

## Blood Street Sculls Elite Juniors Summer 2010

The Old Lyme Rowing Association High School Rowing Program operates during the summer and fall at the Emerson Boathouse at Rogers Lake in Old Lyme. This is an elite program for experienced rowers at an intermediate to advanced level. It operates Monday-Friday from 6-8AM. Focus of the program is improving sweep and sculling technique with the culmination of the summer program being participation in 2000 meter sprint races at the prestigious Royal Canadian Henley Regatta in St. Catherine's, Ontario. The fall program focuses on Head racing in the New England and Philadelphia area.

Requirements for participation are being a student entering grade 10-12, passing a swim test (treading water for 10 minutes, swimming 50 yards any stroke, swimming underwater for 10 feet), and previous participation in the high school varsity or novice crew program. Behavioral expectations include consistent attendance, proper care of boathouse and boats, and respect for teammates and coaches.

Occasionally students are accepted to the program that are entering grade 9 and show maturity and skills which match the program goals. These students will be accepted to the program at the discretion of the coach. A try out period of one week will be allowed in order to make this judgment. This will be held in the first week of practice, from June 23-30. **If your child is interested in participating in this try out, contact James Gilchrist at (860) 575-5885 or [chengineer87@gmail.com](mailto:chengineer87@gmail.com).**

If a student is not accepted to the program, other options available are the Middle School Program (2 week sessions MWF 8:15-10:15AM) or the Adult/High School Learn to Row Program (2 week sessions MWF 6-8PM).