



Hampton Roads Rowing Club Junior Summer League

July 13, 14, 16, 20, 21, 23, 27, 28, 30
and August 3, 4, 6 8:00am to 12:00pm

For the second year, HRRC is offering a Junior Summer League. The League is geared towards junior varsity and varsity high school rowers. The purpose is to provide summer rowing opportunities to local high school rowers and expose them to new crews, sculling boats and new friends. Over the course of the summer league, the coaches will stress not only sweep rowing but also sculling, racing strategy and team building.

Rowers must have completed at least one season on a local High School team. This includes rising tenth graders through high school graduates moving on to row in college.

All sessions will be held at the Robertson Rowing Center at Lakewood Park in Norfolk, VA.

The Cost for the Camp is \$200.00.

A Typical Day at the Summer League is as Follows:

8.00 – 9.00	Warm-ups, Stretching, Drills
9.00 – 11.00	On the Water, Video
11.00 – 12.00	Wash boats, Video Review, Cool down

Complete the attached application and submit to:

HRRC
C/O Tony O'Loughlin
1316 Cedar Ln.
Norfolk Va. 23508

For questions contact Tony O'Loughlin at tony.4@mac.com 333-1189

Hampton Roads Rowing Club
Juniors Summer League

Name _____

Date of Birth: _____ Male / Female: _____

Address: _____
Street City State Zip

Telephone: _____ e-mail: _____

Parents / Guardians Name: _____

Emergency Contact Number: _____

Do you have any medical conditions or allergies we should be aware of (asthma, etc...)

Rowing Information

High School Affiliation: _____ Coach: _____

Swim Test & Medical Qualification on file with High School Coach Yes/No: _____

Sculling Experience Yes/No: _____

Years Rowing: _____

Height / Weight: _____ T-Shirt Size (Circle one) XSM / SM / MED / LRG / X-LRG

Specific areas you would like to improve _____

A deposit of \$100.00 is required with this application.
The remaining \$100.00 is due on the first day of the camp
Refunds of deposits will be at the discretion of the Camp Coordinator
Fill out this form with checks payable to **HRRC** and mail to:

HRRC Summer League
C/O Tony O'Loughlin
1316 Cedar Ln.
Norfolk Va. 23508

Official Use Only
Deposit Check Number / Date _____ Accepted _____