

Summer Under-23 High Performance Session: Begins 5 Jun, training runs through 4 Aug. This is for college competitive rowers who will be committed to full attendance and competition preparation. Focus will be on small boat sculling. Daily M - F sessions from 6 - 8 pm culminating in a trip to the Royal Canadian Henley Regatta. Reserve your spot in this program by sending an email to Head Coach Mike Gilbert, mikegilbert@shencrewadmin.com and info to Nancy Paulsen, Treasurer/Registrar at receivables@shencrewadmin.com.

- Program fee of \$395 is for coaching only and is non-refundable, due upon registration. Shen Crew has acquired a 2016 Sykes 4X and new C2 sculls.
- Additional travel fees for Henley (8 - 13 Aug) to be determined as participation firms up; will require a non-refundable deposit at the end of June. U-23 rowers will travel along with Shen Crew Junior rowers who elect to add a trip to Henley as part of their summer season.
- Technical rows and mileage days expected to be T/Th along with Technical Skills group (described below); conditioning and speed on remaining days. Possible additional Saturday am sessions for Henley lineups.
- Enhanced Driver's License or Passport required for attendance at Henley; early completion of application is crucial.
- Online registration link coming soon.
- Rowers past U-23 eligibility are welcome to join with coach's approval, but there will be no opportunity for racing.

Summer Under-23 Technical Skills Session: Begins 6 Jun. This will be for college age rowers who are interested in maintaining fitness and continued skills refinement but who are not planning for competition. Reserve your spot in this program by sending an email to Head Coach Mike Gilbert, mikegilbert@shencrewadmin.com and info to Nancy Paulsen, Treasurer/Registrar at receivables@shencrewadmin.com.

- This is not a drop-in program; program fee of \$185 covers coaching fees for 2 nights per week on Tues/Thurs from 6 - 8 pm. Regular attendance is expected. Fee is due upon registration and is non-refundable.
- Online link coming soon.