



## Row Nova Scotia Provincial Team Fees

*Winter Season – Nov.1 – Apr. 30*

*Summer Season – May 1 – Oct.31*

<b>Group</b>	<b>Season</b>	<b>Cost</b>	<b>What this includes</b>
<b>Development Group</b>	Winter	\$140	<ul style="list-style-type: none"> <li>• 2 sessions/week with Provincial Coach at the Provincial Training Centre</li> <li>• Attendance at Provincial Team Camps</li> </ul>
	Summer	\$TBD	<ul style="list-style-type: none"> <li>• 2 sessions/week with Provincial Coach on water sessions</li> <li>• Attendance at Provincial Team Camps</li> </ul>
<b>Training Group</b>	Winter	\$175	<ul style="list-style-type: none"> <li>• 3 sessions/week with Provincial Coach at the Provincial Training Centre</li> <li>• 2 sessions/week at CSC Atlantic</li> <li>• Attendance at Provincial Team Camps</li> </ul>
	Summer	\$TBD	<ul style="list-style-type: none"> <li>• 4 sessions/week with Provincial Coach on water</li> <li>• Attendance at Provincial Team Camps</li> </ul>
<b>Performance Group</b>	Winter	\$200	<ul style="list-style-type: none"> <li>• 6 sessions/week with Provincial Coach at the Provincial Training Centre</li> <li>• 2 sessions/week at CSC Atlantic</li> <li>• Attendance at Provincial Team Camps</li> </ul>
	Summer	\$TBD	<ul style="list-style-type: none"> <li>• 6 sessions/week with Provincial Coach on water</li> <li>• Attendance at Provincial Team Camps</li> </ul>
<b>Provincial Team Camps</b>	NSPT Athletes	Included in above fees	<ul style="list-style-type: none"> <li>• 6-8 Provincial Team Camps are held per year with focus on TID, training volume, skill work, and assessment.</li> </ul>
	Non-NSPT Athletes	\$15.00/camp	

*\*Number and location of sessions subject to change*

*\*\*Updated on October 25, 2017*