



Xavier Prep Crew

Coaches: Mr. Chase Hoyt and Ms. Colleen Sullivan

Information Meeting for New Rowers

Wednesday August 24 – Lunch Meeting in Founders Hall B

Learn to Row Class for New Rowers (no experience necessary -- attend one class):

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|----------|--------------|---------------------|------------------------------|
| Saturday | September 3 | 7:00a.m. – 9:00a.m. | Tempe Town Lake Boat House** |
| Saturday | September 10 | 7:00a.m. – 9:00a.m. | Tempe Town Lake Boat House** |

***The Tempe Town Lake Boat House is located at 620 N. Mill Avenue in Tempe (SW corner of Mill and Curry), next to the Marquee Theater under the Loop 202 overpass.*

What to bring:

- Learn to Row waiver
- Water
- Comfortable athletic clothes
- Sunscreen
- Hat
- Come in athletic shoes and pack a pair of sandals
- Cash or check for \$25 made out to Xavier Prep Crew

What to expect:

- We will start with a tour of the boat house, going over rowing terms, safety procedures, and the different parts of a boat.
- Then we will hop on the rowing machines, or "ergs," to go over basic form and technique.
- Next, we will take a boat down to the water to demo and put our knowledge from the ergs to the test! We will be staying on the shoreline to go through the basics of rowing.

To learn more about Xavier Prep Crew, please visit www.xcp.org/athletics/team/crew-2022-23