

Frequently Asked Questions

Do I need experience?

No! We group rowers by skill level, and with plenty of newcomers every session, no one should feel intimidated.

What do I wear?

Close fitting athletic clothes are best. (Baggy shorts can get caught in moving boat parts.) Socks and sneakers are needed daily. For safety and comfort, don't forget to bring hats, sunglasses, sunscreen, water, or any medication you may need.

What if it rains?

Attendance is expected, rain or shine.



If conditions on the water become dangerous due to lightning or wind, our coaches will pull rowers indoors and oversee land training sessions. Crews should expect to row in moderate rain, so come prepared with a change of clothes on gloomy days.

ROWING AT THE
GREENWICH WATER
CLUB

Junior Rowing Programs Summer 2006

One or Two Week Programs
For ages 12 - 18



Greenwich Crew
c/o Greenwich Water Club
49 River Road
Cos Cob, CT 06807
Phone: 203-661-4033
Fax: 203-661-2054
E-mail: bgreene@greenwichwaterclub.com
Web: greenwichwaterclub.com



Tel: 203-661-4033

Summer Rowing

Want to learn to row? Want to keep your skills sharp between competitive rowing seasons? Summer Rowing programs with Greenwich Crew are just what you need!

Novices and experienced rowers alike will benefit from our one and two week "camp" sessions. Incoming athletes will be sorted by skill level and age so that our expert coaches can tailor training programs that are appropriately challenging for each group.



Classes run for 3 hours each day, every weekday of the session. To make the most of training time, workouts will balance between water training, running, circuit training and indoor ergometer work.

To accommodate as many schedules as possible, we offer two class-time options within each of our four sessions. So, go ahead: take that vacation, learn pottery, attend summer school - we'll be here for you when you're free. One-week sessions are run in combination with the first week of each two-week session.

What to Expect:

Novice: Newcomers spend their first lessons indoors learning safety procedures, vocabulary, and basic technique universal to rowing. Dock orientation follows, including handling of equipment and launch procedures. The balance of the camp is spent in shells practicing the rowers' new skills.

Experienced: Intermediate and advanced rowers can use these midsummer tune-ups to reconnect with teammates, refresh basic skills and maintain or improve fitness before tryouts for competitive teams in the fall. Training will be split between technique drills and "pieces" designed to push strength and endurance to the next level.

Dates & Prices:

June 26 - July 8 July 10 - July 21
 July 24 - Aug 4 Aug 7 - Aug 18

Two week: \$450. One week: \$350.

**Rowers included in a Greenwich Water Club Family Membership receive a 50% discount on all rowing programs. Ask for Carla to discuss membership options.

Elite Competitive Team: This invitation-only program trains high school and collegiate athletes for competition throughout the entire summer. Invitations will be mailed home based on coaches' recommendations. Interested rowers should notify their coaches if they would like to be considered for an invite. Rowers from outside Greenwich Crew should call to request an evaluation for invitation purposes.

Registration Form: Summer 2006

Name _____ Parent Name _____

Age _____ DOB _____ School _____

Address _____

City, State, Zip _____

Rowers' E-Mail _____ Parent E-Mail _____

Phone _____ Parent Work or Cell Phone _____

Rowing Experience _____ Adult T-Shirt Size _____

GWC Family Membership # _____

Circle Time for Each Date	AM	PM	Price
<input type="checkbox"/> June 26th - 2 wks	9:30-12:30	1:30-4:30	\$435.00
<input type="checkbox"/> June 26th - 1 wk	9:30-12:30	1:30-4:30	\$350.00
<input type="checkbox"/> July 10th - 2 wks	9:30-12:30	1:30-4:30	\$450.00
<input type="checkbox"/> July 10th - 1 wk	9:30-12:30	1:30-4:30	\$350.00
<input type="checkbox"/> July 24th - 2 wks	9:30-12:30	1:30-4:30	\$450.00
<input type="checkbox"/> July 24th - 1 wk	9:30-12:30	1:30-4:30	\$350.00
<input type="checkbox"/> August 7th - 2	9:30-12:30	1:30-4:30	\$450.00
<input type="checkbox"/> August 7th - 1 wk	9:30-12:30	1:30-4:30	\$350.00
Total:			_____

Method of Payment

Check - payable to Greenwich Water Club - # _____

Visa / MasterCard / Amex _____

Credit Card # _____ Exp. date _____

Signature _____