



Beach Sprint Performance Camp: Unlock Your Potential!

Are you ready to elevate your beach sprint rowing skills? Join our inaugural Beach Sprint Performance Camp in beautiful Nova Scotia! Here's what you need to know:

Camp Details:

- **Dates:** July 16 to 19
- **Location:** Nova Scotia (Halifax and Lunenburg County)
- **Who Should Attend:** Open category athletes
- **U19 Athletes Welcome:** U19 rowers can attend with their own accommodation and supervision.
- **Cost:** Estimated at \$200 or less (includes coaching, accommodation, ground transportation, and equipment)

What You'll Experience:

1. **Top Coaches:** Learn from the best beach sprint coaches in Canada.
2. **CSI-Atlantic Testing:** Get valuable insights through performance testing.
3. **Cross-Discipline Experts:** Access experts from various fields.
4. **On-Water Skill Development:** Enhance your rowing technique.

Camp Schedule:

- **July 15 (Evening):** Arrive in Halifax
- **July 16:** Testing at CSI Atlantic, then travel to Lunenburg County
- **July 17 - 18:** On-water technical sessions at Rissers Beach (twice daily)
- **July 19:** Morning camp training, followed by transition to regatta program

Application Process:

Interested athletes should submit their erg score (as per the Beach Sprints Selection Document) and a brief rowing resume/experience [here](#). We'll accept 12 to 14 athletes for this exciting camp based on performance and overall rowing experience!

Don't miss this opportunity to boost your performance and connect with fellow rowers. Apply now and let's make waves!

Application Deadline July 3!

beachsprints@rowingcanada.org