

ROW COCOA BEACH!!!!

FLORIDA SWEEP CAMP FOR MASTERS WOMEN

Date:

March 18-22, 2005

Who:

Advanced Beginners and Intermediates

The Invitation:

Come to the Cocoa Beach, Florida Sweep Camp for Masters Women.

Join coach Mayrene Earle of MastersCoaching and just eight other women for an intimate four-day training retreat.

The Experience:

Row twice daily on Sykes Creek at Kiwanis Island Park, among dolphins and manatees. Get away to the warm and beautiful east coast of Florida, away from the snow, ice and dreaded erg! Receive focused, individualized and supportive coaching from Mayrene Earle, six-time New England Collegiate Coach of the Year.

Improve your technique from catch to finish. Gain confidence. Make new friends. HAVE FUN! Small boat rowing is available mid-day.

Price:

Just \$739 per person. Includes lodging, written evaluations, logbook, notebook of training materials, sunset bonfire party by the bay, camaraderie and FUN.

Lodging:

Included in the tuition! Rowers will be staying in a beautiful beach house, steps from the beach! Chef available!

Contact:

For registration and details, contact Mayrene Earle at mayrene@masterscoaching.com. 508-896-0076.

REGISTER NOW!

Only four seats left!!!

Deposit Deadline is February 15, 2005