

Hello, My name is Matthew Petty the program director and co-owner of Resilient Rowing. We're sending out this email to give you a little more background on Resilient Rowing and what we have to offer your athletes that row for your High School Program. Resilient is a rowing club that operates at Sandy Run Rowing Facility during the Summer and Fall rowing seasons, providing the opportunity for middle and high school aged kids to start and further their rowing skills. So now that the Spring scholastic rowing season is coming to a close, hopefully your current athletes are looking for somewhere to row either this summer and or fall seasons, while they can't row for their own high school program. The biggest thing they will get out of getting an extra season of rowing in, is that they will further their rowing careers along from what they have already learned at your program and start making the move in upping those skills to the next level not only making them faster as any individual, but when they return to row with your program in the winter and spring season they will be in the same or better fitness level and will have a much better understand of their rowing skills, making your high school program faster for the spring rowing season. So this summer we are offering the following programs; Learn to Row, Developmental, Racing and Single Sculling programs. And in the Fall we're offering Developmental and Racing programs. Below is a short description of the programs we are offering this Summer and Fall.

If you'd please pass along this information to your families we'd really appreciate it, and we look forward to providing your athletes and families with our services this summer and fall.

### **Summer Learn to Row Program**

This program is designed for any kid of the ages 12-18, who wants to learn all the basic rowing skills on how to row both in a Sculling and Sweeping boat, this will be a three week-long program. Below is the list of the 4 different three week-long programs we're offering this summer, and the price to attend one of our Learn to Row Sessions is \$425.00 and we have a cap of 20 kids per session. You also have the ability to select your own weeks you'd like to attend for \$150.00 per week.

- June 3rd - 21st (3 weeks)
  - 4:30-6:30 M-F
- June 24th - July 12th (4th off) (3 weeks)
  - 5:00-7:00 M-F
- July 15th - Aug 2nd (3 weeks)
  - 5:00-7:00 M-F
- Aug 5th - 23rd (3 weeks)
  - 4:30-6:30 M-F

**To register for this program [Click Here](#)**

### **Summer Developmental Program**

This program is designed for any kids that has at least attended one of our three week-long learn to row programs to anyone with rowing experience looking to further their development of

their rowing skills and get the opportunity to learn the opposite side form which they rowed in the spring season (Port, Starboard) and also get the chance to get into a sculling boat (1x, 2x, 4x). Below is the list of the 4 different three week-long programs we are offering this summer, and the price to attend one of our Developmental sessions this summer is \$425.00 and we have a cap of 24 kids per session. You also have the ability to select your own weeks you'd like to attend for \$150.00 per week.

- June 3rd - 21st (3 weeks)
  - 4:30-6:30 M-F
- June 24th - July 12th (4th off) (3 weeks)
  - 9:00-11:00 M-F
  - 3:00-5:00 M-F
- July 15th - Aug 2nd (3 weeks)
  - 9:00-11:00 M-F
- Aug 5th - 23rd (3 weeks)
  - 4:30-6:30 M-F

To register for this program [Click Here](#)

### **Summer Singles Camps**

This program is designed for any kid that has at least one full season of rowing with Resilient or any high school team. You'll be learning how to scull in a single and or working on improving your sculling skills. You'll work on getting a much better understanding on how to properly apply yourself on moving a boat through the water, and furthering their development of their rowing skills. These programs will be a 4 hr session a day. Below is the list of the 7 different one week-long camps we are offering this summer, and the price to attend one of our Singles Camps is \$525.00 and we have a cap of 4 kids per session.

- June 17 -21 (1 week)
  - 9:00 - 1:00 M-F
- June 24-28 (1 week)
  - 9:00 - 1:00 M-F
- July 8-12 (1 week)
  - 9:00 - 1:00 M-F
- July 15-19 (1 week)
  - 9:00 - 1:00 M-F
- July 22-26 (1 week)
  - 9:00 - 1:00 M-F
- Aug 5-9 (1 week)
  - 9:00 - 1:00 M-F
- Aug 12-16 (1 week)
  - 9:00 - 1:00 M-F

To register for this program [Click Here](#)

### **Summer Racing Program**

This program is designed for any one who is looking to gain more racing experience and take their training and fitness to the next level. You'll be training to race in multiple boat classes (1x, 2x/2-, 4x/4+/4-, 8+) and in competing in multiple 2000 meters races per each race you attend. You have the option to attend either but not limited to the first or second half of the summer, or the whole summer listed below. The price to attend half summer is \$750.00 or the whole summer for \$1400.00, and if you're rowing in the first half for the summer and want to attend Philly Youth Regatta you can extend the weeks of training to attend this regatta for \$250.00 and we have a cap of 48 athletes for the Summer Racing Program.

