
NEW for Masters Women!!

Rowing Camp for Beginners

Cambridge, Massachusetts, June 25 - 26, 2005

MastersCoaching invites you to participate in an exceptional learning experience on Boston's picturesque Charles River. Enjoy expert coaching and individualized *level-appropriate* instruction in a **supportive** and **fun** environment.

- ◆ Join coaches Mayrene T. Earle, Tom Kiefer and Andrea Greeley at MIT for a two-day training camp for individuals who have completed a Learn to Row program *AND* those who have never picked up an oar. (Campers will be "boated" according to their ability.)
- ◆ Campers row three times a day on the Charles, a river rich in rowing history. Our coaches' detailed instruction will guide you through a logical sequence of drills, so you build on your successes.
- ◆ During our time together you will master the basic rowing stroke; enjoy the teamwork and camaraderie integral to rowing; experience the rewards of powering a sleek 60-foot 8-person rowing shell, and learn why sweep rowing has been called a "symphony in motion."
- ◆ Price: \$259, includes rowing, land sessions with video analysis, instruction in rowing tanks and on ergs (rowing machines), written evaluations, logbook, training materials, souvenir hat, loads of laughs.
- ◆ Lodging: We have negotiated an affordable rate of \$58 per person, double, (\$115 single) at the four-star Hotel@ MIT. Dates: June 25 to 26, 2005

REGISTER NOW! Registration & Deposit Deadline is June 1st

FOR DETAILS, CONTACT:

Mayrene T. Earle, M.Ed.
Phone: (508) 896-0076
mayrene@masterscoaching.com
www.masterscoaching.com

"My attitude and confidence about my rowing, as well as my stroke, improved with the intensely personal, caring and quality coaching. That such a diverse group could come together in such a short time testifies to the excellence of the coaching."

~ Karen Taggart, Boston
