

CGA ROWING CAMPS SUMMER 2008

CGA Rowing Camps offers two summer programs, a Competition Camp and Week Long Day Camp.

The Competition Camp (Thames River Sculls) will run from June 17-August 10. Athletes will train Monday thru Friday from 5:30 to 7:30am. We travel to three races competing against junior rowers from all across North America. This is an excellent experience for those looking for more competition and who desire to continue rowing at the collegiate level. Many TRS members have found great success on the water as well as obtaining scholarships and acceptance into Ivy Leagues and other Division I rowing programs.

The Week Long Day Camp will be held from August 11th to August 15th. This is an instructional week working on technique and proper conditioning. This program will best benefit those looking to row in high school or need more technical instruction as they move from the novice program into varsity boats. There are two water practices a day, lunch is provided and is open to girls and boys ages 13-18, with zero to one year experience.

SUMMER 2008 SCHEDULE

Competition/Racing Camp June 18th – August 10th

Practice: Mon.-Friday 5:30-7:30am (6/17-6/20, TBA)

Races: Independence Day Regatta, Philadelphia, PA, 7/4-7/6
US Rowing Club National Championships, Camden, NJ, 7/16-7/20
Canadian Henley, St Catherines, Ontario, 8/5-8/10

Week Long Day Camp August 11th – August 15th

Practice: Mon.-Fri., 8:30- 3:30

Please bring swimming gear, sunscreen, and water bottle

<u>Cost*:</u>	Developmental camp	\$450.00 per session includes lunch
	Competition camp	\$500.00 **

* All camp participants will receive a CGA Rowing Camps 2008 T-shirt

** **All Regatta entry fees and travel expenses are an additional charge.**

Register now! Seats fill up quickly!

Please contact Tom Quigley, Camp Director by email at tcquigley@snet.net or phone **860-575-4361** with any questions.

HOW TO REGISTER

Please remove the section below. Fill in the required information, make your **check payable** to '**USCGA Athletic Association**' and mail to:

Tom Quigley, USCGA
33 Mohegan Avenue
New London, CT, 06320

Once we have received your registration, including full payment, we will send you all required CGA Crew Camp Forms including medical form, camp waivers and experience forms. It will also include recommended pre-camp training and camp policies. If you have any questions, please contact me by e-mail at tcquigley@snet.net or by phone at **860-575-4361**.

Please circle the appropriate session(s) and/or races you wish to attend. Please make sure to include your check number.

Competition Camp (June 18th – August 10th) Check#: _____

Independence Day Regatta

Club Nationals

Canadian Henley

Week Long Day Camp (August 11th – August 15th) Check#: _____

Name of Parent(s) or
Guardian(s): _____

Name of Participant: _____

Best 2k erg score: _____

Current School/Grade _____ / _____

Date of birth: _____

Address: _____

Phone(s): _____

E-mail(s): _____