- Full Summer June 3rd - Aug 12th (10 weeks)
- First Half June 3rd - July 7th (5 weeks)
  - June 3rd - June 12th 4:30-7:00 M-F 6:30-9:00 S
  - June 13th - July 7th 6:30am - 9:00am M-Sat
  - July 8th - 20th 6:30am - 9:00am M-Sat (Add two week to attend Philly Youth regatta \$250.00)
- Second Half July 8th - Aug 12th (5 weeks)
  - 6:30 - 9:00 M-Sat

To register for this program [Click Here](#)

### **Summer regatta that we may attend**

Not every athlete may attend every regatta, the coaches will select which regatta the athlete will attend based on their rowing abilities, fitness and skill sets. Note that there is an additional cost to attend traveling regattas, below is an estimated cost of each regatta that is expected of you to pay in order to attend these regattas this summer.

#### **Independence Day Regatta**

June 28 - 30, 2024 (Travel trip for selected rowers)

Around \$1000.00 to attend

#### **Robert E. Day Jr. Capital Sprints**

July 6, 2024 (Day trip for selected rowers)

Included

#### **Occoquan Memorial Sprints**

July 7, 2024 (Home Race)

Included

Philly Youth Regatta

July 20, 2024 (Day trip for selected rowers)

Around \$250 to attend

Canadian Royal Henley

July 29- Aug 5 (Travel trip for selected rowers)

Around \$1500.00 to attend

### **Fall Racing Program**

This program is designed for any one who is looking to gain more racing experience and take their training and fitness even further than the Summer Racing Program gave you . You'll continue training to race in multiple boat classes (1x, 2x, 4x/4+, 8+) and compete in multiple 5000 meter races per each race they attend. The price to attend this program is \$1400.00, we have a cap of 48 athletes for the Fall Racing Program.

- Aug 26th - Nov 4th (10 weeks)

To register for this program [Click Here](#)

### **Fall Green Days Program**

This program is designed for anyone who is looking to gain more water time to work on their boating skills and fitness levels but might have more of a limited time constraints this Fall rowing season. You'll get the opportunity to train in multiple boat classes (1x, 2x, 4x/4+, 8+). In this program you will not be attending or competing in any fall races. The price to attend this program is \$800.00, but if you find that you'd like to add on, and Race this fall you can add the Regatta Package for an additional fee of \$600.00, and we have a cap of 48 athletes for the Fall Green Days Program.

- Sept 2nd - Oct 12th (6 weeks)

To register for this program [Click Here](#)

### **The Fall regattas we my attend**

Not every athlete may attend every regatta, the coaches will select which regatta the athlete will attend based on their rowing abilities, fitness and skill sets. Note that there is an additional cost to attend traveling regattas, below is an estimated cost of each regatta that is expected of you to pay in order to attend these regattas this Fall.

#### **Occoquan Chase 2023**

Oct 10,2024 (Home Race)

Included

Head of the Charles

Oct 18-21, 2024 (Travel trip for selected rowers)  
Around \$1000.00 to attend

### [Head of the Schuylkill Regatta](#)

Oct 27, 2024 (Day travel trip for selected rowers)  
Around \$250.00 to attend

Head of the Occoquan  
Nov 2-3, 2024 (Home Race)  
Included

Head of the Hooch  
Nov 1-4, 2024 (Travel trip for Selected rowers)  
Around \$1000.00 to attend

**Resilient Rowing Website [Click Here](#)**  
**Registration Site [Click Here](#)**

Thank you for all of your time, if you are in need of any questions to be answered. Please reach out and I will be glad to help out.

Matthew Petty

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**Resilient Rowing LLC**

*"Be Resilient."*

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