



**TEEN SUMMER CAMP 2024**

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 24th -Thursday June 27th or  
Monday July 8th – Thursday July 11th or  
Monday July 22nd- Thursday July 25th  
\*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 wear/bring:** Tight fitting clothing, sneakers & socks, lunch in a cooler, non-disposable water bottle, sunscreen, 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](http://www.gmsrow.com)