

Winter Rowing Camp Orlando Florida

(The 2011 camp is full)

February 19-25 2012



**TAKING
ROWING TO
THE NEXT
LEVEL!**

Mail Application to:
Winter Rowing camp
Hugo Guardado Henriquez
62 Highland Rd
Central Islip, NY 11722

Prior to attending to the winter camp,
all required health forms, waivers
and payment must be submitted.

TENTATIVE SCHEDULE

MONDAY-FRIDAY 2/20-2/24

8:00 am - 8:30 am	Breakfast
8:45 am - 11:45 am	Water practice
11:45 am - 12:15 pm	Video Review
12:15 pm - 1:15 pm	Lunch
1:15 pm - 3:30pm	Water practice
4:00 pm	Back to the hotel
5:00 pm - 10:30pm	Theme park, Bowling, Movies, Others activities.

SATURDAY 2/25

8:00 am - 8:30 am	Breakfast
8:45 am - 11:45 am	Water practice
11:45 am -12:30 pm	Video Review
12:00 pm -1:00 pm	Lunch
1:00 pm	Back to the hotel
5:00 pm	Departure for New York



**Questions or concerns?
Please email
Coach Hugo Guardado Henriquez:
yo_remo@hotmail.com**

2012 Application

Name: _____

Male____ Female____ Date of Birth____/____/____

Address_____

City_____State_____Zip_____

Home Phone:_____Cell Phone_____

E-mail_____

Us Rowing # _____

Rowing Experience:_____

Parent/Guardian Information

Name_____

Address_____

City_____State_____Zip_____

Telephone_____

Parent's Email_____

I certify that my son/daughter _____

is in good health. My son/daughter will be able to participate in the physical activity required at the WINTER ROWING CAMP. The coaching staff has my permission to provide emergency medical care in the event of sickness or injury to my son/daughter.

Signature_____

Date: _____

Mail Application to: Winter Rowing camp
c/o Hugo Guardado Henriquez,
62 Highland road
Central Islip, NY 11722

2012 WINTER ROWING CAMP FLORIDA

(The 2011 camp is full)



February 19 – February 25

Goals

The **Florida winter Rowing trip** has a two-fold purpose. The first priority of the winter trip training is designed to give each athlete a holistic athletic experience to work with some of the best coaches of all levels! The second priority is to teach them how to improve technique as well as to learn how to apply power on the boat and to help them to make an easy transition back onto the water in the spring. This program is open to all high school rowers of varying levels of experience.



Items to Bring to Camp

It is recommended that everyone bring running shoes and flip flops for practice along with a water bottle, sunscreen, and sunglasses. It is a good idea to bring extra spending money for soft drinks, snacks, and extracurricular activities. When not in a sports session, dress is casual, so bring along your summer clothes. Also, we strongly discourage you from bringing any valuables to the camp. **We are not responsible for lost or stolen items.**

Important for Parents

If you are interested on attending to the camp, please email any of the coaches and all materials will be email to you. Once we have received your application and all material is completed, you will receive a confirmation letter, map and directions, and rules and regulations for the trip. All athletes attending to this camp must be members of US Rowing in good standing. A US Rowing Membership Application must be completed and accepted prior to registration.

Transportation and Hotel

Transportation will be provided to all rowers from the to the hotel as well as to all practices and theme parks and any other extracurricular activities we may be attending. We will be staying as a team and all room assignments will be made in advance by the coaching staff.

Space for this winter program is limited, so please notify the coaching staff soon.

Please visit us @

www.sagamoresummerrowingprogram.org

Health and Insurance

A copy of your child's Health insurance is required for all members attending to this trip. Rowing Insurance will be provided to all members attending to the camp.

Athletes Registration

All forms and payment should be mailed to Coach Hugo's attention at: 62 Highland Rd Central Islip, NY 11722 payment must be received on full by January 15th, 2012.

The tuition for this trip is based on 10 kids per coach, please contact coach Hugo for any question you may have about the cost.

The tuition will cover of the following but the airfare.

Note: Parents are responsible for booking airfares.

- Hotel for 6 days
- Food for 6 days
- Equipment rental for 6 days
- Two Theme park tickets to Orlando's major attractions.
- Insurance
- Car rental for 6 days
- Bowling
- Movie ticket

Contact Information

Hugo Guardado Henriquez: yo_remo@hotmail.com
Martin Alvero: martin_row2k@yahoo.com
Tara Marsigliano: tam.marsig@gmail.com

Questions or concerns?

Please email

Coach Hugo Guardado Henriquez:
yo_remo@hotmail.com