

May 1, 2010

Dear Prospective Training Program Participants and Parents:

Rockaway Olympic Canoe and Kayak Club plans to hold its Canoe/Kayak Training Program for Kids with the following schedule:

Session 1, 5 PM, Saturday, June 26 to 3 PM Thursday July 1

Lake Placid Regatta, Friday July 2 to Sunday, July 4

Session 2, 5 PM, Monday, July 5 to 3 PM Saturday, July 10

Session 3, 5 PM, Sunday, July 11 to 3 PM Friday July 16

Canoe Racing Training Session 4, 5 PM Sunday August 1 to 5 PM Thursday August 5

Lake Sebago Youth Regatta, 9AM to 5 PM Thursday August 5

The fee per session is \$275 for ROCK members and \$300 for nonmembers. As usual, ACA membership and a Camp Sebago season pass are required.

This year the Park Commission is requiring some new paperwork from us. We expect that this is routine, but since the process is taking longer than we expect, we are holding off on posting applications or accepting money. Instead, are asking everyone to send us a one page form that will reserve you a place in the Program.

We are excited about seeing both returning and new paddlers this year. This year's program will have some new features:

- All of this year's Sessions will place more emphasis on traditional canoe racing than in previous years, in order to prepare everyone for this year's Lake Sebago Youth Regatta, scheduled for August 5. This year is the fiftieth anniversary of the Regatta, and we are expecting it to be an especially large and exciting event. We are asking all Training Program participants to attend the Youth Regatta, regardless of what sessions they attend. There is no charge for this one-day event.

- We are planning a fourth Session, exclusively devoted to canoe racing, to be held the week of the Youth Regatta.

- We encourage those of you with two or more years of experience, and especially the more committed paddlers among that group, to discuss with one of our coaches the possibility of racing at the Lake Placid Regatta. It's a challenging event and not for everyone. Parental supervision at the event is required. Arrangements need to be made early.

- We will be including activities that broaden our appreciation of the natural wonders of Lake Sebago and their conservation.

On a sadder note, we are sorry that Bill Menke will not be joining us as Head Coach this year. Bill is recovering from a pulmonary thrombosis (a kind of blood clot) and is under doctors' orders to rest up. He conveys to you all his disappointment, but hopes to return next year. Get well soon, Bill!

Sincerely,

Scott Greifenberger

Training Program Reservation Form
please return one form per participant

Name of Participant:

Date of Birth (mm/dd/yyyy):

Gender (circle one) M F

Parent / Guardian name(s):

Address:

Phone number:

Email:

Have you attended our Training Program in a previous year (circle one) Yes No

Please reserve room in (check all applicable):

___ Session 1, 5 PM, Saturday, June 26 to 3 PM Thursday July 1

___ Session 2, 5 PM, Monday, July 5 to 3 PM Saturday, July 10

___ Session 3, 5 PM, Sunday, July 11 to 3 PM Friday July 16

___ Session 4, 5 PM Sunday August 1 to 5 PM Thursday August 5

Are you interested discussing with one of our coaches attending the:

Lake Placid Regatta, Friday July 2 to Sunday, July 4? (circle one) Yes No

Please mail to Scott Greifenberger, 1425 Bellmore Ave, Bellmore, NY 11710.