



San Diego Rowing Club

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2009 Learn-to-Row Summer Camp

For boys and girls (ages 12-18)

Led by Zach Johnson, Head Coach, UCSD Men's Varsity Crew

Row on beautiful Mission Bay
SDRC boathouse on El Carmel Point off Mission Blvd.

- Introduction to rowing technique
- One coach for each 10 rowers
- Learn about the ultimate collegiate and Olympic sport
- Increase your fitness and strength
- Make new friends and build teamwork skills
- Find out about SDRC Junior Crew Program and college recruiting
- Swimming waiver required

Try a New Sport – No Experience Necessary

Two-Week Sessions: (I) 6/22-7/3 (II) 7/ 6-7/17 (III) 7/20-7/31 (IV) 8/3-8/14

Time: Monday through Friday from 9:00 - 11:30 a.m.

Fee: \$300 per camp session (includes camp T-shirt)

Website: <http://www.sdrc-row.org>, click on Juniors

For more info, contact Dan Ohaks at sandiegorc@sbcglobal.net or (858) 488-1893

Mail this form with payment to SDRC, Attn: Summer Camp, PO Box 99856, San Diego, CA. 92169. Checks should be made payable to San Diego Rowing Club.

Rower's Name _____ Age _____ Gender _____

Address _____ City _____ Zip _____

Home Phone _____ Email _____

Parent/Legal Guardian Signature _____

Total Payment Enclosed \$ _____ T-shirt size: S M L XL

Circle Session(s): I. June 22-July 3 II. July 6-July 17 III. July 20-July 31 IV. August 3-August 14



Est.1888

www.SDRC-row.org

1220 El Carmel Place ~ San Diego, California 92109 ~ telephone (858) 488-1893