

SPACE IS LIMITED – so please register early to guarantee a spot!

Bishop Ireton Rowing

Summer Sculling – 2011

Description:

The Bishop Ireton Varsity coaches will be hosting sculling camps throughout the final month of the summer for all rising Varsity rowers, returning Varsity rowers, and also returning Bishop Ireton Rowing alumni. Camps will go for three hours a morning for the 5-day work week. During that time the coaches will put the rowers in groups of experience. Those that have sculled before and are proficient will be given free reign of the small section of the Anacostia River to complete long rows and competitions (under coach supervision). The athletes that are new to sculling or still novice at it will be coached on the details of sculling – including the safety procedures required when you flip and need to get back into your shell.

This is a great opportunity for rising Varsity rowers (rising sophomores) to get to know their new coach and give themselves a leg up on joining the Varsity rowers in the fall. It is always better to be a name than a number once the entire team shows up and the coaches are assigning boats. These sculling sessions are also a great way for returning Varsity rowers to continue learning the rowing stroke without the rigors of erging or competing for seats on a daily basis.

Days of the Week:

Monday – Friday

Times of Day:

9 AM – 12 PM

Weeks:

July 25-29
August 1-5
August 8-12
August 15-19

Where:

Anacostia Community Boathouse, Washington, DC

Coaches:

Eric Gehrke, Head Coach/Varsity Men's Coach
Brent Keuch, Varsity Women's Coach

Charge:

Daily Registration	-	\$30/rower/day
Weekly Registration	-	\$100/rower/week
All Weeks Registration	-	\$350/rower/4-weeks

REGISTRATION IS DUE BY FRIDAY, JUNE 17th, 2011 – late registration will carry an additional \$20 flat charge

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Contact Info

Name	Age
Sculling Experience	
Street Address	
Phone #	

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Registration Type

Daily <i>If so, what dates:</i>	\$30/rower/day	
TOTAL DAYS:		TOTAL (\$):
Weekly <i>If so, what week(s):</i>	\$100/rower/week	
TOTAL WEEK(S):		TOTAL (\$):
ALL <i>If so, any absences:</i>	\$350/rower/4-weeks	
		TOTAL (\$):

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Payment Type

If Check, make payable to:	"Eric Gehrke"
If Cash, give to:	Coach Eric Gehrke
	Email: eric.gehrke@gmail.com
	Cell: (202) 264-0655
Payments can be given to Coach Eric in person (preferred) or mailed to the following address:	
	Eric Gehrke
	1021 Arlington Blvd.
	Arlington, VA 22209

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