



Have You Ever Wondered What it Would Be Like to Win a National Championship? Well... Here is Your Chance!

Introduction to Crew at the Mount



- Who:** Interested Mounties (incoming freshmen & upperclassmen)
- When:** August 21, 22, 28, 29 (Saturday & Sundays)
10:00am - 3:00pm each day
- you can attend any or all days, just let us know!
 - you must bring lunch and at LEAST 3 bottles of water each day!!!
 - you **MUST** turn in a completed Mount Athletics physical form!
- Where:** Mount's Boathouse (see website for directions, mountcrew.net)
801 Washington Street, Conshohocken, PA
- Why:** To give interested girls hands-on experience in rowing at the Mount
- How:** Coaches and experienced rowers will demonstrate rowing fundamentals on ergometers (rowing machines), videotapes, and on the water – you will be rowing from day one!
- Cost:** \$150.00 (flat fee, no matter how many days you can attend)
- Goal:** Girls will have a head-start for the crew season and will clearly understand the expectations for tryouts, which will begin in January
- Questions?** Contact Megan Kennedy, Head Coach
mountcrew@gmail.com

Please fill out the following information to reserve your spot!

Check (payable to Mount Saint Joseph Academy) and registration form **due August 9**

Mail registration & check to Janet Columbro, MSJA, 120 W Wissahickon Ave, Flourtown, PA 19031

Name: _____ **Class:** _____

Phone Number: _____ **Email address:** _____

I plan to attend: _____ Sat, Aug 21 _____ Sun, Aug 22 _____ Sat, Aug 28 _____ Sun, Aug 29

Numbers will be limited. We will accommodate you on a first-come, first-served basis. If you are playing a fall sport and would like to also attend this clinic, the physical stress will be minimal as you learn to row (so you can do both). Attendance at each session is not mandatory.