



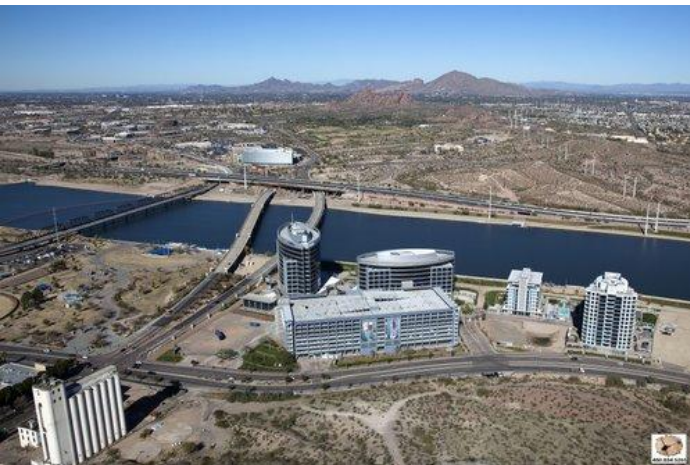
## Invites you to .... Winter Training in the Sun

- Come to Phoenix for a week of intense, fun, technical, exhilarating ROWING when there is still Winter in some parts of the country
- For Juniors to Masters and anything in between
- We have a great lake (2.5k long), coaches, launch and nice boats
- The best time to come is during January to March
- Come as a team and bring your coach or one of our experienced coaches will coach you (if you want)
- The best week to come is in March and combine it with the Desert Sprints Regatta (March 10)



### Tentative program

- Arrive Friday and stay for a week until Sunday (8 days)
- 7-8 days of rowing twice a day (7-9am and 2-4pm)
- Hikes and mountain biking in the area
- One day hiking the Grand Canyon



### Tentative costs (per Person) \*

- Flight from the East Coast to Phoenix: \$300-400
- Hotel for 9 nights (shared among 2): \$400-450
- Rental car (shared among 4): \$100
- Boat, launch and coach for the week: \$200
- Total per person: \$1000-1150

\* All booked individually. We will provide help



### Boats available

- 2 Quads :1 Vespoli and 1 Fluidesign
- 3 Doubles: 2 Kaschper and 1 Fluidesign
- 2 Singles: Fluidesign (Midweight)
- And potentially more from Rio Salado Rowing Club