



**JOIN CREW CAMP TODAY AND
RESERVE YOUR SPOT ON THE WATER**

Camp Information

Dates: July 11th-15th

Time: 9am-12pm

Grades: 7th-12th

Sign up today at

www.SeahawksSportsCamps.com

Any questions or concerns,
please contact Steve Forbes at
sforbes@csh.k12.ny.us

About our camp

This one-week camp will cater to all athletes interested in learning about the sport of rowing and those who want to better their skills. The camp will be broken down into two groups; novice and experienced. Novice rowers will learn the basics of rowing: boat handling, parts of the boat, basic stroke and technique, etc. Novice rowers will also spend time on the ergometers (rowing machines) to help with basic technique. It's the goal to have all novice rowers spend time in a boat on the water at some point during the camp. Experienced rowers will be able to improve on their current skills through drills and video, and will spend a majority of their time on the water.