

2017 Two-Day Sculling Intensive Program

Questions? Call Operations Manager 732.784.3008 or email:
nroperations@gmail.com



◀ 2017 Two-Day Sculling Intensive ▶

FOR:

- **Youth Sweep Rowers** (14-18 years old) who want to enroll in NRR Summer Youth programs at the Intermediate Racing Level but need to learn to scull or to improve their sculling skills first.
- **College Student Members** with sweep experience - to prepare for the switch to sculling in singles for the summer.

Two 2-hour sessions, most often on consecutive days, during the weeks before Summer Youth Programs begin (see dates and times below); also available on a limited basis, by appointment, after July 1

Must have at least 1 recent season of sweep rowing - in a boat. Youth who have only rowed indoors or on a barge or at a 1 or 2-week sweep rowing camp during a previous summer are best served by our Novice Youth Program.

DEVELOP A NEW SKILL WITHOUT STARTING AT SQUARE ONE

Building on existing knowledge and abilities as a sweep rower, youth and/or college rowers move quickly through the basics of sculling. The program prepares them to:

- row successfully in NRR Intermediate and Summer Racing Youth Programs
- scull safely on their own as a NRR college student member and/or in multiple seat boats with other scullers

DATES & TIMES:

May 18 and 19, 8-10am • May 23 and 24 4-6pm • May 30 and May 31, 10am - noon •
May 30 and May 31, 4-6pm • June 3 and 4, 10am - noon • June 6 and 7, 10am - noon •
June 6 and 7, 4- 6pm • June 10 and 11, 6:30-8:30am • June 10 and 11, 10am – noon •

FEE: \$60 if you are signing up for another NRR program or membership. **\$100** for sculling intensive program alone.

***Adults** - NRR offers Learn-to-Row programs for beginners and refresher sessions for relatively new scullers who want to sharpen skills at the start of a new season. Info and registration links are available at <http://www.navesinkriverrowing.org>

TO REGISTER FOR THIS PROGRAM, GO TO: www.RegattaCentral.com
Click on CLUBS; scroll down to Navesink River Rowing
Under the PROGRAMS tab, select Sculling Intensive, then follow prompts.

Questions about registration: Contact Operations Manager
Email: nroperations@gmail.com
Phone: 732.784.3008