

**XAVIER PREP CREW**  
**LEARN TO ROW – SUMMER 2011**

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

Xavier Prep Crew's coaches use a positive setting to encourage the LTR participants and help them understand the appropriate rules, techniques and importance of working together to achieve a positive goal. The training barge will be used.

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

Xavier Prep Crew's coaches will continue their encouragement of all rowers in a positive setting and again stress the importance of achieving a positive goal together. Rowers will continue to advance and develop their teamwork skills, boat/equipment handling skills, rowing skills and will learn to work together as a CREW. They will have the opportunity to row in the Xavier shells (boats) as well as learn to take direction from the Coxswain.

**\*\*ALL LEARN TO ROW STUDENTS MUST BE 13 YEARS OF AGE BY 06/01/11\*\***

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

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

**CLASS SCHEDULE**

(All Classes will be held from 4 – 6:30 P.M.)

**Introduction to Rowing:**

**1B** – July 19 & 21

**1C** – August 2 & 4

**Learn to Row:**

**(must have completed  
Introduction to Rowing)**

**1A**-August 9,11,16 & 17

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

Please check class(s) you are taking. One class - \$85.00; two classes - \$135.00

**Learn to Row 1:**

\_\_\_\_ **1B** – July 19 & 21

\_\_\_\_ **1C** – August 2 & 4

**Learn to Row 2:**

**(must have completed LTR 1)**

\_\_\_\_ **1A** – August 9,11,16 & 17

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 Stephanie Altdoerffer at 2151 E. Electra Lane, Phoenix, AZ 85024.**