

**XAVIER PREP CREW**  
**LEARN TO ROW – SUMMER 2010**

**Introduction to Rowing:** Class will be taught at the Marina at Tempe Town Lake.

This is a 2 day class, 3 hours each day, that will take place at the Marina on Tempe Town Lake. We will use both the rowing barge and rowing machines (ergometer) to teach you the basics of rowing.

**Learn to Row:** Class is a continuation of Intro to Rowing and will be taught at Xavier Prep Crew's Boathouse.

This is a 5 day class, 2 ½ hours each day, and is the follow up to the Introduction to Rowing. You will be shown a safety video, taught boat handling skills and row in the Xavier Prep Crew racing shells. You must take the Introduction to Rowing class prior to this class (unless granted permission from the coaching staff) and complete a float test.

**Coached by Xavier Prep Crew Coaches and Athletes.**

**\*\*ALL LEARN TO ROW STUDENTS MUST BE 13 YEARS OF AGE BY 06/01/10\*\***

**\*\*ALL LEARN TO ROW STUDENTS MUST PASS A FLOAT TEST\*\***

**\*\*PARTICIPANTS ARE RESPONSIBLE FOR THEIR OWN TRANSPORTATION\*\***

**CLASS SCHEDULE**

Note: All classes take place in the afternoon between 3:30 and 6:30

<b>Introduction to Rowing:</b> <b>\$35</b>
<b>1A</b> – June 7 <sup>th</sup> & 9 <sup>th</sup>
<b>1B</b> – June 14 <sup>th</sup> & 16 <sup>th</sup>
<b>1C</b> – August 2 <sup>nd</sup> & 4 <sup>th</sup>
<b>1D</b> – August 16 <sup>th</sup> & 18 <sup>th</sup>

<b>Learn to Row:</b> <b>(must have completed Intro to Rowing)</b> <b>\$85</b>
<b>2A</b> – June 21 <sup>st</sup> – 25 <sup>th</sup>
<b>2B</b> – July 26 <sup>th</sup> – 30 <sup>th</sup>
<b>2C</b> – August 23 <sup>rd</sup> – 27 <sup>th</sup>

(PLEASE DETACH AND SEND IN LOWER PORTION WITH YOUR PAYMENT)

Please check class(es) you are taking.

**Learn to Row 1:**

- \_\_\_ **1A** – June 7<sup>th</sup> & 9<sup>th</sup>  
\_\_\_ **1B** – June 14<sup>th</sup> & 16<sup>th</sup>  
\_\_\_ **1C** – August 2<sup>nd</sup> & 4<sup>th</sup>  
\_\_\_ **1D** – August 16<sup>th</sup> & 18<sup>th</sup>

**Learn to Row 2:**

- (must have completed LTR 1)**  
\_\_\_ **2A** – June 21<sup>st</sup> – 25<sup>th</sup>  
\_\_\_ **2B** – July 26<sup>th</sup> – 30<sup>th</sup>  
\_\_\_ **2C** – August 23<sup>rd</sup> – 27<sup>th</sup>

NAME \_\_\_\_\_ GRADE ENTERING \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_ T-SHIRT SIZE (adult) \_\_\_\_\_

PARENT NAME \_\_\_\_\_

PARENT E-MAIL \_\_\_\_\_ PHONE \_\_\_\_\_

ROWER E-MAIL \_\_\_\_\_ PHONE \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_ PHONE \_\_\_\_\_

Make checks payable to Xavier Prep Crew and mail to 8723 E Camelback Rd, Scottsdale, AZ 85251.  
For more information: Visit [www.xavierpreprew.net](http://www.xavierpreprew.net) or email Lori Garvey at [lgarvey@msd38.org](mailto:lgarvey@msd38.org).