



Masters@Banook

Saturday June 11 & Sunday June 12, 2011

Sponsored By Row Nova Scotia and the North Star Rowing Club

Row Nova Scotia and the North Star Rowing Club would like to invite ALL Master Rowers to Lake Banook for the annual Masters Rowing Camp. This year's Camp has been scheduled for Saturday June 11, 2011 and Sunday June 12, 2011.

This camp will include opportunities to row and receive one-on-one technical and video feedback in small boats over the course of the on-water sessions. The camp will be tailored to small groups in singles, pairs, doubles, quads and fours. This year's camp will also include a boat rigging session for interested rowers. RCA Level III, with both national and international rowing experience, will present the comprehensive technical feedback. The two-day camp will be on beautiful Lake Banook, which boasts an international calibre 1000m-buoyed race course and over 2.5 kilometres of continuous lake rowing. This will also be a great opportunity to socialize with other Master rowers.

Saturday June 11, 2011

7:30-8am	Registration
8-8:30am	Welcome/Orientation
8:30-9am	Prepare for the water
9-10am	Water time
10-11am	Video review(Snack Break)
11-12:30pm	Water time
12:30-1:30pm	Video review and lunch
1:30-2pm	Wrap up
2pm	Rigging session** (optional)

Sunday June 12, 2011

7:30-8am	Registration
8-8:30am	Prepare for water
8:30-9:30am	Water time (different coach)
9:30-10:30am	Video review with snack
10:30-11:30am	Fitness session***(optional) (OR additional rigging session)

**rigging session on day 1 is optional. You can sign up for the rigging session when registering for the camp.

*** Fitness session on day 2 is optional. You can sign up for the fitness session when registering for the camp. Those who only register for day one can register for the fitness session on day two for free.

Please complete the attached form and send it to:

Row Nova Scotia, 5516 Spring Garden Road, Halifax, Nova Scotia, B3J 1G6 or hand deliver to Janessa Green 5516 Spring Garden Road – Suite 311.

Deadline to register is Friday May 27, 2011 4pm (Atlantic Time). The camp fee is \$99.00 for the 1 day Saturday Camp or \$149 for Saturday and Sunday. **Fees MUST be paid prior to the camp.**

If you require more information, please contact Janessa Green – Row Nova Scotia Administrative Coordinator 902-425-5450 ext 357 or rowing@rowns.ca

*****Please note that this event is a rain or shine event. In the event of severe winds there is a contingency plan which includes Circuit Training and Erg Training*****



NOVA SCOTIA ROWING ASSOCIATION

400 - 5516 Spring Garden Road, Halifax, Nova Scotia B3J 1G6

Masters@Banook

Saturday June 11 & Sunday June 12, 2011

Registration Form

ARE YOU BRINGING YOUR OWN BOAT? Y/N & TYPE	PARTICIPANT'S NAME(S)	CLUB AFFILIATION	Year of Birth	Experience Level (Recreational 1-2 yrs, 2-5 yrs, 5+ yrs Competitive 1-2 yrs, 2-5 yrs, 5+ yrs)	RCA/USRA Reg. #

**** If additional room is needed please add separate sheet with the same category headings****

If you have any additional comments about your experience, please indicate here: _____

Please Rank Boat preference from 1-5 (highest-lowest). *Please note that we will try to accommodate the first choices but due to numbers, not everyone will receive their first preference.*

Participant Name	1x	2x	2-	4-	4x



NOVA SCOTIA ROWING ASSOCIATION
400 - 5516 Spring Garden Road, Halifax, Nova Scotia B3J 1G6

Registration fee: \$99.00 CDN per participant attending the 1 day (Saturday Camp)

X _____ participants = \$ _____.

Registration fee: \$149.00 CDN per participant attending the 2 day (Saturday & Sunday Camp)

X _____ participants = \$ _____.

Total Registration Amount \$ _____

Three registration options:

a) Print form and mail with cheque payable to Row Nova Scotia – 5516 Spring Garden Road, Halifax, Nova Scotia. B3G 1J6 (**Must be received by May 27, 2010**).

b) Print form and drop off cheque to Janessa Green at 5516 Spring Garden Road-Suite 311.

c) Complete and e-mail this form directly to rowing@rowns.ca and mail cheque or drop off payment to Janessa Green.

ONLY when payment AND registration form is received is registration complete!
Registration deadline is Monday, May 27, 2010 4pm (Atlantic Time Zone)

No refunds for cancellations made after June 4th except for extenuating circumstances.

Contact person for the above listed masters:

Tel. # _____ E-mail: _____

- Please check here if intending to participate in the rigging session on Saturday June 11, 2011
Number of individuals attending: _____
- Please check here if intending to participate in the fitness session on Sunday June 12, 2011.
Number of individuals attending: _____.

Thank you,
Janessa Green
Row Nova Scotia Administrative Coordinator
902-425-5450 ext 357 (office)
902-425-5606 (Fax)
rowing@rowns.ca