

Summer Rowing Camps for Juniors

(9th to 12th grade)

**Sponsored By
Merrimack River Rowing
Association**

A proud member of USRowing



USRowing®

**Program 1—weeks of
Jun25, Jul08, Jul15**

**Program 2—weeks of
Jul22, Jul29, Aug5**

**Total of 9 sessions in each program,
sessions run 8am to 10am on Tue/
Wed/Thu. Programs are identical—
sign up for one or both.**

**UMass/Lowell Bellegarde
Boathouse**

500 Pawtucketville Blvd, Lowell MA

**Pre-registration Sat. Jun01, 10am-
2pm and Sat. Jun08, 8am-10am at the
boathouse. For more information
see the next page, visit**

www.merrimackrowing.org/jrsweep

or contact

info@merrimackrowing.org



Merrimac River Rowing Association Summer Rowing Camps for Juniors

Preregister Dates

Saturday June 1, from 10am-2pm
Saturday June 8 from 8am – 10am
Online at www.merrimackrowing.org

Register at the Bellegarde Boathouse
500 Pawtucket Blvd.
Lowell, MA 01854

Start Date for all camps is Tuesday, June 25th

This is a program for rising high school students (going into 9th – 12th grade in the fall) who want to:

- Continue to improve their rowing skills – possibly row competitively this summer
- Learn to row

There will be 2 sessions of 3 weeks each, rowing on Tuesday, Wednesday and Thursday morning from 8am to 10am

- Session 1 will be weeks of June 25th, July 8th and July 15th (no camp week of July 4th)
- Session 2 will be weeks of July 22nd, July 29th and August 5th

Cost is \$150 per session

Coxswains are encouraged to join to improve skills and do not pay a fee! Professionally coached by Colleen Irby, Smith College Coach and University of Texas Austin rower; With trained assistant coaches and safety launches. Experienced rowers will be grouped together and row/train together. The option to compete in local summer races will be open to the experienced group (Cromwell Cup, Methuen City, Sweeps and Sculls). Cost for entry fees is additional to the program cost.

Attendance Policy

Sweep rowing requires 8 rowers plus one coxswain to commit to a regular schedule. We realize that some participants may have vacation plans and we expect you to communicate this to the coach. There are no refunds for missed classes.

If there is sufficient interest, the coach may schedule an evening session from 6 – 8pm on the same days. Please be sure to note if you cannot make the morning session but would be interested in an evening program. Participants must pass the MRRA swim test. Evidence of a swim test from prior programs is accepted.

All participants will receive a racing tank!

For more information, please check out the MRRA website at www.merrimackrowing.org and look for the link on the left for Programs – Junior Camp

You can also contact the coach, Colleen Irby colleenirby@gmail.com

Or Program manager, Denise Bergeron at denise.steiff@gmail.com