Summer 2009

June 22- August 14, 2009

FEE $475

Family rate: $375 for second rower and $275 for each successive rower

SELECT CLASS

YOUTH Development: For rowers who rowed in their school or club novice squad this spring. This program designed to give experienced rowers of all abilities and skill levels an opportunity to improve their rowing technique. Emphasis will be on improving technique and raising fitness levels. The Squad will attend some of the summer competitions at the coach's discretion.

___ **Monday - Friday, 9:00 – 11:00 am**

YOUTH Competitive: For rowers who rowed on the Varsity or Junior Varsity squad for their school or club this spring. The session is designed to be a high intensity training and racing program meeting five to ten times a week with some practices on the weekends.

___ **Monday – Friday, 6:30 – 8:30 am**

ROWER INFO

Name: _____

Address: _____

Home Tel.: _____ Rower's cell: _____

Mother's Name: _____ cell phone#:_____

Father's Name:_____ cell phone#:_____

Primary Email:_____

Date of Birth _____/_____/_____ School_____ Year of Grad_____

Please describe previous rowing experience_____

Please indicate if you will be available on the following dates (availability does not guarantee a seat in a boat):

____ **July 3-5 Independence Day Regatta, Philadelphia PA.**

____**July 18 Philadelphia Youth Regatta, Philadelphia, PA.**

If registering by mail, please send completed form and check (payable to "PCRA") to Brian Brunelle, Executive Director, PCRA, Daronco Town House, 20 Fifth Avenue, Pelham, NY 10803

TO BE FILLED OUT BY PCRA:

____ Cash
____ Check Check No. _____

____ Swim Test
____ Waiver