TEEN SUMMER CAMP 2026

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-Friday ____July 6 - July 10 or
____July 20 - July 24 or
____Aug 3 - Aug 7

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
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www.gmsrow.com