



Fairmount Rowing Association

2 Boathouse Row
Kelly Drive
Philadelphia, PA 19130
(215) 769-9693
rowing@fairmountrowing.org



Junior ROWING PROGRAM SUMMER 2024

Summer Session: June 17th - July 27th
(Selected athletes may be invited to the Canadian Henley July 28-August 5th)

Programs: U17 Men and Women
U19 Men and Women
Both Sculling and Sweep

Coaches: Molly Konopka, Head Coach, Program Director
(215) 482-3450 Konopka@ea1785.org

Information Meeting & Sign-up: June 11th at 7:00— Fairmount RA Boathouse, #2 Boathouse Row

****Summer Program Fee: \$1200/rower****

*includes FRA membership fee, Coaching, Equipment, and Regatta Entry Fees, Racing Unisuit

**** Lodging and Meals in Canada are paid by the rowers, as are some sharing of gas expenses for your ride**

Racing Schedule: June 28-30 Independence Day Regatta
July 20 Philadelphia Youth Regatta
*July 30-August 4 *Royal Canadian Henley Regatta (if possible)*
(St. Catharines, Ontario, Canada)
(we will leave on July 29th)

***NB – Rowers will be selected for this regatta based on competitive performance through the summer racing season. They should also plan on helping with unloading the trailer on August 5, 2024**

PROGRAM GOALS

To provide a competitive summer sweep and sculling opportunity for experienced, local high school athletes in pursuit of gold medals at regional events, maybe even the Royal Canadian Henley regatta, while introducing rowers to a top-level club in Fairmount Rowing Association.

Our three-regatta race card can provide as much or more racing experience than a HS rower sees from the March to May scholastic season. Those **selected for** the Canadian Henley trip will experience the most competitive and well-organized regatta in North America. All summer regattas have age-bracketed racing for U17 & U19 age groups, and this also applies to Canadian Henley. There is no lightweight rowing for juniors during the summer racing season.

For those freshmen/novices just completing their first spring season of racing, the summer session is a chance to work on technique and skill building, while adding to your racing base.

***Rowers taking part in the program are expected to be at practice sessions! Summer vacations should be planned accordingly. ***

How to Apply:

Please send the attached application form fully completed to Head Coach, Molly Konopka

(Konopka@episcopalacademy.org) by June 10, 2022. All who are interested should be at the meeting on June 11th, 2024

