

Crew Camp for New Rowers



Week 1

Saturday, July 17th, 2010, 9 am to noon

Monday through Thursday, July 19 – 22, 6 pm to 8 pm

Week 2

Saturday, July 24th, 2010, 9 am to noon

Monday through Thursday, July 26 – 29, 6 pm to 8 pm

Carpool: A carpool will be arranged to leave from Claire's Kennel (Municipal building side lot) one hour before practice (*8am Saturdays, 5pm weekdays*) to transport rowers to boathouse and will return rowers to same location after practice. Parent drivers not required, but would be appreciated.

Bring to Camp: Sunscreen!!! Snug but comfortable workout shorts/shirt. Change of clothes. Water bottle.

Crew Camp Registration

_____ will be attending Week 1 Week 2 of crew camp.
(circle one or both)

Parent Signature: _____ Date: _____

Emergency Contact: _____

Emergency Phone: _____

Please attach \$75 fee per week. Please make checks to **USC Crew Team**.

If attending both weeks, 1/2 fee for Crew Camp will be applied to Fall dues.

Please return **by July 1st** to : USC Crew Camp Registration
1621 Red Mill Dr.
Upper St. Clair, PA 15241