

Summer Rowing Camp in Fairport

One Week only



Get serious about your rowing and coxing during the Summer Rowing Camp & Clinic.

Dates:
July 7-11
9 AM-Noon
Fairport Boathouse

One Week only



www.fairportcrew.org

University of San Diego Coach Kim Cuprini directs a 5 day camp offering 15+ hours of instruction. Rowers will experience a week of training sessions in a positive environment, in which each athlete will receive invaluable instruction, tips, and feedback on how to reach their greatest potential as a competitive rower. There will be a focus on developing the fundamentals of the rowing technique on the water, along with video analysis of the campers' individual strokes. After each training session, the practice will conclude with various discussions preparing the rowers for their next competitive season including information on goal setting, sports nutrition, practice/race preparation, visualization and mental toughness. Questions/answer sessions will also be available on topics such as the collegiate recruiting process and what it takes to "get noticed" by coaches, as well as what a typical day looks like for a collegiate rower.

Each participant will receive a written evaluation at the end of camp which will help him/her to continue to improve. Cost: \$185

Note: Applicant must have participated in one racing season to apply.

Apply on line at www.fairportcrew.org

Questions: Lee Frost 585-377-3642

Application for Camp– **Deadline Extended until 6/15**

Send your check for \$185 along with this application and the completed Fairport Crew waiver (available at fairportcrew.org) to:

Lee Frost
FCC Rowing Camp
29 Maridana Drive
Fairport, New York 14450

Make your check payable to: **Fairport Crew Club, Inc.**

Name_____

Address_____

City, State, Zip_____

Phone Number_____

Email address_____

Your Rowing Club_____

How many years experience_____

Parent or Guardian_____

Emergency Contact Number_____



Summer Rowing Camp & Clinic 2008