



TIP of the SPEAR

Rowing Blade Work Fundamentals & Technique

With Head Coaches: John BANCHERI, GVSU and Josip Stolar, ARC

Where: Dammrich Rowing Center, 3220 Oakton Skokie, IL 60076
(located just EAST of McCormick on the NORTH side of Oakton)

When: Sunday, November 9th, 2014 at 9am -or- 11am

Tank Fee: \$30 ARC Members \$40 Guests **Rowing:** Add \$10

Indoor Tank Session: 16 seats in two 45 minute waves (32 total seats group 1 & 16 Group 2). Total sign-up *Limited to 48 rowers!!*

	Wave 1	Break	Wave 2	Rowing
Group 1	9am	9:45	10am	11-12:30pm
Break		10:45 - 11		
Group 2	11:00	Noon	N/A	12:30pm

Optional Add-on: hands-on rowing immediately after each Group is done to practice and reinforce Tank Session sweep techniques just learned in the Tank. *Limit 16 rowers at both 10am, 11:15am and 12:30pm. Coxswains are definitely needed and may attend at NO CHARGE!

Reservations: Brian Easter allrowc@gmail.com -or- 847.347.3278