

Dynamic Opportunities for Youth 2006

Dear School / Community Association,

I am pleased to tell you that the Calgary Rowing Club (CRC) will be offering the Dynamic Opportunities for Youth Program (DOFY) again this year. We would like to welcome you and your group to participate in the program this May and June. DOFY is provided free of charge by the GO Rowing and Paddling Association of Canada, its partners, and the Calgary Rowing Club to participants from Calgary.

As you may know, DOFY was designed by the GO Rowing and Paddling Association of Canada to bring the sport of rowing to youth at risk in communities across Canada. Rowing has a long history in Canada, and is one of our most successful Olympic sports. Aside from simply demonstrating a healthy athletic lifestyle, this program also teaches valuable skills that can be applied to future endeavors in the lives of the participants.

Teens will be working together as a crew both on and off the water. The first few lessons will be on dry land, making use of our rowing machines and indoor rowing tank. They will also review the types of equipment used on water, how to safely handle boats, terminology that will be used during practices, as well as important safety procedures.

To get involved in the program, a support teacher or counselor must be selected from within your organization. This individual will choose 8 students to participate in the program and will organize their transportation to and from the CRC (reasonable transportation costs will be reimbursed). Students should be selected on the discretion of the school, generally choosing those who would most benefit from the experience. The CRC will provide qualified coaches to instruct the student through the practices, each comprising two hours. A snack will be served after each practice. You may select between 6 – 8 sessions running between May 8th and June 16th 2006 according to your organization's schedule.

Once all the sessions have been completed, all participants will have their own wrap-up party. Along with a barbeque, they will receive awards and T-shirts to commemorate the experience.

Contact Information

If you would like to sign up, make an appointment to tour the facilities, or if you have any questions about the program, please feel free to contact me via one of the following means:

Phone: (403) 608-1830

E-mail: jrlogee@ucalgary.ca

Supplementary files and information can be found on the DOFY page on the Calgary Rowing Club's website: <http://www.calgaryrowing.com/programs/dynamic.html>.

I look forward to hearing from you. See you on the water!

Sincerely,

Jillian Logee
DOFY Local Program Coordinator