

Blood Street Sculls Adult High School Learn to Row

Summer 2011

Athlete Profile: High school students and adults who have minimal or no experience with rowing in sliding seat shells. Coaches are high school and college rowers. 2-3 coaches per session.

About the Program: The Learn to Row program provides interested athletes with a comprehensive introduction to the sport of rowing. Rowing is a team oriented sport, where boats with sliding seats hold one to eight rowers either using one oar (sweep) or two oars (sculling). Basic technique, care of equipment, safety, and working as a team are stressed. When rowers are on the water one safety boat will be on the lake. Participants must have basic swimming skills.

Where: Fred Emerson Boathouse at Hains Park of Rogers Lake in Old Lyme

When: 6-8PM MWF, three, 2 week sessions. See registration for dates. Rowers may participate in more than one session.

What to Wear: Comfortable, but not loose, workout type clothing (spandex works best) and socks.

Weather: Boats will go out in light rain. Boats will not go out in thunderstorms or strong winds. On those days, instructional videos, conditioning, and rowing terminology will be covered.

Questions: Please contact Erica Page at eampage86@gmail.com or (860) 861-3253.

Adult/High School Learn to Row Registration
Lyme-Old Lyme Parks and Recreation Commission
Summer 2011

Name _____ Birth Date _____

Address _____

E-Mail _____

Home Phone _____ Work Phone _____

Emergency Contact _____ Phone _____

Rowing Experience: None High School College Other

Any important medial information _____

I verify that I am able to swim 100 yards, tread water for 10 minutes, swim 10 feet underwater.

Signature _____ Date _____

Rowers will not be permitted on the water until registration form and waiver (go to www.oldlymerowing.com) are completed and payment is received.

Checks made out to Old Lyme Parks and Rec

Your registration fees can be applied toward membership in OLRA if you decide to join after your Learn to Row sessions.

Check session(s) attending: (2 week sessions \$85 (\$95 for non-residents of Lyme- Old Lyme)

___ Session 1: June 6th- June 17 6-8 PM MWF

___ Session 2: July 5th- July 15th 6-8 PM MWF

___ Session 3: July 18th – July 29th 6-8 PM MWF

Amount Paid: _____ Date Paid: _____ Check #: _____

Send registration, waiver, and payment to:

OLRA Summer Programs

c/o Erica Page

16 S. Ridge Rd., Niantic, CT 06357