



Bishop O'Connell High School CREW

Summer Learn-to-Row Camp

Learn rowing at our summer camp! No previous experience is needed. Must be competent swimmer. The camp will run for a half-day Tuesday, Wednesday and Thursday. Sign up information below.

Camp Dates: 28 – 30 July 2020

Location: Thompson Boat Center, 2900 Virginia Ave NW, Washington DC 20037

Cost: \$300/session with \$50 credit toward fall dues, if you join the team

Ages: Rising 7th through 10th graders (13 – 16yrs)

Sign-up:

- o Email crew@bishopoconnell.org, subject: **DJO CREW Camp**, include name of rower, age, grade & school for fall, and a statement that they are able to swim in text of the email.
- o Request a link to pay invoice or include photo of check/check # and send check payable to: **DJO Crew Boosters** BOX 65556, Falls Church, VA 22040-6556
- o Email

What to expect: On the water to learn all the parts of a boat, the different boats being used in our program, to launch from the dock and land afterwards, and learn how to row. We will teach in 8+ boats. This is the most common large boat category at the High School, Club, College, and National/Olympic level => <https://www.youtube.com/watch?v=S4dqTbmdfSM>.

On land to learn to utilize an erg and other workouts they could expect if they choose to join the team for the Fall season/camp <https://www.youtube.com/watch?v=l9r6bXOvepU>

Coaches: Lisa Dorn - Varsity Boy's Head Coach, Dan Brisson - Varsity Girl's Head Coach and current DJO team members will be there as assistants. Meet other incoming/returning Bishop O'Connell students.

