

A note from Head Coach Volodar Lojko and the NRR Coaching Staff

Attention NRR Youth, Family and Friends -

Mark your calendars and join us at the NRR site Saturday, August 13 for **Sprints on the 'Sink 2011**, a summer rowing challenge for youth rowers from our Advanced, Intermediate and Racing programs.

We invite you to take part in this friendly competition among rowers of similar experience levels. There will be singles, doubles and quads with boys, girls and mixed crews racing on a 1-1.5k course. Racing starts at 7 am.

Rowers can race in up to 2 events.

Winners in each will be awarded medals.

All racers receive special 2011 **Sprints on the 'Sink** T-shirts.

Family, friends, NRR rowers and other spectators welcome.

If you have any questions please contact Susan at nrrnews@gmail.com

If you want to race on Saturday, August 13, please complete and return the form below-the sooner the better, but definitely **no later than Friday, August 5th**.

SPRINTS ON THE 'SINK Saturday August 13, 2010

Sign up Form

Cut and paste completed info to separate email or attach and send to Susan at nrrnews@gmail.com

NAME:

EMAIL ADDRESS:

PHONE (Where we're most likely to reach you):

AGE:

PROGRAM(S) YOU TOOK THIS SUMMER:

Male or Female

CATEGORIES you would like to race in.

Put X in space provided for all that apply (You can race two times). If you have a set crew, please include names of your boat mates.

___ Single (1x)

___ Girls or Boys Double (2x) with ___[name] ___

___ Girls or Boys Double (2x) any line up

___ Mixed (m/f) Double (2x) with ___[name] ___

___ Mixed (m/f) Double (2x) any line up

___ Girls or Boys Quad (4x) with ___[name]___, ___[name]___, ___[name]___,

___ Girls or Boys Quad (4x) any line up

___ Mixed (m/f) Quad (4x) with ___[name]___, ___[name]___, ___[name]___,

___ Mixed (m/f) Quad (4x) any line up

Comments, questions or requests: