



Fairmount Rowing Association

2 Boathouse Row
Kelly Drive
Philadelphia, PA 19130
(215) 769-9693
rowing@fairmountrowing.org



JUNIOR ROWING PROGRAM SUMMER 2016

Summer Session: Monday, June 20 to Monday, August 8th (thru Canadian Henley)

Programs: **Junior Men (Sweep/Scull)**
(**Racing team-** FRA will accept 12-16 rowers and 2 coxswains from this age group
all others will race locally)

Junior and Junior B Women (Sculling /Sweep):
FRA will accept 8-10 rowers for this group

Junior B Men (Sweep/Scull)
FRA will accept 12 rowers and 2 coxswains from this age group

Coaches: Molly Konopka, Head Coach, Program Director
(215) 482-3450 Konopka@ea1785.org
Bruce Konopka, boys coach
Tony Mieczkowski
Meredith Mariani

Daily Timing: Monday-Friday AFTERNOONS (after work) from 4:30 to 7:30 PM. Race weekends only.

Information Meeting & Sign-up: **Monday, June 6th, 2016 at 7:00**—Fairmount RA Boathouse

****Summer Program Fee: \$850/rower****

*includes FRA membership fee, Coaching, Equipment and Regatta Entry Fees, Racing Unisuit

** Lodging and Meals in Canada are paid by the rowers, as is some sharing of gas expenses for your ride (~\$300).

Racing Schedule: July 1, 2, and 3rd Independence Day Regatta
July 23rd Philadelphia Youth Regatta
*August 2-7th Royal Canadian Henley Regatta
(St. Catharines, Ontario, Canada)
(we will leave on Aug. 1st)

*NB – Rowers will be selected for this regatta based on competitive performance through the summer racing season. They should also plan on helping with unloading the trailer on August 8, 2016

PROGRAM GOALS

To provide a competitive summer sweep and sculling opportunity for experienced, local high school athletes in pursuit of gold medals at regional events, as well as the Royal Canadian Henley regatta, while introducing rowers to a top-level Club in Fairmount Rowing Association.

Unlike the spring scholastic season, our summer Junior rowers *can row in more than one event per regatta*. Therefore, our three-regatta race card can provide as much or more racing experience than a HS rower sees from the March to May scholastic season. Those **selected for** the Canadian Henley trip will experience the most competitive and well-organized

