



MERCY CREW WINTER TRAINING

Winter training will be held Monday through Friday from January until the river is row-able (about the first week of April). Practice will take place from 3:30-5:30pm at Mercy on Monday, Tuesday, Thursday and Friday. Wednesday practices will be 5:45-7:15pm at the Pittsford Indoor Rowing Center (PIRC) on Clover Street.

Mercy Crew winter training will focus on increasing power and aerobic capacity, building core and overall strength and perfecting rowing technique using the ergs at school and the tanks at the PIRC. There will be a variety of activities including working with an athletic trainer and Zumba.

Due to popularity, *Fun Fridays* will return this winter!

WINTER TRAINING IN A NUTSHELL:

When: 1/9/12 through 3/30/12
M, T, Th, F from 3:30 until 5:30
W from 5:45 until 7:15

Where: M, T, Th, F @ OLM HS
W @PIRC

Cost: \$325

REGISTRATION INSTRUCTIONS

- 1- Send completed **Mercy Athletic Program Permission Slip & Medical Recertification Form to School Nurse's Office- ASAP!**
- 2- If school nurse does not have current (w/in last 12 mos.) physical on file, complete **Mercy Health Appraisal** form and send to school nurse's office.
- 3- Complete (only info that has changed) the **Mercy Crew Season Registration & Emergency Treatment Form**. Indicate Winter '12 Training on the form, and send along with check for **\$325 made out to Mercy Crew, Inc** to:
Kara Leahy
556 Galbro Circle
Webster NY 14580

DEADLINE FOR PAYMENT AND REGISTRATION IS JANUARY 1, 2012

Payment must be received along with registration form. If you have any questions, email the registrar at registrar@mercycrow.org.