

You Are Invited!

Steel City Dragons Third Annual Paddle Camp 2009 Saturday April 25 and Sunday April 26

**Two full days of paddle instruction from our own illustrious coaches:
Larry Wentzel: head coach SCDBA, coaching water sports for 25yrs
Suhail Baloch: coach SCDBA, water sports for 20 yrs
Lynne Franks-Meinert: coach of Pink Steel (BCS)**

**Camp begins at 8:00 sharp each morning.
Saturday sessions end at 5:00 PM
Sunday sessions end at 3:30 PM**

Activities:

- **yoga**
- **stretching**
- **individual instruction**
- **video taping**
- **coaches corner**
- **coaches clinic**
- **nutrition seminar**
- **Two on water team paddling sessions per day**
- **Optional sunset cruise**

**Bring a lunch on Saturday and Sunday
On Saturday evening stay for a cookout and
experience the famous SCD hospitality**

**Cost to attend both days is \$60.00
Cost for cookout: \$5.00**

**Where:
Lake Latonka, Mercer, PA
(10 min from Grove City Outlets)**

**For more information contact
Lynne Franks-Meinert: lmeinert@steelcitydragons.org**