

Youth Learn To Row Camps - Summer 2024

WHEN: June 10-14; June 24-28 ; July 15-19 (All Camps 7:30-10:30 am)

WHO: Youth ages 10 -18

WHERE: Ditto Landing (35803)

Take the Parkway south to Hobbs Island Rd. (left), Ditto Landing (right), at first intersection take a (right), follow this road, Aldridge Creek, to the Boat Enclosure on the left. Signs will be in place. During inclement weather we will meet at the Pavilion nearest the River.



What should I wear/bring?

Exercise clothes- (no baggy or loose shorts) running shoes, sunscreen, sunglasses, hat or visor, water bottle.

What will I be doing?

Day One

- US Rowing safety video
- Rowing history, terminology
- Introduction to rowing on ergs
- Equipment- handling & preparation
- Rowing - dockside & on water

Day Two

- Discussion topic:
 - Physiology of Rowing
- Rowing - on Water
- Cool Down, Q & A, Review

Day Three

- Discussion topic:
 - Nutrition for Sport
- Rowing - on Water
- Cool Down, Q & A, Review

Day Four

- Discussion topic:
 - College Scholarships
- Rowing - on Water
- Cool Down, Q & A, Review

Day Five

- Discussion Topic:
 - Programs, Olympics
- Rowing - on Water
- Cool Down, Q & A, Review

What is provided?

- T – Shirt, Water, Free Rowing for the rest of summer!

Contact:

- Jeffrey Coy - Director/Head Coach - 256-289-3359
- Email: director@rowhuntsville.com
- Website: <http://www.rowhuntsville.com>