



# 2011 Summer Rowing Programs

## Adults

## H.S. students

**NATIONAL LEARN TO ROW DAY**  
For adults and teens with no previous rowing experience. A great **2 HOUR** introduction to the sport.  
**Saturday, June 4<sup>th</sup> 10 A.M. Free!**

**Adult and Teen Learn To Row**  
(8 – sessions) – Mondays and Wednesdays  
6-8 PM.  
For adults and teens with no experience or minimal experience. Our coaches will ‘boat’ you according to your experience and skill level. “Graduates” of this program can either choose to continue rowing recreationally or join the competitive teams.  
Cost \$150  
  
Session I June 13<sup>th</sup> – July 6<sup>th</sup>  
Session II July 11<sup>th</sup> – August 3<sup>rd</sup>

Register and Pay Online

**H.S. Development Camp**  
Experienced H.S. athletes  
M-F 4 p.m. – 6 p.m.  
Cost: \$175 (per session)  
**2 Week Session Dates**  
Session I June 27<sup>th</sup> – July 8<sup>th</sup>  
Session II July 11<sup>th</sup> – July 22<sup>nd</sup>

**H.S. Sculling Camp**  
(No sculling experience needed)  
M-F 4 p.m. – 6:00 p.m.  
Cost: \$125 (per session)  
*Space is limited*  
**1 Week Session Dates**  
Session July 25<sup>th</sup> – July 29<sup>th</sup>

**Masters Program**  
For experienced rowers – men or women age 27 +  
SCRC Membership \$400  
Masters racing teams pay an additional coaching fee

**Jr. Competitive Camp**  
  
Experienced H.S. athletes  
June 27<sup>th</sup> – July 22<sup>nd</sup>  
M-F 7:00 a.m. – 9:00 a.m.  
Cost \$300  
*Athletes will race at Philadelphia Youth Regatta*

## Youth

**Youth Learn to Row**  
Youth Ages 10-14  
M-TH 9:00 a.m. – 10:30 a.m.  
Three week program: Cost: \$150  
Indicate preferred **time** and **session**.  
**3 Week Session Dates**  
Session I June 27 – July 14  
Session II July 18 – August 4

**H.S. All-Stars**  
  
Experienced H.S. athletes  
June 27<sup>th</sup> – Aug 6<sup>th</sup>  
M-F 7:00 a.m. – 9:00 a.m.  
Cost \$400  
*By invitation only*

## College

**Collegiate Rowers**  
Cost - \$125  
June 27<sup>th</sup>- August 4<sup>th</sup>  
M,W,TH 5-7 p.m.  
Contact: nscholz@scsd.us



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**Contact SCRC**  
Information and Registration @  
[www.chargersrow.org](http://www.chargersrow.org) or contact Nick Scholz at  
nscholz@scsd.us or (315) 256-1875

**Register:**  
1. **Website** - [www.chargersrow.org](http://www.chargersrow.org)  
2. **Mail** – (Print off of website and mail to P.O.box)  
3. **Sign-up night** - MONDAY June 6<sup>th</sup> @ 6 p.m, at SCRC Boathouse

## *Syracuse Chargers Rowing Club (SCRC)*

**Established in 1972**

**Mission:** Our mission is to provide an opportunity for all members of the community to enjoy the sport of rowing regardless of age, race, gender, or economic status.

**President:** Robert O'leary

**Vice Presidents:** Larry Laszlo, Paul Sansoucy,

**Program Director:** Nickolas Scholz

**Contact:** nscholz@scsd.us

**Website:** [www.chargersrow.org](http://www.chargersrow.org)

**Location:**



**What to Wear:** Be prepared for all types of weather including rain. We will still have practices in the rain, but not in lightning and thunder. Form fitting clothing is helpful. No loose shorts. Sunscreen. Athletic wear that allows for movement. A pair of socks for inside the boat.