

SAINT IGNATIUS CHICAGO ROWING LEARN-TO-ROW CAMP

FOR RISING 7TH & 8TH GRADERS & HIGH SCHOOL STUDENTS

LEARN-TO-ROW CAMP

The Saint Ignatius Chicago Rowing (SICR) Learn-to-Row Camp is a program designed for the true beginner...no experience necessary! You can select one or all five sessions. The purpose of the Learn to Row Camp is to introduce the sport of rowing in a fun and engaging environment. Participants will begin to develop sound fundamentals and necessary skills including posture, balance, control, timing and touch. They will learn the basics of the rowing terminology, equipment handling and basic in-boat skills relating to body position & movement sequencing.

Founded in 1996, Saint Ignatius Chicago Rowing is the largest coed sport at Saint Ignatius College Prep and one of two teams that compete nationally. Approximately 1 in 15 freshmen partake in the novice co-ed program. There are three squads, Novice Girls & Boys, Varsity Girls and Varsity Boys. SICR rowers have gone on to row and study at preeminent institutions across the country.

Rowing is the oldest intercollegiate competition in the U.S. and the oldest collegiate rivalry (Harvard vs. Yale). At SICR, that rivalry has become a partnership as Head Varsity Girls Coach Tony Brooks (Harvard), a former Olympic rower, and Head Varsity Boys Coach Len Richards (Yale) team up to coach the Varsity Teams. Head Coach, Tim Simon, rowed for Penn all four years and was elected Captain his senior year by his teammates.

WHO:

For boys and girls entering grades 7-11. No experience, equipment or special clothing required, however rowers will be required to take a swim test to register. A registration link can be found on our website: www.SaintIgnatiusChicagoRowing.org

WHEN:

Monday through Friday, rain or shine.

Session 1: 6/10 - 6/14 (12:30-3pm)

Session 2: 6/17 - 6/21 (12:30-3pm)

Session 3: 6/24 - 6/28 (12:30-3pm)

Session 4: 7/8 - 7/12 (8:30-11am)

Session 5: 7/8 - 7/12 (12:30-3pm)

WHERE:

Eleanor Boathouse Park 571
2754 S Eleanor St, Chicago, IL 60608

COST:

\$200 per week

QUESTIONS:

General Questions Contact:
camps@saintignatiuschicagorowing.org

Rowing Questions, Contact Head Coach, Tim Simon:
tim.simon@saintignatiuschicagorowing.org

 @IGNATIUSCREW

 @SAINTIGNATIUSCREW

 @SAINTIGNATIUSCHICAGOROWING

WWW.SAINTIGNATIUSCHICAGOROWING.ORG

