

# Penn AC Gold Summer Racing Camp



## Join the Tradition!

The Penn AC Gold summer racing program provides top-level junior athletes with the opportunity to develop their training and racing foundation through a challenging practice regimen and high-level summer racing. We seek to improve athletes in all aspects of their training and development so that they may return to their programs as a top athlete.

- ▶ Racing at Independence Day Regatta and U.S. Rowing Club Nationals
- ▶ Two practices each day
- ▶ Off the water sessions on college recruiting, nutrition and mental skills
- ▶ Trips to Reading Terminal, Phillies Game and Philadelphia Art Museum

When: June 14, 2016- July 18, 2016

Where: Penn AC Rowing Association

Overnight Campers reside on campus at the University of Pennsylvania.

Questions? Contact Melanie Salter, Head Coach

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