

Brockville Rowing Club
2017 Summer Camp Sessions Dates & Times

Traditional Camp

- **Mornings only 8:30-noon.**
- July 3-7
- July 10-14
- July 17-21
- July 24-28

Sculling Camp

- **Afternoons only 12:30-4:00**
- July 3-7
- July 10-14
- July 17-21
- Jul 24-28
- **Mornings 8:30-noon or
afternoons 12:30-4:00.**
- July 31-August4
- August 14-18
- August 21-25

Brockville Rowing Club

Summer Camp Comparison

Traditional Camp

- 25-30 participants
- 1:9 coach to participant ratio
- Sweep rowing in 8 man boats
- Ideal for first time and younger campers
- Emphasis on **fun** and skill development

Sculling Camp

- Maximum of 6 participants
- 1:3 coach to participant ratio
- Sculling in 1 man boats
- Ideal for older, taller and more experienced campers looking for more of a challenge
- Emphasis on **skill development** and fun

Brockville Rowing Club

Summer Camp Comparison

Traditional Camp

- Low work requirement
- Goal is to initiate campers to rowing technique and team rowing
- 3.5 hours per day Monday thru Friday
- Mornings 8:30 -noon
- Weeks of July 3-7,10-14,17-21 and 24-28.
- 1 week and 2 week sessions available.

Sculling Camp

- Moderate work requirement
- Goal is to develop technical skill and competency in a 1 man boat as per RCA and LTAD model.
- 3.5 hours per day Monday thru Friday.
- Afternoons 12:30-4:00 p.m.
- Weeks of July 3-7,10-14, 17-21 and 24-28.

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Summer Camp Comparison

Traditional Camp

- 1 week \$200.
- 2 weeks \$300.

Sculling Camp

- Mornings 8:30-noon or afternoons 12:30-4:00.
- Weeks of July 31-August 4, August 14-18 and 21-25.
- 1 week \$300.
- Additional weeks/sessions \$200 per week.
- Multiple week sessions available.