

SDRC HIGH PERFORMANCE CAMP

Summer Training for Ambitious Athletes



THIS SUMMER, IMPROVE THE WAY YOU TRAIN

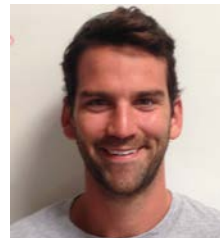
The Program Provides: A Structured Water, Erg, and Weight Lifting Schedule. Video Review. Sweep and Sculling. Personal Goal Setting. Improvement Testing. Better-Self-Better-Team Philosophy.

Coaches:

Benton Sparks



Patrick Hurley



Dates: June 18th-June 29th; July 9th-Aug 17th (8 weeks, no practice week of July 4th)

Athletes: 1 year experience for rowers entering 9th grade through College.

Schedule: Mornings: 6-8 a.m. M,T,W,F
Evenings: 4-6 p.m. M,T,TH
Weekend: 8:30-10:30 a.m. Saturday

Rates: Full Camp = \$700 1 week = \$100

Contact: To register or for more info, contact;
Program Director Patrick Hurley
(858) 488-1893
patrick@sandiegrowing.org

See You At The Boathouse!