

Prince William Crew Association Presents

# PWC Junior Summer Camp

June 22 – July 19 and/or July 20 – Aug 14

Monday – Friday

\$175 per 4 week session

For: All rowers who have completed at least one season or summer camp session  
 Rowers who desire to improve/maintain their technique and conditioning  
 Rising freshmen through 2009 graduating high school rowers  
 Any rower, regardless of erg score or base school

We will be rowing out of Oxford Boathouse on the Prince William side of the Occoquan.

Camp is limited to 40 athletes on a first come, first serve basis. Registration packets will be available via email or can be picked up at the boathouse during practice times. Registration deadlines are June 29 for Session 1 and July 20 for Session 2.

Session 1: Sculling	Monday, June 22 – Sunday, July 19 6 – 8 AM	2 Regatta opportunities: July 11 July 18
Session 1: Sweep	Monday, June 29 – Sunday July 19 6 – 8 PM *delayed due to under enrollment	
Session 2: Sculling	Monday, July 20 – Friday, Aug 14 6 – 8 AM	Select rowers may be invited to compete at the Canadian Henley; Hoping to arrange a local scrimmage for non-traveling rowers
Session 2: Sweep	Monday, July 20 – Friday, Aug 14 6 – 8 PM	

This is a competitive program with the opportunity to compete at 3 regattas culminating in the Canadian Henley Regatta in St. Catherines, Canada in August.

Cost is \$175 per session and does not include uniform or regatta/travel expenses.

For questions or to request a registration packet, please contact Jeannette Newman at [jnewman1@verizon.net](mailto:jnewman1@verizon.net) or call at home 703-580-6496 or on cell 703-304-3569.