

*join the crew!*

# ROW WITH OUR NATIONALLY COMPETITIVE YOUTH TEAM!

★ CAMP RANDALL ROWING CLUB IS RECRUITING HIGH SCHOOL BOYS & GIRLS FOR THE FALL 2019 SEASON

CAMPRANDALLRC.ORG

FACEBOOK: CAMP RANDALL ROWING CLUB

INSTAGRAM: @CAMPRANDALLRC

TWITTER: @ROWCRRRC

*Bring a National Championship to Madison!*

## ★ INTRO ROWING SESSIONS

- Join other high schoolers new to rowing to learn fundamentals of the sport
- Row in an 8-person shell (boat) on Lake Monona
- Meet CRRRC coaches & athletes
- **2 options to attend (pick 1 or both):**
  - **Sunday August 25 from 3 - 5 pm**
  - **Wednesday August 28 from 12 - 2 pm**
- No experience needed
- FREE to attend
- Parents welcome to come meet CRRRC parents & learn about the team

## ★ TEAM TRIAL

- **2-week FREE trial with the team**
- We want you in the boat! Learn how to row with the Novice (1st year) boys/girls team
- 1st fall season practice is Tuesday September 3rd at 4:30pm
- Team practices M-F 4:30 - 6:30 pm and Saturday 7 - 9:30 am
- Team trial period can start 9/3 thru 10/5, or after 11/5

**NEVER ROWED BEFORE? READY TO TRY A NEW SPORT?  
FIND OUT IF ROWING IS A GOOD FIT FOR YOU.  
YOU COULD BE RACING WITH CRRRC BY OCTOBER!**

- **NO EXPERIENCE NECESSARY!**
- **Are you the next Olympic rower? Let's find out. Try rowing with Camp Randall Rowing Club!**
- **Rowing takes place at Brittingham Boathouse on Monona Bay (617 North Shore Drive)**
- **We recommend bringing a water bottle, hat, sunglasses and sunscreen.**
- **Wear tight fitting athletic or running shorts (like Spandex), a tshirt/tank and sneakers with socks.**
- **Loose clothing could get caught in the seat slides of the boat.**
- **Questions? email/text/call Head Coach Cory Conzemius: [cory.conzemius@camprandalrc.org](mailto:cory.conzemius@camprandalrc.org) or (c) 571-455-3177**
- **Please RSVP to Coach Cory if you can join us for the INTRO SESSION and/or the TEAM TRIAL**

This is not a school sponsored activity