



TEEN SUMMER CAMP 2023

Name _____ Age _____ Date of Birth _____

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 _____ Grade _____

Our 1-week summer camp is an intensive, yet fun introduction to rowing, ages 13 to 18 years old. The 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 26th -Thursday June 29th or

Monday July 10th – Thursday July 13th or

Monday July 24th- Thursday July 27th

*Fridays will be a makeup day in case of rain.

Time: 10:00am-2:00pm

Fees: \$500.00 per week

Declaration of Health and Swimming Ability:

I confirm my child does not suffer from any known medical or physical condition that might affect him/her during physical exercise.

Yes/No

I confirm my child can swim 100 feet in light clothing: **Yes/No**

I give permission for my child to participate in the GMS Rowing Program

Signature: _____

What to bring: Sneakers & socks, lunch in a cooler, non-disposable water bottle, sunscreen, tight fitting clothing, change of clothing, towel, rain jacket, hat and/or sunglasses.

PAYMENT (Check or Cash) - This is nonrefundable once the program starts. 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