

## Youth Learn To Row Camps - Summer 2026

**WHEN:** Two Camps: June 15-19 and July 13-17 (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 & cost?

- Cost \$ 85 - T – Shirt, Water, Free Rowing for the rest of summer during scheduled times!

### Contact:

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