

Blood Street Sculls Middle School Learn to Row

Summer 2011

Athlete Profile: Students entering 6th-9th grade with limited or no rowing experience. Coaches are high school and college rowers. Four coaches per session.

About the Program: The Learn to Row program provides young 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 two safety boats will be on the lake.

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

When: Three 2 week sessions. The first will be combined with the adult/HS Learn to row from 6 – 8 PM MWF. The second two will be MWF 8:15 – 10:15 AM. See registration for dates.

What to Wear: Comfortable, but not loose, workout type clothing (spandex works best) and socks. A bathing suit and towel must be brought/worn on the first day of the session for the swim test.

What to Bring: Water, sunscreen, hat

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

Swim Test: The swimming requirements are- swim 100 yards, swim 10 feet underwater, and tread water for 10 minutes.

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

Middle School Rowing Registration
Lyme-Old Lyme Parks and Recreation Commission
Summer 2011

Rowers Name _____ **Birth Date** _____

Address _____

E-Mail _____

Parent's Name _____

Home Phone _____ **Work Phone** _____

Emergency Contact _____ **Phone** _____

Rowing Experience: **None** **Summer Program** **Other**

You will be required to pass a swim test on the first day of your session. This is mandatory and involves swimming 100 yards (any stroke), treading water for 10 minutes and swimming underwater 10 feet. See cover page for details.

Any important medial information: _____

Check which session attending:

___ **Session 1 (June 6th - June 17th) MWF 6-8 pm (combined session with adult/HS learn to row)**

___ **Session 2 (July 5th - July 15th) MWF (except for the 5th, which is a Tues.) 8:15-10:15 am**

___ **Session 2 (July 18th - July 29th) MWF 8:15-10:15 am**

Registration Fees: \$85 (\$95 for non-resident)

Parent/Guardian Signature _____ **Check #** _____

Please complete this form and a Liability Waiver (go to www.oldlymerowing.org). This form must be signed by a parent/guardian and returned with payment (made out to Old Lyme Parks and Rec) to:

OLRA Summer Programs

c/o Erica Page

16 South Ridge Rd. Niantic, CT 06357

email: ecampage86@gmail.com

(860) 861-3253