

U23 ROWING PROGRAM SUMMER 2021

**Summer Session:** June 15 - August 9\*(thru Canadian Henley)

\*depending on Canadian Henley existing - otherwise July 30th

**Programs: U23 Women - no more than 14 (12 rowers + 2 coxswains)**

**U23 Men- no more than 14 (12 rowers + 2 coxswains)**

**Coaches:** Molly Konopka, Head Coach, Program Director

(215) 482-3450  [Konopka@ea1785.org](mailto:Email=Konopka@ea1785.org)

Jeff Garbutt (LaSalle University)

Brian Perkins (Temple University)

Information Meeting & Sign-up: **Monday June 14 at 7:00**—

Fairmount RA Boathouse, #2 Boathouse Row

**\*\*Summer Program Fee: $1000/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**

**Racing Schedule:** July 2, 3, and 4 Independence Day Regatta

July 21 Philadelphia Youth Regatta

July 13-18 US Rowing (Club) Nationals

*\*August 3-8 Royal Canadian Henley Regatta (if possible)*

*( St. Catharines, Ontario, Canada)*

*(we will leave on Aug. 2)*

**\*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 9, 2021**

**PROGRAM GOALS**

To provide a competitive summer sweep and sculling opportunityfor experienced, local college athletes in pursuit of gold medals at regional events, maybe even the Royal Canadian Henley regatta, while introducing rowers to a top-level club in Fairmount Rowing Association.

Unlike the spring season, our summer U23 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 regatta in North America.

\*\*\*Rowers taking part in the program are expected to be at practice sessions! Summer vacations should be planned accordingly. \*\*\*

**How to Apply:**

**Please send attached application form fully completed to Head Coach, Molly Konopka (**[**Konopka@episcopalacademy.org**](mailto:Konopka@episcopalacademy.org)**) by June 1st, 2021. All who are interested should be at the meeting on June 14th, 2021**

**FAIRMOUNT ROWING ASSOCIATION UNISUIT SIZE:\_\_\_\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_ Port\_\_\_\_\_\_**

**Summer 2021 Junior Rowing Program - Application Weight\_\_\_\_\_\_\_ Stbd.\_\_\_\_\_**

**Best 2K Erg:\_\_\_\_\_\_**

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth:\_\_\_/\_\_\_/\_\_\_ Home Ph#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete Cell Ph#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete Email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

State \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ZIP:\_\_\_\_\_\_\_\_\_\_

Current School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Current Rowing Program\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach’s E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach’s Cell:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current Boating and position (ex: 3 seat, Varsity 8+) :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parental and EMERGENCY CONTACT information**:

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Ph#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Ph# 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Ph# 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email of Parent or Guardian:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Any Asthma Issues?**\_\_\_\_\_\_\_\_\_\_

In September 2021, I will be a: Frosh\_\_\_\_\_ Soph.\_\_\_\_\_ Junior\_\_\_\_\_\_\_ Senior\_\_\_\_\_\_\_

Brief Rowing Background:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Approx. Miles of **Sculling** Experience:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Summer Job Hours (if applicable):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Swimming Ability**: Fair\_\_\_\_ Good\_\_\_\_ Competitive\_\_\_\_

Passed Your High School Swimming Test? >>>>>>>>>>>>>>Yes\_\_\_\_\_ No\_\_\_\_\_

**\*\* HOLDER OF A CURRENT US PASSPORT? Yes\_\_\_\_\_ No\_\_\_\_\_ \***

**\* Must have a valid US Passport for travel to St. Catherine’s Ontario, Canada\***

***Fairmount Summer Program Dues are $1000. Checks should be made payable to***

***Fairmount Rowing Association and are due and payable no later than June 25, 2021.***