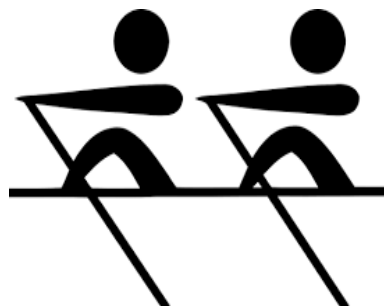




Is Crew For You?

Middle School Crew Club

- Day and time: Wednesdays 3:00-4:25pm
- Location: Main Hallway by Middle School
- Begins: **Wednesday, 11/20 (Interest Meeting in A123)**
- Coach: Kim Griffin, kvgriffin@fcps.edu
- Program is **free**; ends in mid-February
- Space is limited to 20 students.



Learn about the sport of rowing, and learn how to row on the indoor rowing machines, “ERGs”!

This club is geared towards students who have little to no experience with the sport and are excited to learn how to row! Each practice will introduce new rowers and coxswains to the sport of rowing, the technique of the rowing stroke, as well as other general basics of the sport. Those who participate in this club will be prepared for their high school's novice program or to transition to the next level of their development.

Late bus service available, departing Robinson at 4:45pm.

To register: Return the bottom portion of this form to your sub school office or Ms. Aunon. An email will be sent to the parent to confirm registration status.

Return your completed registration form to your sub school office or to Mrs. Aunon during your lunch period in the café. Parent will receive an email confirming registration.

Registration Form: Middle School Crew Club

Circle Student Grade: 7 8 | Circle Adult T-shirt Size: XS S M L XL

Print Student Last Name: _____

Print Student First Name: _____

Do you have any experience rowing? Yes ____ No ____ (Not needed to participate)

Parent Name: _____

Print Parent Email Contact: _____