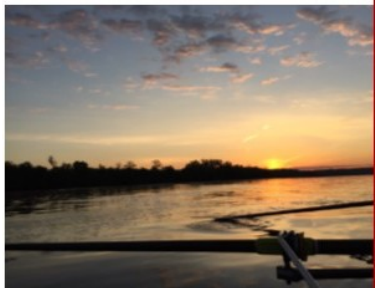


MMC 2019 Learn to Row and Open Row Week!



ATTENTION all Loudoun County High School Students (boys and girls)

Once again, Miles Makes Champions (MMC) is hosting a "Learn to Row" & "Open Row" week for *all rising* 8th-12th graders in Loudoun County. This is available to all *new, novice, AND experienced rowers*. *Experienced coaches from local high schools will be overseeing this program.*

What: ***NEW** to rowing? No problem! We will teach you! You will learn on the rowing machine and then in the boat with experienced rowers and coaches.

*Experienced rower? Get in some good workouts and time on the water with other experienced rowers.

When: **August 12-16th, 2019 @ 6AM-8:30AM daily**

Where: Algonkian Regional Park, 47001 Fairway Dr. Sterling, VA 20165

This week will also serve as preparation for the COUNTY-WIDE, FALL CLUB ROWING SEASON!

REGISTER BY: Saturday, Aug 10th

Email forms to:

MMCPresident2019@gmail.com

OR drop forms and checks payable to MMC in black box on porch:

20455 Middlebury St, Ashburn

Cost: \$60

for entire week*

(* payment due on or
BEFORE Aug 12)

