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[www.ignatiuswildcats.com](http://www.ignatiuswildcats.com)

# SAINT IGNATIUS CREW



## SUMMER ROWING CAMPS

### Learn to Row Camps

Cost: \$195

Who: Boys & Girls Grades 6-10

Time: 9:00am - 11:00am

When: June 11 - 15

June 25 - 29

July 9 - 13

#### What They Will Learn:

- Fundamentals of rowing stroke
- Boat handling skills
- Other fundamentals of rowing
- Informal "Regatta" to showcase the campers' newfound rowing abilities

### U19/High School/ Junior

Cost: \$395

Who: Experienced rowers under 19 y/o

Time: 5:15pm - 6:45pm

When: June 14 - July 27

Mon - Fri

#### Includes:

- Weekly water practice sessions in addition to land workouts
- To be joined by Andrew Hess (SIHS '08), Asst. Coach at **Columbia University** for the Lightweight Rowing Team

#### Optional: (not included in cost)

- June 29 - July 1: Independence Day Regatta in Philadelphia, PA
- July 28: Michigan Club Invitational Regatta in Ann Arbor, MI

### Technical Rowing Camp

Cost: \$295

Who: U19 & U23 Rowers

Time: 5:45am - 7:15am OR

5:15pm - 6:45pm

When: July 30 - Aug 4

Daily

#### Includes:

- Intensive instruction from Coach Andrew Hess, **Columbia University**
- Daily water practice supplemented with erg sessions, video review, & one-on-one sessions with Coach Hess
- Short seminar with Coach Hess to provide insight, advice, & guidance to aspiring Ivy League School rowers

**All camps are held at:** Cleveland Rowing Foundation  
1003 British Avenue  
Cleveland, OH 44113