



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

Masters@Banook

Sunday July 5, 2009

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 on Sunday July 5, 2009 for a Masters Training Camp.

This camp will include opportunities to race and receive one-on-one technical and video feedback in small boats over the course of two on-water sessions. The camp will be tailored to small groups in singles, pairs, doubles, quads and fours. RCA Level III and Level IV coaches, with both national and international rowing experience, will present the comprehensive technical feedback. The one-day camp will be on beautiful Lake Banook, which boasts an international calibre 1000m-buoyed racecourse and over 2 kilometres of continuous lake rowing. This will also be a great opportunity to socialize with other Master rowers.

The Camps schedule includes:

Saturday July 4th

- o Camp Pre-registration: 4:30pm
- o Lobster boil and BBQ (not included in registration fees): 5-7pm

Sunday July 5th

- o Arrive 9am coffee and Technical Talk/Paul Thompson Video
- o First on water technical session: 10:00-11:30am
- o Lunch/video analysis: 11:30-1pm
- o Second on water technical session/racing: 1:30-3pm
- o Second video analysis session (optional): 3-4pm
- o Optional social event on Sunday July 5, 2009 after the Camp at a local pub.

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.

Deadline to register is Monday June 22, 2009 4pm (Atlantic Time). The camp fee is \$99.00 per person. Lunch is included on Sunday July 5.

We have blocked a number of rooms at the special price of \$94.99 per night (plus taxes) at the Hotel across from Lake Banook (within easy walking distance). The Quality Inn Mic Mac - 313 Prince Albert Road, Dartmouth, Nova Scotia, B2Y 1N3. <http://www.micmachotel.com/index.php> Reserve your room now, as these **rooms will be released June 23**. Reference the Nova Scotia Rowing Association when booking. **Toll free:** 1-800-565-1275 or local: (902) 469-5850 **Fax:** (902) 469-5859 Email: reservations@micmachotel.com

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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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.*

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



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Registration fee: \$99.00 CDN per participant X _____ participants = \$ _____.

Registration fee includes a Masters@Banook Dry Fit Rowing Shirt (\$30 value), please indicate the sizes needed for ALL participants on this form:

____XS, ____S, ____M, ____L, ____XL

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 June 22, 2009**).
- 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, June 22, 2009 4pm (Atlantic Time Zone)

No refunds for cancellations made after June 22nd except for extenuating circumstances.
Contact person for the above listed masters:

Tel. # _____ E-mail: _____

- Please check here if intending to participate in the Second (optional) video analysis 3-4pm Sunday July 5, 2009. Number of individuals attending: _____
- Please check here if planning to attend the Saturday July 4, 2009 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 _____.
- Please check here if planning to attend the Sunday July 5, 2009 Pub Night. Number of individuals attending: _____
(Each Individual is responsible for own costs).

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