

Collegiate Rowers and Coxswains:

Planning on sticking around Northeast Ohio this summer? Well why not keep in shape, meet some new friends, and start preparing for the fall season! We cordially invite you to join us this summer on the Cuyahoga River for the inaugural season of Cleveland Collegiate Rowing (CCR). CCR is a summer rowing program based out of the Cleveland Rowing Foundation (CRF) designed exclusively for collegiate rowers and coached by experienced collegiate rowers. Based on responses, crews will be split into varying levels of competitiveness and experience. The recreational program will allow rowers a more laid back experience, with less emphasis on drills and fitness, and more on getting out on the water a couple times per week and having an enjoyable time. The competitive program will train for summer regattas (schedule to be determined) with a focus on technique and improving fitness level. All rowers will be expected to cox as necessary.

An entire summer worth of rowing is available at \$165 per rower, which includes coaching fees, boat use, and erg room use. We also have openings for full time coxswains. If you're interested in coxing, your fee is only \$25 for the entire summer. Significant discounts will be given to rowers who acquire CRF safety ratings before May 27th, 2006 and/or are members of other CRF programs.

Because we share the river with other shells and barges, testing for CRF safety certifications are encouraged, but not mandatory. The CRF Standard Operations Manual can be downloaded online at http://www.clevelandrows.org/pdf/safety_manual_0305.pdf. All registration materials and \$100 deposit must be received by Friday, May 19, 2006. Our first row will be Saturday, May 27th, and we'll be wrapping up mid-August after the competitive squads' final regatta.

If you have any questions or concerns, please contact Denny Matheou at denny@clevelandrows.org.

See you on the water!
Brian Chorney and Denny Matheou

All interested rowers and coxswains, should return the following form along with a \$100 non-refundable deposit (\$25 coxswains) made out to "Cleveland Collegiate Rowing" to:

Cleveland Rowing Foundation
ATTN: Cleveland Collegiate Rowing
1948 Carter Road
Cleveland, OH 44113

Summary of discounts (please note discounts do not apply to initial deposit):
\$25 discount for all rowers currently enrolled with another CRF program
\$25 discount for all rowers who have active CQL-1 or -2 certification by 5/27/06
\$10 discount for all rowers who have active SQL-1 or -2 certification by 5/27/06

----- Detach Here-----

Name _____ Age ____ Years Rowing ____
College/Grad Yr _____ Email _____
Address _____ Phone _____
_____ AIM _____

Program: Competitive Recreational

Height ____ft ____in

I am a: Lightweight Heavyweight

Best 2005-06 2k ____ : _____

I can row (circle all that apply) Port Starboard Cox

Time of day available: Early AM Late AM Afternoons Evenings

Desired days per week: _____

I hold/plan to hold by May 27th: SQL-1 SQL-2 CQL-1 CQL-2

Other Comments: