

## INTRODUCTION

The **YMCA** Rowing Program works in conjunction with Hudson River Maritime Museum and the Rondout Rowing Club.

Our two week rowing program introduces young people who have little or no access to a waterfront and to the beauty of rowing.

Looking to improve strength, flexibility, and toughness during the summer? Then we are looking for you! Rowing is an ideal cross-training sport that improves strength, endurance, and flexibility with little risk of injury

The rowing program improves rowers' self esteem and physical fitness while they develop skills like teamwork and sportsmanship.



Hudson River Maritime Museum  
KINGSTON, NEW YORK



Register at [www.ymcaulster.org](http://www.ymcaulster.org)



"Understanding that the whole can often be greater than the sum of its parts", says Coach Johnson, "one of the coolest aspects of this program is the cooperative effort between the YMCA, Hudson River Maritime Museum and the Rondout Rowing Club to provide a safe and fun rowing experience to its participants."



YMCA of Kingston and Ulster  
County  
507 Broadway  
Kingston, NY 12401  
P 845 338 3810  
[ymcaulster.org](http://ymcaulster.org)

6/2021



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STRONG ROWERS DETERMINED YOUTH

Summer Rowing Program  
YMCA of Kingston and Ulster County



For Youth Ages 12 years & older

## MISSION

### Reach and Achieve

The mission of the YMCA Rowing Program is to promote the sport of rowing in all its forms including competitive, recreation, and wellness, under the highest standards to all who are interested in a safe, healthy, and fun activity

## ROWING

### FOR NOVICE AND EXPERIENCED

Enjoy a two week session of crew training on the beautiful Rondout Creek. You will learn, and get a chance to hone, essential skills for competitive rowing, rigging, and maintenance of boats while enjoying beautiful summer days on the water.

The rowing program is designed to help foster responsibility, respect, teamwork, initiative, and a caring attitude that crew members will be able to use in this program and life-long.



### MEET THE COACHES

#### Head Coach Scott Johnson

Scott Johnson has been a member of the Rondout Rowing Club since 1999. He is a US Rowing Level II Certified coach and maintains his USCG Boating Safety Certification and his Red Cross CPR/AED/First Aid Certifications.

Scott has been a coach of the Kingston High School Varsity Rowing program for 10 years, 8 of those as Head Coach and as such maintains his DASA (Dignity for All Students Act) Certification and "Heads Up" Concussion Certification.

#### Assistant Coach Nate Horowitz

Nate Horowitz has served as assistant coach under Coach Scott since spring of 2014. Nate was part of the original Rondout Rowing Youth program that began in the early 2000's when boats were required to launch at the Kingston City dock.

Nate rowed bow seat in Franklin Pierce College's (DII) 2005 M1v4+ & 2006 M1v8+ and has competing throughout New England. He enjoys being on the Creek as much as possible and thinks it is a huge competitive advantage always having water to row on. He is looking forward to building and coaching the next generation of Rowers.

*Rowing Reveals Character.*  
- Anonymous

### SCHEDULE & FEES

August 2-13, 2021

MONDAY-FRIDAY 10 AM—4 PM

FEE: \$450

REGISTER AT [YMCAULSTER.ORG](http://YMCAULSTER.ORG) (Select Register for Program, and Summer Rowing )

*Contact the YMCA for Scholarship Information*

All rowers will be swim tested. Participants should bring a full water bottle, a sack lunch, swimwear, non-baggy workout clothes, lunch, towel, sunglasses and sunscreen each day.

