

Three Rivers Rowing

2009 Competitive Sweep Summer Rowing Program

Boys Program



Three Rivers
Rowing
Association



- When:** June 1-13 Pre-Camp Coached Erg-Sessions for Available Athletes
June 15 through July 20 Camp (about 8 practices a week)
- Who:** Junior A (19 & Under) and Junior B (16 & Under) Camps Offered
High School Rowers (including seniors)
- Where:** Three Rivers Rowing, Pittsburgh, PA (contact us regarding housing options)
- What Races:** Independence Day Regatta, Philadelphia, PA July 3-5
USRowing National Championships, Oak Ridge, TN July 15-19
- Why:** To gain valuable racing and rowing experience. Past participants are now at:
STANFORD TRINITY COLLEGE WISCONSIN CORNELL PENN
SYRACUSE NORTHEASTERN CLEMSON OHIO ST
HARVARD BUCKNELL MARIETTA OHIO STATE
- How Much:** \$400 fee includes registration, coaching, uniform (\$30 for Pre-Camp)
(does not include out of town regatta travel costs – see website for estimated costs)
- 2008 Coaches:** Sean Healey, Cornell University Lightweight Rowing Coach
2009 Not Announced: Jesse Foglia, Fox Chapel HS Boys Head Coach
Justin Stangel, Oxford University
- Race Results:** A8+ WON IDR & Grand Final Finish in Junior A 8+ at US Nationals in 2007
A8+'s finished 2nd and 5th at IDR and top boat finished 5th at US Nationals in 2008
B4+ won Bronze at US Club Nationals in 2008

Please call or email Rick Brown for more information or visit the Three Rivers Rowing website:
rickbrown@threeriversrowing.org, 412-821-1710, www.threeriversrowing.org