



Rowing Clinic For Youth - Saturday, May 27th, 8:00 am to 9:30 am.

Hello!

This is Coach Neil Bergenroth here with some information on the rowing clinic for this Saturday. We look forward to hosting you at the Tulsa Rowing Club located at River West Festival Park.

We have had great interest from the community and look forward to sharing our love of rowing.

There are still a few spaces left in the clinic. So please contact me at neil@okrowing.org if you know of a family who would like to attend, or direct them to sign up here.

<https://camperregsecure.com/tulsayouthrowing/>

Location

The clinic will be held in the Tulsa Rowing Club. Here is a link to the location:

<https://goo.gl/maps/azHs2JdSoWBHWWSZA>

Clothing

Please come dressed, ready to exercise, and bring a water bottle, sunscreen, and a hat.

- All participants must complete the US Rowing Waiver (see attached waiver with this email).
- All athletes will be assigned a Concept2 indoor rowing machine that they will use for the clinic. No sharing ergs or water bottles will be allowed.
- All participants should dress appropriately (Athletic shoes and clothing are recommended for each day, long and baggy shorts are not recommended as they may get caught in equipment)
- All participants should bring a full water bottle, hat, and sunscreen.

Schedule of Events

We will be spending time learning how to use rowing machines and teaching the correct technique. In addition, we will spend some time looking at a rowing shell and talking about the various parts of the equipment.

At around 9:20 am, we will run a discussion for parents and athletes about the various programs offered by the club and our efforts to expand opportunities for Tulsa youth through our outreach program. All parents are welcome to attend!

Waiver

Please bring the attached waiver to the clinic on Saturday. We will also have copies, but if you can print them and sign them beforehand, that will allow us to get to the instructional part of the clinic quicker.

Questions?

If you have any specific questions or need help in any way, please let me know.

The coaches and I look forward to meeting and working with you all this weekend!

Yours Sincerely,

Neil J. Bergenroth

Neil Bergenroth

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<http://www.okrowing.org>

<https://www.facebook.com/TulsaYouthRowingAssociation>

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