

## St. John's Rowing Club – Jr. Developmental Provincial Team

The St. John's Rowing Club welcomes you to join the Junior Developmental Provincial Team! This program is made for High School Rowers who want to become competitive with the sport. The program offers you the chance to row frequently under the guidance of experienced coaches to develop your overall fitness and technical ability into that of an elite rower. In addition, you will also be offered the chance to travel and compete for the province at Atlantic regattas\*.

Showing a strong development of rowing skills with a fierce dedication in the Junior Developmental Provincial program will allow you the opportunity to join the junior provincial team and represent your province at National and International regattas and possibly the Canada Summer Games in 2013!

The junior developmental program will commence upon the successful completion of the High School Regatta on July 9/10. At this time interested athletes will be informed of the practice times.

The program registration fee for the 2011 rowing season (July to October) will depend on how much you have already paid this season. There are three different fee amounts. Please pay attention **only to the fee amount** which applies to what you have paid to date.

1. No fees paid for the 2011 season: **registration fee will be \$225**.
2. Paid the Spring High School registration fee of \$100: **registration fee will be \$125**
3. Paid for full year high school registration of \$225: **no additional fees necessary**

*\*Note: There is an extra \$175 fee to travel to any regatta outside the province\**

Do you have any questions or concerns regarding the program?

Please contact:

- Chris Clark
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- Mike Noel
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Hope to see you this summer for a great season!