



## Crew Holiday Training 2018-19

Start Date: Dec 10th

Ends Date: Jan 5th

Off: Dec 23rd → Jan 2nd

Cost: \$250 (Includes the cost of Diesel Fitness)

Location: Julian B Lane Park (1001 N Blvd, Tampa, FL 33606) and Diesel Fitness (515 N Newport Ave, Tampa, FL 33606)

### Schedule:

Mon 10th: 3:45-6:15 pm at JBL

Tues 11th: 3:30-4:45 pm at Diesel

TR 13th: 3:45-6:15 pm at JBL

Fri 14th: 3:45-6:15 pm at JBL

Sat 15th: 8-10:30 am at JBL, 11 am-12:15 pm at Diesel

Mon 17th: 12:30-3:30 pm at JBL

Tues 18th: 1pm at Diesel

TR 20th: 12:30-3:30 pm at JBL

Sat 22nd: 11 am -12:15 pm at Diesel

Thursday Jan 3rd: 9-11:30 am at JBL, 12 -1:15 pm at Diesel

Fri Jan 4th: 7:30-10:30 am at JBL

Sat Jan 5th: 8-10:30 am at JBL, 11 am-12:15 pm at Diesel

New and Returning rowers welcome! Any new participants must complete the necessary waivers and swim test (completable via the swim team coach). Email Coach Thome at [ahnrccoach@gmail.com](mailto:ahnrccoach@gmail.com) for additional information.

Bring friends looking to learn the sport of rowing or old rowers looking to get back into the sport.

The camp will include two weeks of increased emphasis on the technical aspects of rowing along with preparation for the spring season. Included are 6 trips to Diesel fitness and part of the new spring format of weight lifting following a short rowing session.

Novices will get more opportunities to work with the varsity and to be introduced to sculling boats.

**Great for first timers and returners! Hope to see everyone out at Julian B Lane Park!**

Please email Coach Thome [ahnrccoach@gmail.com](mailto:ahnrccoach@gmail.com) to reserve your spot. Payments are due at the first session 12/10. Please make checks payable to Peter Thome.