


Lyman Rowing

High Performance Development Camp



Join a camp for experienced high school rowers to focus on improving skills and becoming more competitive by building water skills and through land training. Rowers will also gain a better understanding of the process of contending for boats, local regattas, and National championships. Rowers will have the opportunity to compete at a local regatta during each session. This is a camp you don't want to miss!

Open to **all** high school girls and boys entering 9th grade through 12th grade with previous rowing experience.

Session One

June

(Monday, Wednesday, Friday)

8:00AM-12:00PM

Session Two

July

(Monday, Wednesday, Friday)

8:00AM-12:00PM

- \$350.00 one month session
- \$612.50 for both sessions (That's one week free!)

For more information check out our website at www.lymancrew.org or email lymanrowingpresident@gmail.com

Race at the Sunshine State Games

Compete at the Halifax Regatta



Lyman Rowing Association, 5703 Red Bug Lake Road, Suite 156, Winter Springs, FL 32708

Join us for National Learn to Row Day at our boat yard, 6058 Una Dr. Sanford on Saturday, June 3rd at 9:00AM