

JR/JR B Competitive
June 29th-August 14th
6:00 am – 8:00 am, M-F
Cost \$190

Note: JR/JR B rowers have the option to participate in the Royal Canadian Henley regatta held August 3rd – 8th. All participants are encouraged to attend. The costs for this trip is not included in seasonal dues. There is NO PRACTICE for anyone not attending.

SR/SR B Competitive
June 22nd-August 7th
6:00 pm – 8:00 pm, M/W/F
Cost \$110

Note: Program is run with the same format as the JR/JR B Competitive.

SWEEP CAMP
Session I – June 29th – July 17th
Session II – July 20th – August 7th
Session III – August 10th – August 28th
8:30 – 10:30, M-F
Cost \$110 per session

Note: Participants can choose to do a single session or multiple sessions, at a discounted rate. If a participant is unable to attend a piece of either session, that missed time can be made up in the other session. Prior arrangements must be made if this is something that is of interest.

SCULLING CAMP
Session I – June 29th – July 17th
Session II – July 20th – August 7th
Session III – August 10th – August 28th
8:30 – 10:30, M-F
Cost \$110 per session

Note: Program is run with the same format as the sweep camp.

TRANSPORTATION

Transportation must be provided both to and from practice each day. BHRA takes no responsibility for rower transportation to or from practice.

HEALTH AND INSURANCE

Any illness or injury incurred from or during the summer program is the sole responsibility of the participants and/or their parents or guardians.

NUTRITION

There is no drinkable water or food at the boathouse. Please come with a water bottle and a snack every day for practice, regardless of the weather.

UNIFORMS

The BHRA unisuit will be changing starting Summer 2009. All rowers competing at any race starting July 1st for Burnt Hills, will be required to purchase the new style unisuit. Order forms will be available starting June 29th, the first day of summer practice. For more information, ask one of the coaches.

HAZARDOUS CONDITIONS

Unfortunately, due to the nature of this sport, we sometimes have to deal with poor weather conditions. We generally use email to communicate any cancellation of a practice, and will also post a note on the boathouse door. If weather conditions prevent rowing, practice will be cancelled.

Burnt Hills Rowing Assoc.
PO Box 248
Burnt Hills, NY 12027
Phone: 518-384-2472
Cell: 518-369-7868
Headcoach@burnthillsrowing.com

Burnt Hills Rowing Association

Summer 2009



JR/JR B Competitive
June 29th – August 14th

SR/SR B Competitive
June 22nd – August 7th

Sweep Camp – Session I
June 29th – July 17th

Sweep Camp – Session II
July 20th – August 7th

Sweep Camp – Session III
August 10th – August 29th

Sculling Camp – Session I
June 29th – July 17th

Sculling Camp – Session II
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Sculling Camp – Session III
August 10th – August 28th

Competitive Program

Description

JR/JR B: The JR/JR B program is intended for rowers with prior experience in sweep rowing. It is open to all freshman and varsity rowers, and any middle school rower with sweep rowing experience. Participants in the JR/JR B program will use various sized boats, including eights, fours, double/pair's and singles. The focus in the JR/JR B program is to stay in shape and prepare the participants for competition throughout the summer. Rowers in this program will be encouraged to participate in the Canadian Henley Regatta, held August 3rd through 8th. There will not be practice this week for anyone not attending the event. Cost of this event is not included in the summer dues. **Please note, anyone aged 18 or older must have a passport to travel to Canada, which included rowers AND chaperones. If you are under 18, only a birth certificate is required.**

SR/SR B: The SR/SR B program is intended for rowers who have graduated from high school but are under the age of 27. Participants in this program will use various sized boats, 3 evenings a week, with the intention on racing at the 2009 Canadian Henley Regatta. Although racing is not a requirement, it is a highly recommended part of this program. Prior rowing experience at Burnt Hills is NOT required, as this program is open to anyone within the age group. Cost of the Henley is not included in the summer dues. **Please note, anyone over the age of 18 will need a passport as of June 1st to travel into Canada.**

Note: Variations to the program guidelines must be approved. Please contact Mike Meier at headcoach@burnthillsrowing.com with any questions regarding program registration.

GOALS

The Burnt Hills Summer Rowing programs are formed with the following intentions:

- 1) Provide a fun environment to promote the sport of rowing.
- 2) Improve the skills and knowledge of our current rowers.
- 3) Introduce rowing to inexperienced youth in the surrounding communities.



How To Register:

To register for one of the summer rowing programs, please complete the enclosed forms, and mail with payment to:

BHRA
PO Box 248
Burnt Hills, NY 12027

All registration forms and payments are due no later than JUNE 12TH, 2009.

In order to provide quality coaching and equipment, BHRA must charge dues for every season. We attempt to keep dues to a minimum, and understand that some may face difficulty affording these programs at times. As always, if you would like to make payment arrangements, please contact the BHRA president, Martha Flacke, at President@burnthillsrowing.com.

Sweep/Sculling Camp Description

Sweep: The sweep program is intended for either new or returning rowers entering 9th grade or higher OR any rower who has already taken a sculling camp in the current calendar year. The focus of the practices will be to improve the strength, technique and knowledge of the participants. Those interested do not need to have any rowing experience. This is a great program for our 8th graders moving up to the freshman program in the fall or any person interested in trying the sport for the first time. If you think your rowing technique needs some work, this is the place for you. There are 3 sessions available to choose from, with a discount if you wish to do more than one session. The program is flexible around vacation schedules, but prior arrangements must be made in advance.

Sculling: The sculling program, like the sweep program, is intended for either new or returning rowers. This program although intended for middle school students, we can accommodate any age group. The focus of this program is an introduction to rowing, with a concentration on the technical aspect of the sport in the sculling boats. If you are a new middle school rower or a high school rower who would like to better your knowledge in the sculling boats, this program is for you. Emphasis will be placed on drill work and increasing the knowledge base of the participants involved. This is a great supplement to our modified program offered in the Fall and Spring seasons.

Note: Variations to the program guidelines must be approved. Please contact Mike Meier at headcoach@burnthillsrowing.com with any questions regarding program registration.