

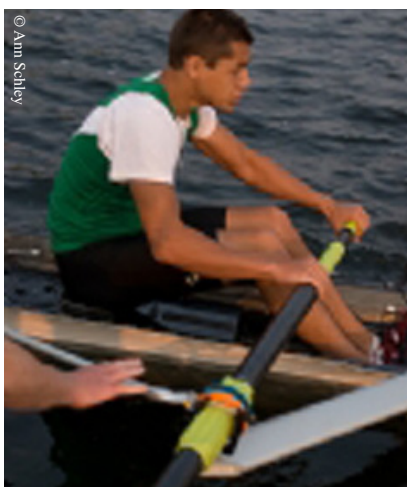
What are you doing this summer?



Minneapolis Rowing Club
Located on the west bank of the Mississippi River

Stay in shape. Have fun.
Excellent cross training for other sports.

Sit Ready... Row!



Learn to Row Camp for High School Athletes Age 13-18

Dates Offered: April 4-5 and May 2-3 possibility of additional camps TBD

Saturday 2-4 pm @ Minneapolis Rowing Club

Sunday 1-2 pm @ University of MN Boathouse

Prior to joining the MRC Junior Team, athletes must complete this two-day camp to learn about the sport and try it out.

At Learn to Row Camp on Saturday athletes meet at the Minneapolis Rowing Club boathouse from 2-4 pm where they'll be introduced to the basics of rowing through hands on training on a rowing machine (erg). While touring the boathouse, students will learn to move a 60' long eight person shell and get the feel of a 10' oar. Boathouse and water safety basics will be presented.

On Sunday athletes meet at the University of MN boathouse from 1-2 pm to "row" in the U's indoor rowing tank—the only one in the state. Here students will practice the full rowing stroke, pulling an oar through the water, while pushing with their legs and balancing on a sliding seat.

Dress for the weather. You'll be outside as well as indoors. Wear a T-shirt, shorts, and workout shoes (with socks) for indoor activities. Shorts and shirt should be close fitting. Baggy clothing can get caught in the seat wheels. Bring a filled water bottle.

Cost: \$80 (nonrefundable)

Register Now www.mplsrowing.org

Space is limited to 30 participants per camp.

LTR Camp Locations:

Minneapolis Rowing Club Boathouse, 2968 West River Parkway, Mpls., MN 55406. The boathouse is located on the west side of the Mississippi River, under the Lake Street Bridge, about 1 1/2 miles southeast of downtown Minneapolis. Park in the neighborhood above, not on the Parkway, and walk down the service road to the boathouse.

University of MN Boathouse is located on the east side of the river in East River Flats Park. The park is accessible from East River Parkway just south of Washington Avenue in Minneapolis. There is no parking at the boathouse. There is a metered lot as you drive in. Changing rooms are not available. Dress for rowing.

Once athletes complete a LTR Camp, they may sign up to become MRC Junior members and register to join the Junior Team. Summer season is May 5 through August 22. Participants must begin practice **no later than June 15**. Fall season is August 31 through October 18th.

Questions? Contact the Junior Team Head Coach:
Janet LaMere 612 202-2644 or j.lamere@earthlink.net

The Minneapolis Rowing Club Junior Team summer and fall programs offer area high school students the opportunity to become lifelong rowers and to be competitive athletes in both scull and sweep rowing.

- Training by experienced coaches, who are also championship rowers
- Row with some of the top high school rowers in the country
- Learn training methods for best athletic performance
- Compete at Midwest, national, and international regatta's
- With MRC large fleet train in various kinds of rowing shells

To learn more about the Minneapolis Rowing Club and MRC Junior Team visit: www.mplsrowing.org