



Summer Camp Form
2021

First Name _____ Middle Name _____

Last Name _____ Age _____ Birthdate _____

Street Address _____ City _____ State _____ Zip _____

Home Phone _____ Rower's cell phone _____

Rower's email _____ Parent's Names _____

Mother's Cell _____ Father's cell _____

Mother's email _____ Father's email _____

School name _____ Year 8th__9th__10th__11th__12th__

Our 1-week summer camp is an intensive introduction to rowing, ages 13 to 18 years old. Focus is on technique as well as improving fitness. In addition to spending time in the boats, athletes will do some land training (using indoor rowing machines, conditioning, and core strengthening).

Camp Schedule

- __ Monday June 28^h -Friday July 2nd
- __ Monday July 12th – Friday July 16th
- __ Monday July 19th – Friday July 23rd
- __ Monday July 26th-Friday July 30th
- __ Monday August 9th-Friday August 13th

Time: 10:30am-2:30pm Fees: \$500

I confirm my child can swim 100 meters in light clothing: Yes/No Signature: _____

I give permission for my child to participate in the GMS Rowing Program.
Signature (Parent or Guardian) _____

PAYMENT (Cash Or Check) - This is non refundable once the course begins, payable to GMS Rowing Center.

Mailing Address: PO Box 1647 New Milford, CT 06776
Boathouse: 172 Grove St. New Milford, CT 06776
860-350-4004 www.gmsrow.com