



Summer Program Information Sheet

The Manhasset Crew Team is excited to offer the following programs for the summer of 2017!

Please contact our director Steve Panzik with any questions.
coachstevepanzik@manhassetcrew.org

Competitive 1: June 12 - July 3 (3 weeks)

Culminates with **Independence Day Regatta** (3 nights) in Philadelphia

**Recommended for rising juniors and seniors

This program is for varsity rowers, and requires a head coach's approval to participate. Practice will be held in the evenings during the end of the school year, then shift to morning practices. This session will introduce rowers to college coaches, high level competition, and the opportunity to race multiple boats/lineups. Pricing includes transportation, food, and lodging at IDR, as well as summer uniform (hat, racing shirt, t-shirt).

Price: \$1,395

Competitive 2: July 6 - July 23 (2 1/2 weeks)

Culminates with **Philadelphia Youth Regatta** (1 night)

Morning practices 8-11 am

This program is a great way to train and get introduced to summer competitive rowing. This session is for ANY experienced rower-you will row in multiple boats and have the opportunity to race in Philadelphia. Pricing includes transportation, food, lodging at Philly Youth Regatta, and summer uniform (hat, racing shirt, t-shirt)

Price: \$1,295

Discount available for multiple competitive registrations as well as siblings

Small Boat Rowing / Joy of Sculling:

2 weeks: June 26 - July 7 & July 10 - July 21 5 -7:30pm

Athletes can fine tune their skill with small boat rowing and sculling. This program will enhance any experienced rowers' technique and teach all how to scull. T-shirt included

**For experienced Rowers

Price:\$695



Middle School Camp

**Open to all rising 7th, 8th, and 9th grade athletes

Learn how to row in a fun environment and prepare yourself for the future. Athletes are introduced to all the different aspects of both on land and water rowing. Parents are invited to watch the fun intra-squad scrimmage on the last day of camp.

Come see what everyone is talking about in the world of rowing.

NO EXPERIENCE NECESSARY.

Price: \$675

June 26-July 7: 4-7pm - middle school and first timers

July 17-Aug 4: 8-11am - middle school and first timers

Aug 7-18 Mornings: 8-11am - middle school and first timers

Summer Coxswain School....Dates to follow.....3 day camp working closely with elite collegiate coxswains on the ins and outs of the coxswain. Raise your game to the next level and your boats to the next level of speed. Learn how to run an efficient practice, and execute the perfect race plan.

Price: \$200

Pre-Season Camp: Aug 21-25 8-11 am...Summer's over, get tuned up and ready for the season. A great way to shake out the cobwebs and get refocused for the Fall. Get tuned up for the season. Recommended for athletes planning on rowing in the fall.

Price: \$295

Official start of Fall: Aug 28th