



Camp Randall Rowing Club

YOUTH ROWING

2019 SUMMER ROWING PROGRAMS

NO EXPERIENCE NEEDED * ALL ABILITIES AND SKILLS WELCOME

SUMMER CAMPS!

Have fun and learn a new sport!

MIDDLE SCHOOL 'LEARN TO ROW' CAMP

- Summer day camps for boys and girls entering grades 6 - 8. Learn basic rowing technique, teamwork and physical fitness.
- 1-week sessions for 6 weeks (each week starting 6/17, 6/24, 7/8, 7/15, 7/22 and 7/29)
- Rowers are welcome to enroll in multiple weeks of camp and can row at a more advanced level during later sessions
- 12 noon - 2 pm Monday - Friday
- \$125 per week



MIDDLE SCHOOL 'EXPERIENCED' ROWING CAMP

- Summer rowing day camps designed for 6 - 8th graders who have participated in our Fall or Spring after-school program or taken a minimum of one week of 'Learn to Row' summer camp
- Rolling registration for 1-week sessions starting 6/17, 6/24, 7/8, 7/15, 7/22 and 7/29
- 2:30 - 4:30 pm Monday - Friday
- \$125 per week.

This is not a school-sponsored activity and the Middleton-Cross Plains Area School District does not provide support or endorsement of this program/activity. It has neither reviewed nor approved the program, personnel, or activities announced in this brochure/flyer. Permission to distribute this material must not be considered a recommendation or endorsement by the school district.

HIGH SCHOOL SUMMER ROWING CAMP

- Rising 8th graders and older (i.e. entering grades 9,10,11 and 12)
- 3-week summer day camp sessions (6/17-7/12 and 7/15-8/2, no camp week of July 4)
- 9-11:15 am Monday - Friday
- High school camps designed for all levels of rowing experience (new to sport as well as those who have attended previous camps or programs). Can attend both sessions.
- Camps benefit athletes considering or preparing to join the high school competitive team in the Fall
- Rowers can travel and compete with the high school team at the conclusion of each camp session (regattas scheduled 7/5-7 at Chicago Sprints and 7/20 at Summertime Sprints in Neenah, WI. Additional fees for races)
- \$300 per 3-week session



Questions?

email info@camprandallrc.org

register: camprandallrc.org