

DC National Rowing Club Summer Programs 2021

Competitive

Practice dates/times: M-F 4:30-7:00, Saturday 9:00-12:00 and mornings (virtual) Tu + Th 7:00-7:45

Dates: June 16-July 18th

Races: July 2-3 Independence Day Regatta (Philadelphia), July 13-18 Club Nationals (Camden, NJ)

Cost: \$800 (transportation and hotels for races not included)

The competitive program is open to rowers who have at least one season of experience under their belts. The program will be focused on preparing rowers to compete and excel at the two high level races we will be attending. To that end we will concentrate on improving our rowers' technique, strength and conditioning and mental game. Full attendance is expected of rowers who sign up for this program. This is open to graduating seniors.

Learn to row

Dates and times:

LTR 1 June 19-June 20 1PM-5PM

LTR 2 July 24-25 1PM-5PM

LTR 3 August 2-5 4:30-6:30 PM

LTR 4 August 21-22 1-5 PM

These camps offer participants an introduction to the sport of rowing. This program is for rising 8-11th graders that want to try out something new, be on the water, stay fit, and ignite a spark for rowing before joining us in August for the Fall Season. This is a great way for athletes to get to know the team, the coaches, and learn the basics of rowing before the start of the Fall Season. Rowers who participate in the learn to row will also be able to participate in our technique camps.