

## **2009 ROYAL CANADIAN HENLEY: SW JUNIORS VALKYRIE RACING CAMP**

The Pacific Rowing Club will host its first annual varsity rowing camp to race in the Royal Canadian Henley Regatta this summer. This competitive camp will be open to any athlete from any SWJRA junior program, with a traveling team selected to compete at this prestigious regatta during the week of August 4-10th. The camp will officially enter all boats as the **"Valkyrie Rowing Association"** to symbolize the composite nature of the camp.

Applications will be accepted on a first-come, first-serve basis, with a total of 60 applicants accepted (preferably 30 men, 30 women).

### **DATES**

- **Registration opens: February 16, 2009**
- **Registration closes: June 20, 2009, or when camp is full.** (athletes cut from U.S. JR. NATIONAL TEAM CAMPS will be allowed late entrance if they express / communicate interest ahead of time).
- Camp athlete check-in: Saturday, June 27
- Training begins: Monday, June 29
- Travel team selected by: July 17
- Depart for Canada: Saturday, August 1
- Race week: August 4-9
- Depart for home: Monday, Aug. 10

### **COST**

- **\$450 for the first 3 weeks**
- Travel team costs to be announced. Expect to be in the \$1400-1600 range. Please note this is only an estimate, and costs may increase or decrease.

### **REQUIREMENTS**

- **US PASSPORT** (get this documentation completed ASAP via your Post Office!)
- At least 1 year of rowing experience, SWJRA junior status / must not turn 19 in 2009.

### **SPRING 2009 ERG TIME STANDARDS FOR APPLICANTS**

- MEN: Heavyweight--6:50 or less 2k time (2009)
- MEN: Lightweight--7:05 or less 2009 2k time (2009)
- WOMEN: Open weight--7:50 or less 2k time (2009)
- WOMEN: Lightweight--8:05 or less 2k time (2009)

### **CAMP LOCATION**

Pacific Rowing Club at Lake Merced in San Francisco.

Applicants must have transportation to / from practice. We offer light and mid-weight eights, fours, quads, doubles, pairs and singles for racing. All rowers will train 6 days per week, with 3 double days. We will enter the strongest possible boats to support the rowers' efforts. Our trailer and boats will travel

to this regatta.

You can also contact Valkyrie Camp Director Bob Maclean by PRC voicemail at 415-242-0252, or email him at: [rtmaclean@earthlink.net](mailto:rtmaclean@earthlink.net)

***Train, race and represent as a top SW rower at this camp and the Royal Canadian Henley Regatta this summer!***