



WALNUT HILLS ROWING CLUB-CREW

JOIN OUR 2017 FALL ROWING SEASON WITH QUEEN CITY ROWING CLUB

Become part of our sculling squad and join our successful team of coaches. Compete against some of the best crews in the nation and meet college coaches at regattas for future scholarship opportunities. Open to 6th graders, junior high and high school students.

Where:

- Queen City Rowing Club (QCRC) is located at 5001 Kellogg Ave, Cincinnati OH
- Practices: Monday, Tuesday, Wednesday and Friday 3:30 PM – 5:30 PM at QCRC Rowing Center

Description:

- Rowers will learn to row on Quads (Four person boats), doubles (2) and singles
- Novice boats will race at one regatta in the fall
- Varsity rowers will race in 3 regattas
- Regattas are 5000 meter long
- Practices include running, lifting, erging and other workouts

When:

- Fall season begins September 1st and ends October 27th
- Parent and Rower informational session will be September 1st at QCRC's Rowing Center at 5PM.

Regatta Schedule:

- Head of the Hidden Dragon-Cincinnati 10/21
- Speakmon Memorial – Columbus OH 10/29
- Head of the Hooche – 11/4-5

Cost:

- **\$ 350.00 Includes a \$ 50.00 contribution from a donor that wants to help Walnut Hills grow their new CREW-ROWING CLUB**
- Includes, coaching, boats, launches, transportation of boats to regattas,
- Travel expenses such as hotel, food, regatta fees, uniforms not included
- Liability Insurance
- Boat insurance

Information: Head Coach Pedro Palacios-513-3074265 rowing@nolimitsrowing.com

www.queencityrowing.com