



Ready Set Row focuses on consistent hard work, mental-skills training and guided self-exploration to empower female athletes to define their values, motivation and purpose through sport.



We believe the secret to **success** in rowing *and* life is a focus on **process**, not just outcomes.

Our athletes learn, train and live by the *Ready Set Row SEE Clearly Framework*

“What do you SEE?”
SEEK CHALLENGES
EMBRACE WORK
EXPECT DISCOMFORT

READY SET ROW

SUMMER DEVELOPMENT CAMP

4 Weeks of Training & Racing at Club Nationals



WE LOVE TO WIN.
BUT MORE IMPORTANTLY...
WE LOVE THE FIGHT.

SUMMER CAMP PROGRAMMING

ROWING	ERGING
WEIGHT-LIFTING	CORE WORK
INJURY PREVENTION	FLEXIBILITY
COLLEGE GUIDANCE	MENTORSHIP
COLLEGE RECRUITING	SELF-REFLECTION
RESILIENCE TRAINING	LEADERSHIP

SUMMER CAMP DETAILS

WHO: FEMALE EXPERIENCED ROWERS U19
WHEN: JUNE 20- JULY 17, 2016
WHERE: ST. ANDREW'S SCHOOL, DE
COST: \$4,450 ALL INCLUSIVE
SUGGESTED ERG: SUB 8:00 2K
REGISTER: WWW.REGATTACENTRAL.COM

JOIN US! WWW.READYSETROW.COM