



# Alberta Rowing Association

Presents



# 2018 Annual Development Camp

Hosted by: Lakeland Rowing Club

August 25 & 26



Location: Vermilion, AB

Cost: \$40/participant

Registration Deadline: August 17, 6 pm

- ◇ Camp is open to juniors, seniors, masters, recreation, and competitive.
- ◇ Some rowing experience required, see registration form for details.
- ◇ 3-4 sessions on the water, dryland session, video review, social events

**Maximum 30 rowers, so reserve your spot now!**

For more information, see the Registration Form or contact us at: [lrcvermilion@gmail.com](mailto:lrcvermilion@gmail.com)