

Lake Ridge Community Rowing Club Summer Sculling Camp

Lake Ridge Community Rowing Club (LRCRC) Inc., will be conducting the first of several sculling camps from Monday, July 6th, 2009 to Friday, July 19th, 2009. The first camp will be conducted at the Oxford Boathouse in Lake Ridge Park. The focus of the camp is on improving skills for experienced scholastic rowers by teaching the fundamentals of sculling. Training will take place in an octuple, quads, doubles, and singles.

The camp will be conducted Monday – Friday from 6:15am until 8:15am. The camp is open to scholastic rowers that have completed one or more seasons of competitive spring rowing. The camp will require a minimum of 10 rowers and will be limited to a maximum of 16 rowers. The cost of the camp is \$300.00 dollars. Payment will be due upon registration. Payments may be cash or checks made out to LRCRC.

Registration will be conducted at the Oxford Boathouse on Wednesday, June 17th from 7:00pm until 7:45pm and Wednesday, June 24th from 7:00pm until 7:45pm (if seats are available). All required forms* will be provided at registration, or maybe downloaded at www.lakeridgerowing.blogspot.com prior to June 17th. The US Rowing Release of Liability form MUST be signed by the Parent / Guardian of participates under the age of 18. Rowers will not be allowed to participate without a signed US Rowing Liability form. Registration will be on a first come first served basis.

LRCRC uses the liability insurance provided to all US Rowing organizational members. Participates and parents are required to obey the rules which govern the use of Lake Ridge Park and the Oxford Boathouse.

The Coaching staff is comprised of former rowers and coxswains from Oxford Boathouse. The coach to rower ratio is intended not to exceed one coach per five rowers.

Information concerning additional sculling camps for the summer of 2009 will be provided in the near future.

Questions can be directed to the Camp Director - Mr. Doug Jones, 703-508-3623. Call after 6 pm on weekdays, email Oars2Go@yahoo.com.

*** Forms are similar to those used for the scholastic spring competitive season.**