

## Blood Street Sculls Junior Rowing Summer 2011 Overview

The Old Lyme Rowing Association Junior Rowing Program operates during the summer and fall at the Emerson Boathouse at Rogers Lake in Old Lyme. This year, Blood Street Sculls will be offering two divisions of the summer program; *Competitive* and *High Performance*. Both programs are 6 weeks long and will be run by highly qualified coaches, but will differ in the number of practices per week, the intensity, and the focus.

In order to participate the athlete must: be a student entering grades 10-12, pass a swim test (treading water for 10 minutes, swimming 50 yards any stroke, swimming underwater for 10 feet), and have previously rowed in a high school varsity or novice crew program. Athletes in both programs are expected to consistently attend, take proper care of boathouse and boats, and respect teammates and coaches.

### High Performance Team

**Athlete Profile:** Athletes *committed to training and racing at a high level*. Athletes in this program will be divided by gender and age categories to allow for more races for the athlete and to ensure they are racing competitors of similar ages. The age breakdown is as follows:

#### **Junior B (Under 17)**

Athletes who will NOT turn 17 years of age during the current calendar year. Coxswains must follow the same age requirements but can race with athletes of either gender.

#### **Junior A (Under 19)**

Athletes who are at least 17 years old but will NOT turn 19 years of age during the current calendar year. Coxswains must follow the same age requirements but can race with athletes of either gender.

**Practice Schedule:** June 27<sup>th</sup>-August 7<sup>th</sup> M-F, 6-8 am, Sat. 8-10 am

**Racing Schedule:** July 1<sup>st</sup>-3<sup>rd</sup> Independence Day Regatta, Philadelphia, PA  
July 10<sup>th</sup> Cromwell Cup, Boston, MA  
August 1<sup>st</sup>-7<sup>th</sup> Canadian Henley Regatta, St. Catherine's, ON  
*\*Athletes will need a passport.*

**What to Expect:** High level coaching (D I and D III collegiate coaching experience), training tailored to support athletes in achieving rowing excellence, high level racing experience, intense competition, and the foundation needed to row at a high level (i.e. college, junior national teams).

### Competitive Team

**Athlete Profile:** Athletes seeking improvement in technique and fitness, but who can't make the time and training commitments of the High Performance Team. The group will be divided into appropriate groups and boats dependent on numbers and ability.

**Practice Schedule:** June 27<sup>th</sup>-August 7<sup>th</sup> M-F, 6-8 am

**Racing Schedule:** July 10<sup>th</sup> Cromwell Cup, Boston, MA  
August 6<sup>th</sup> Sweeps and Sculls Regatta, Narragansett, RI

**What to Expect:** A more recreational summer rowing experience with the chance to race locally, get fit, and work on technique. Coached by current club and college rowers.

*If interested in becoming part of the BSS Summer Junior Team, please fill out attached registration materials and mail them to:  
Summer Program Manager: Erica Page, 16 S. Ridge Road, Niantic, CT 06357*

*Contact Erica Page with questions regarding registration, payment, or programming: [Eampage86@gmail.com](mailto:Eampage86@gmail.com), (860)861-3253*

**Blood Street Sculls Junior Rowing  
Summer Registration Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Athlete Phone # \_\_\_\_\_ Athlete E-Mail \_\_\_\_\_

Birth Date \_\_\_\_\_ USRowing # \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

\_\_\_\_\_

Emergency Contact Information: \_\_\_\_\_

\_\_\_\_\_

*I verify that I am able to: Swim 100 yards, tread water for 15 minutes, swim 10 feet under water*

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Program Selection: Please check off which program you will be participating in.**

**High Performance Team, June 27<sup>th</sup>- August 7<sup>th</sup> (M-F 6-8 am, Sat. 8-10 am) \$375 (\$425 non-resident)**

**I have a passport** \_\_\_\_\_

**Current 2K time** \_\_\_\_\_

**Tank Size** \_\_\_\_\_

**Competitive Team, June 27<sup>th</sup>- August 7<sup>th</sup> (M-F 6-8 am) \$275 (\$325 non-resident)**

**T-Shirt Size** \_\_\_\_\_

\* Please note that travel expenses are not included. We will do our best to keep costs to a minimum and will inform families of travel expenses once the roster has been finalized.

Rowers will not be permitted on the water until registration form, and waiver form (see [www.lymeoldlymerowing.com](http://www.lymeoldlymerowing.com), OLRA page) are completed, proof of current USRowing membership is shown, and payment is made.

Checks should be made out to **Old Lyme Parks and Rec.**

Please mail completed registration, waiver, and check to:

OLRA Summer Programs  
c/o Erica Page  
16 S. Ridge Rd., Niantic, CT 05357  
Eampage86@gmail.com