

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 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 <u>competitive</u> 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 <u>selected for</u> 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

FAIRMOUNT ROWING ASSOCIATION

Summer 2024 Junior Rowing Program - Application

UNISUIT SIZE:	Height	Weight		
Port Stbd	Best 2K Erg:			
NAME:	D	ate of Birth:/_	/ Home	e Ph#
Home Address:			Athlete	Cell Ph#
City			Athlete Email a	ddress:
State	ZIP:			
Coach's name: Coach's Cell:	Cui Control Cui position (ex: 3 seat, Val	oach's E-mail:		
Parental and EMERG	ENCY CONTACT inform	nation:		
1	2			
Home Ph#				
Cell Ph# 1	Ce	ell Ph# 2		
Email of Parent or Gu	ıardian:			
Any Health Issues?_				
In September 2024,	I will be a: Frosh	Soph Ju	unior	Senior
Brief Rowing Backgro	ound:			
				(over>>>)
Summer Job Hours (i	ling Experience:			
	Fair Good Co ool Swimming Test? >>		s No_	
	RRENT US PASSPORT? Ist have a valid US Pass			's Ontario, C

Fairmount Summer Program Dues are \$1200. Checks should be made payable to <u>Fairmount Rowing Association</u> and are due and payable <u>no later than June 21, 2024.</u>