



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

Masters@Banook

Saturday June 19 & Sunday June 20, 2010

Sponsored By the Nova Scotia Rowing Association and the North Star Rowing Club

The Nova Scotia Rowing Association and the North Star Rowing Club would like to invite ALL Master Rowers to Lake Banook for the annual Masters Rowing Camp. This years Camp has been scheduled for Saturday June 19, 2010 and Sunday June 20, 2010.

This camp will include opportunities to row and receive one-on-one technical and video feedback in small boats over the course 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 II and III coaches with national 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

10 am	Registration/Introduction
10:45	Preparing for on the water
11:30-1pm	Practice
1-1:45 pm	Lunch
1:30-2:15 pm	Video review from first session
2:15-3 pm	Preparing to get on the water
3-4 pm	Practice (tech work from video analysis, then racing - around the pond format)

6:30pm

Masters@Banook Social with BBQ and Lobster dinner

Sunday

8:30 am	Registration/Introduction
9 am	Preparing for on the water
930-11am	Practice
11:30-12:30pm	Lunch
12-12:45	Video review from first session
1- 2:30	Practice (tech work from video analysis, then racing - around the pond format)
	OR optional rigging session**

***One rowing session (day 2) can be used for rigging for those who wish to participate. People can sign up for rigging session when they register for the camp. Those who only register for the one day camp can register for the rigging session on day two for free.*

Please complete the attached form and send it to:

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



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Deadline to register is Monday May 24, 2010 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 by May 24, 2010.

If you require more information, please contact Janessa Green – NSRA Administrative Coordinator 902-425-5450 ext 357 or masterscamp@novascotiarowing.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*****



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Saturday June 19 & Sunday June 20, 2010
Registration Form

ARE YOU BRINGING YOUR OWN BOAT? Y/N & TYPE	PARTICIPANT'S NAME(S)	CLUB AFFILIATION	Master Age Category	Master Experience Level (Novice, Moderate, Experienced) – Please include any comments	RCA/USRA Reg. #

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

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. You can also request a partner/crew for your boats but THIS IS NOT GARUNTEED.*

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



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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 Nova Scotia Rowing Association – 5516 Spring Garden Road, Halifax, Nova Scotia. B3G 1J6 (**Must be received by May 24, 2010**).
- b) Print form and drop off cash/cheque to Janessa Green at 5516 Spring Garden Road-Suite 311.
- c) Complete and e-mail this form directly to masterscamp@novascotiarowing.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 24, 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 BOTH Master Camp Days.
Number of individuals attending: _____
- Please check here if intending to participate in the rigging session on Sunday June 20, 2010
Number of individuals attending: _____
- Please check here if planning to attend the Saturday June 19, 2010 Lobster Boil & Steak BBQ (Additional Charge of \$25 per person, which includes 1 Lobster or 1 Steak). Please total choices for ALL participants on this sheet: Steaks X _____ Lobster X _____.

Thank you,
Janessa Green
NSRA Administrative Coordinator
902-425-5450 ext 357 (office)
902-425-5606 (Fax)
masterscamp@novascotiarowing.ca