with rowing experience. We have both sweep and sculling available to those interested in joining. This year USRowing Club National Championships for Juniors, Intermediates and Seniors will be held in Oak Ridge, TN. SJRC is planning to build a strong team to get into as many finals as possible and win medals. We invite all area high school rowers who are serious about continuing to improve their rowing skills and racing skills to join us this summer.

We plan to build and improve on the successes we have had in past summers. At USRowing Club Nationals we had many boats in finals with our Women's Jr. A 4+ winning a silver medal in 2007, our Women's Jr. A 4X winning silver in 2008 and our Women's Jr. B 2x winning silver in 2005. At Canadian Henley we have had many boats make finals, all in sculling events. In 2008 we were the only club from the United States to put boats in the finals for the Women's Jr. A 1x, 2x and 4x. All of the other sculling finalists were from Canada. This summer we not only want to make the finals we want to win the finals.

The season will run from Monday June 14 until Sunday August 8. Practices will begin June 14 and will be held on a daily basis with one day off each week. We will have afternoon practices on weekdays for those who can make them until all schools are out for the summer then move to morning practices. Once morning practices begin you will be expected to make all scheduled practices. If you are going to miss practice(s) or a regatta you must notify the coaches in advance. Realize that by missing practices you limit your chances to make one of our top crews. Junior 'A' (18 and under) and Junior 'B' (16 and under) have different practice times. Morning practices will be for primary events. You are permitted to race in more than one event at summer regattas. We will also have some afternoon/evening practices for secondary events. Weekend practices will be held in the morning most likely at 8:00 AM.

Summer rowing is also a great way to attract the attention of college coaches. USRowing sponsors a college fair for all rowers entering their senior year. At last years college fair there were over 60 colleges represented. You will get a chance to speak with the coaches from various programs, collect information and brochures, find out about scholarship opportunities and enjoy some nice refreshing water ice while you are there.

Cost: \$625.00 + Unisuit which must be ordered and paid for when submitting registration forms

**Registration forms due by June 1 all payments by June 14
(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:

Junior A	Monday – Friday	5:45 AM to 7:30/8:00 AM 6:00 PM to 8:00 PM practice at least 3 times per week
	Saturday	Morning practice, exact time to be worked out with coaches but practice will end by 10:00 AM
	Sunday	Most Sundays we will have off
Junior B	Monday – Friday	7:30 AM to 9:30 AM
	Saturday:	AM, exact time to be worked out with coaches but practice will end by 10:00 AM
	Sunday	Off
Coaches	Joe Sullivan Steve Vetter John Lloyd Rachel Gilbert Ron Bell	Head Coach SJRC Haddonfield HS, SJRC assistant Moorestown HS, SJRC assistant Bishop Eustace, SJRC assistant SJRC assistant