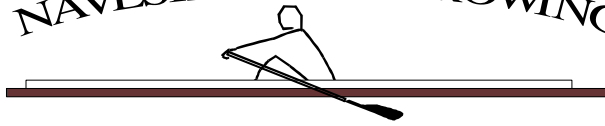


# NAVESINK RIVER ROWING



1983--Celebrating 25 Years Rowing on the Navesink--2008

Located at the end of Maple Ave in Red Bank, NJ

PO Box 6153, Fair Haven, NJ 07704-3303;

732/758-6266

Website: <http://www.navesinkriverrowing.org>

Navesink River Rowing is a non-profit organization dedicated to educating the public about the sport of rowing. We maintain a fleet of boats for members to use from early May through late October and offer *lessons, coaching, and youth programs* in June, July and early August.

## PROGRAMS FOR ADULTS

**Adult Beginner Lessons (\$225):** In four 2-hour lessons, learn the basics of sculling in single, sliding-seat shells. Weekday (June only), weeknight, and weekend classes are available. To keep rowing with NRR after completing your lessons, sign up for a **Beginner Continuation Membership** (see *MEMBERSHIP OPTIONS*).

**Private Lessons, Master's Crew, and "Open" Instructional Rows (NRR Membership required):** Improve sculling technique, build confidence, and/or train for competition. Sessions are scheduled according to member interest and coach availability. Private lessons--\$30 (payable to NRR at time of lesson); Master's Crew—requirements and fees to be determined, Open rows--free with membership.

## YOUTH PROGRAMS

### NOVICE YOUTH PROGRAM (\$250)

- Two-week (5 days/week) beginner course for boys and girls ages 14-18 who have not rowed before.
- Novice rowers are introduced to sculling in quads and doubles. They learn the basics of handling and safely operating rowing equipment both on and off the water, the fundamentals of body positioning and control, plus basic blade work to lay the foundation for a solid sculling stroke.
- We offer this program four times each summer. **Tentative times: 10:45 a.m. to 12:30**

### INTERMEDIATE YOUTH PROGRAM (1 session: \$200; 2 sessions: \$400; 3 sessions: \$500; 4 sessions: \$600)

- Two-week (4 days/week) program for boys and girls ages 14-18 who previously completed a "learn to row" program with at least 8 sessions on the water.
- Building on the sculling fundamentals of blade work and body positioning, the program teaches youth how to replicate the same stroke consistently. Youth start to develop "boat feel" and to work together to replicate a solid stroke at low ratings, building pressure and power to make boats accelerate.
- We have scheduled four 2-week sessions. Youth can sign up for one, two, three, or all four sessions. **Tentative times: 8:45 to 10:30 a.m.**

### ADVANCED YOUTH PROGRAM (\$500)

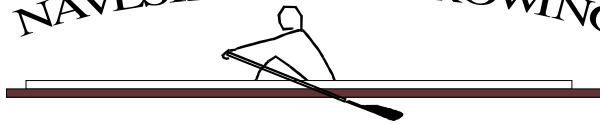
- Seven-week (4 days/ week) rowing program for boys and girls 14 to 19 who have mastered skills taught in NRR's Intermediate Youth Program or who have rowed at least one season at the high school level.
- This program emphasizes team building, advanced drilling, lots of mileage, and competing for racing opportunities.
- The most qualified athletes—based on ability and experience--will be selected to travel to and participate in one or more summer regattas. Those chosen can expect to incur additional costs for regatta fees, travel and other expenses, which are *not* included in the Advanced Youth Program fee.
- Boys meet Monday/Wednesday/Friday/Saturday; Girls meet Tuesday/Thursday/Friday/Saturday. **Tentative times: 6:45 to 8:30 a.m.** (Some Friday and Saturday sessions may meet a bit later).

**FALL YOUTH PROGRAM (\$300--includes regatta fees).** To qualify for this program, youth must row at the intermediate level or above (as determined by past performance and/or coach's assessment) and commit to be at all practices. Emphasis is on training for fall "head race" competition. Days/times will be announced.

Youth pay for programs only. They do not have to sign up for memberships or pay membership fees.

**See reverse for Membership Information**

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## MEMBERSHIP OPTIONS

**BOAT USE MEMBERSHIP:** Entitles adults (over 18) with sculling experience to row NRR-owned shells (appropriate to their skill level), use NRR facilities, and participate in NRR activities for the May-through-October season. (\$300)\*

**Additional Family Member—Boat use:** Pay half price for an additional boat use membership when a family member signs up for a full-price *boat use or private boat owner* membership. (\$150)

**COLLEGE STUDENT BOAT USE MEMBERSHIP—**for college students who want to row NRR-owned shells (appropriate to their skill level), use NRR facilities, and participate in NRR activities while they are home for the summer. They must be 18 or older with sculling experience. (\$200)\*

**BEGINNER CONTINUATION MEMBERSHIP:** This option is for adults who have just completed their *2008 beginner lessons*. After a mandatory orientation session/additional rowing lesson, beginner continuation members may use NRR boats (appropriate to their skill level) and facilities for the rest of the season. (\$200)

**Additional Family Member—Beginner Continuation:** Half price when a family member signs up for a full-price *boat use, private boat owner, or beginner continuation* membership. (\$100)

**PRIVATE BOAT OWNER--PRIVILEGES ONLY:** Entitles individuals to store their privately owned shells on NRR racks and use NRR facilities (\$175).

**PRIVATE BOAT OWNER--PRIVILEGES PLUS NRR BOAT USE.** Rack space and facility access plus occasional use of NRR-owned shells. (\$225)\*

**SUPPORTING MEMBERSHIP--**Receive NRR updates and participate in NRR social functions. (\$35)

## MEMBERSHIP REQUIREMENTS

To be an NRR member, you must 1) fill out and mail in an application and signed waiver, 2) pay applicable fees in full, 3) adhere to all NRR policies and procedures, and 4) fulfill a service requirement. Everyone (except supporting members) is expected to contribute to the upkeep and continued operation of NRR. Service opportunities range from boat maintenance and repair to help with fund raising (and everything in between). Most involve just a few hours of your time.

Before taking out NRR boats, new members must go through a brief orientation and assessment of their sculling abilities. **Refresher sessions** are available for new and returning members who feel a little rusty or who want to re-orient themselves before getting back on the water.

**\*Early sign-up discounts—**for *boat use, college student boat use, and private boat owner--privileges plus NRR boat use* memberships only. \$20 off if you sign up by May 1, 2008. One discount per family

**See reverse for Youth Program and Adult Lesson Information**