

PRINCE WILLIAM CREW ASSOCIATION  
PRESENTS

2018

# NOVICE ROWING FALL CAMP

## What is Rowing?

Rowing is a unique on-water sport that combines endurance, strength, teamwork, mental toughness, and will power.

**Who:** For any student 8th through 12th grade with no competitive spring season experience.

**When:** September 10 - November 1  
Monday through Thursday  
4:00p - 6:00p

**Cost:** \$350 (Spirit Gear Included)

## Registration Closes September 7th!

All participants must present the following on the first day of practice.

- Completed Online USRowing waiver
- Completed Swim Test
- Completed 2018 VHSL Sports Physical Exam dated after May 1st

- For more information, visit [PWCAcamps.org](http://PWCAcamps.org) or contact our camp director at [PWCARowingCamp@gmail.com](mailto:PWCARowingCamp@gmail.com).

**Register at [PWCAcamps.org](http://PWCAcamps.org)**

Oxford Boathouse, Lake Ridge Park & Marina, 12350 Cotton Mill Drive, Woodbridge, VA 22192