



CREW CAMP AT OLD DOMINION UNIVERSITY
FALL CLINIC

“A TRUE ATHLETE IS MADE IN THE OFFSEASON”

MONDAYS & WEDNESDAYS
OCTOBER 2 – OCTOBER 25
5:30 – 7:00PM

OPEN TO LOCAL ATHLETES & ROWERS OF ALL AGES & LEVELS

THE GOAL IS TO OFFER FUNDAMENTAL INSTRUCTION ON HOW TO FORM A TARGETED APPROACH TO FITNESS THROUGH PROPER INTEGRATION OF THE INDOOR ROWER. WORK WITH COLLEGIATE COACHES TO LEARN PROPER TECHNIQUE AND BE PROVIDED SPECIFIC AREAS FOR NEEDED STRENGTHENING. USE THESE ROWING SESSIONS TO LEARN HOW TO SELF-ASSESS AND TAILOR YOUR INDIVIDUAL APPROACH TO THE SPORT OF ROWING AND OVERALL FITNESS.

8 SESSIONS - \$120

REGISTER AT WWW.CREWCAMP.COM

LOCATION

OLD DOMINION UNIVERSITY
WOMEN'S INTERCOLLEGIATE ROWING CENTER
1660 WILLOW WOOD DRIVE . NORFOLK

THIS CAMP IS INDEPENDENTLY OWNED AND NOT A UNIVERSITY SPONSORED PROGRAM
CONTACT DAN GARBUTT AT DAN@CREWCAMP.COM WITH QUESTIONS