

## Important Dates

Regatta details are subject to change, with specific race times usually posted the week before each event. Updates to the schedule, including boatings, specific times and locations will be provided by the coaches and posted online as they become available.

- May 22: Program Forms and Payment Due
- May 29: Program Begins with Afternoon Practices Only. 3:30 - 5:30pm Mon - Fri.
- June 17: Schuylkill Navy Regatta - Philadelphia, PA - [www.boathouserow.org](http://www.boathouserow.org)
- June 26: Practice Time Shifts - 6:30 - 8:30am Mon - Fri and 5:00 - 6:30pm Tues/ Thurs.
- July 8: Festival Regatta - Lowell, MA - [www.merrimackrowing.org](http://www.merrimackrowing.org)
- July 19-23: US Rowing National Championships - Indianapolis, IN - [www.usrowing.org](http://www.usrowing.org)



ROWING AT THE  
GREENWICH WATER  
CLUB

## Collegiate & Junior "Elite" Summer Racing Team

Summer Training & Racing for  
Collegiate & High School Rowers

May 29th - July 23rd



*Greenwich*  
WATER CLUB



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Greenwich Water Club  
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GREENWICH CREW

Tel: 203-661-4033

# Summer Racing Team

May 29th - July 23rd

For college and high-school competitive rowers, summer can mean one of two things; a time to rest and risk getting out of shape, or a time to focus athletic goals and get a head start on the competition. Greenwich Crew provides this head start for motivated athletes with our Summer Racing Team. The fitness, skills and race experience built in this program may be the difference between racing JV or Varsity, winning bronze medals or gold.



From May 29th to July 23rd, athletes follow a training schedule designed to make the most of their time with Greenwich Crew. Weekday practices will run from 3:30 - 5:30pm until the end of the high school year. After that (June 26th), practices will run Weekdays from 6:30 - 8:30am and Tuesday/ Thursday from 5:00 - 6:30pm. The training program may include circuits, weight training, and other cross-training activities in addition to time spent on the water. We encourage our athletes to pursue summer employment, but ask them to consider practice and regatta commitments when scheduling work. The end date of the program should allow plenty of time for more extended vacations. We are looking for dedicated individuals who will take pride in training with and competing for Greenwich Crew throughout the season.

## Application Procedure

To provide the best experience possible for each athlete, acceptance into the program is limited to the most competitive candidates. High school athletes, in particular, must be invited to apply by their coach in order to be considered.

Invited high school and interested collegiate rowers are asked to complete the registration form and return it to the Greenwich Crew office by May 22nd. The following will also be required at this time:

- Waiver\* - one waiver per athlete per calendar year.
- Medical Form\* - one form per athlete per calendar year - updated with changes as necessary.
- Code of Conduct\* - High School athletes must submit acknowledgement of the Greenwich Crew code of conduct before each season of participation.
- Payment\*\* - Program fee is \$970. Payment must be received in full by May 22nd. This charge includes coaching, equipment use, regatta entry and trailer fees. Rowers can expect additional fees for regatta transportation, hotels, and uniforms.

\*Forms are available in the Greenwich Crew office or online at [www.greenwichwaterclub.com](http://www.greenwichwaterclub.com).

\*\*Rowers included in a Greenwich Water Club Family Membership receive a 50% discount off stated program prices. Contact Carla at 203-661-4033 to discuss membership options.

## Registration Form: Collegiate & Junior "Elite" Summer Racing Team

Name	DOB
Age	DOB
Summer Address	
City, State, Zip	
Rower's E-Mail	
Parent E-Mail (rowers under 18)	
Phone	Cell Phone
Parents' Names	Parent Work or Cell #
GWC Family Membership #	
School / University	Year as of Fall 2006
Recommending Coach	Coach Contact Phone
2k Time	6k Time
Rowing Accomplishments	

### Payment - \$970

- Check - payable to Greenwich Water Club - # \_\_\_\_\_
- Visa / MasterCard / Amex

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_