

INTRODUCTION

The **YMCA** Rowing Program works in conjunction with Hudson River Maritime Museum and the Rondout Rowing Club.

Our two week rowing program introduces young people who have little or no access to a waterfront and to the beauty of rowing.

Looking to improve strength, flexibility, and toughness during the summer? Then we are looking for you! Rowing is an ideal cross-training sport that improves strength, endurance, and flexibility with little risk of injury

The rowing program improves rowers' self esteem and physical fitness while they develop skills like teamwork and sportsmanship.



Hudson River Maritime Museum
KINGSTON, NEW YORK



Register at www.ymcaulster.org



"Understanding that the whole can often be greater than the sum of its parts", says Coach Johnson, "one of the coolest aspects of this program is the cooperative effort between the YMCA, Hudson River Maritime Museum and the Rondout Rowing Club to provide a safe and fun rowing experience to its participants."



YMCA of Kingston and Ulster
County
507 Broadway
Kingston, NY 12401
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ymcaulster.org

1/2019



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG ROWERS DETERMINED YOUTH

Summer Rowing Program
YMCA of Kingston and Ulster County



For Youth Ages 12 years and older

MISSION

Reach and Achieve

The mission of the YMCA Rowing Program is to promote the sport of rowing in all its forms including competitive, recreation, and wellness, under the highest standards to all who are interested in a safe, healthy, and fun activity

ROWING

FOR NOVICE AND EXPERIENCED

Enjoy a two week session of crew training on the beautiful Rondout Creek. You will learn, and get a chance to hone, essential skills for competitive rowing, rigging, and maintenance of boats while enjoying beautiful summer days on the water.

The rowing program is designed to help foster responsibility, respect, teamwork, initiative, and a caring attitude that crew members will be able to use in this program and life-long.



Head Coach Scott Johnson has been a member of the Rondout Rowing Club since 1999. He is a US Rowing Level II Certified coach, maintains his USCG Boating Safety Certification, and has Red Cross CPR/AED/ First Aid Certifications.

Scott has been a coach of the Kingston High School Varsity Rowing program for 10 years, 8 of those as Head Coach and as such maintains his DASA (Dignity for All Students Act) Certification and "Heads Up" Concussion Certification.

Scott has provided Coaching services to the RRC in its Learn to Row program, Indoor Rowing ergometer program at the YMCA of Kingston and Ulster County and Indoor Rowing at the USMA West Point. He also works with RRC crews on the Rondout Creek and the Hudson River, training and preparing

for competition. He has brought RRC crews to the Head of the Fish and the Head of the Charles River Regattas as well as to local competitions. He has also provided coaching services to the New Hampton, CT High School rowing program.

Rowing Reveals Character.
- Anonymous

SCHEDULE & FEES

Session 1: JULY 8-19, 2019

Session II: JULY 22-AUG 2, 2019

MONDAY -FRIDAY 10 AM – 4 PM

FEE: \$400

REGISTER AT YMCAULSTER.ORG (Select Register for Program, Rowing and Session)

Contact the YMCA for Scholarship Information

All rowers will be swim tested. Participants should bring a full water bottle, a sack lunch, swimwear, non-baggy workout clothes, lunch, towel, sunglasses and sunscreen each day.

