



In This Issue

[Adaptive Athletes Attend Paralympic Camp](#)
[Summer Camp Dates Announced for 2015](#)
[Whole Foods 5% Day to Donate to MBRC](#)
[Free EKG Screenings for Junior Athletes](#)

Follow us on [twitter](#)

Like us on [Facebook](#)

MBRC Team Gear Store Open!



For the first time ever we have an online store open year round so you can shop at your convenience.

Please support our club - a percentage of all sales will go back to our MBRC fundraising account.

[CLICK HERE TO SHOP ONLINE](#)

SUPPORT MBRC WITH AMAZON SMILE

Adaptive Athletes Attend Paralympic Camp

MBRC adaptive athletes Helman Roman, Luis Amaro and Juan Carlos Gill participated in a full-week camp focusing on para-rowing and adaptive classification at

Sarasota's Bradenton's Nathan Benderson Park, March 2nd - 6th.



This development and identification camp was by invitation only and extended to those who met the eligibility guidelines to compete on a National Level with hopes to become part of the US Paralympic team competing in Rio in 2016.

As part of the training camp, rowers were classified to compete based on their disabilities. Attending the special certification program to be qualified to classify athletes were volunteers Ann Marie and Daviana Campbell and MBRC's Executive Director Elaine Roden.

Accompanied by Head Adaptive Coach Bob Wright, the athletes received individual training and instruction from US Rowing Paralympic Head Coach, Tom Darling and his staff. Adjustments were made to equipment and to techniques to give our athletes the best advantage for training and competing.

Helman qualified for the national team at the Elite level and Luis has qualified for the national team at the Development level. Both athletes are training for the annual national championships in June. They will continue to train as part of the national team, and ultimately compete to represent the US in the Paralympics next year.



When you shop at AmazonSmile and support **Miami Beach Water Sports Center**, Amazon will donate 0.5% of your purchase back to MBRC at no cost to you.

Please click [here](#) to learn more and join the program!

MBRC Testimonial



"I took Learn to Row and I can't wait to start rowing on my own!"

The coaches are very friendly and make you feel at ease with getting in and out of the boat, there is always someone at the dock to help you carry your boat in and out of the water.

I was out on the bay on a beautiful sunny day and couldn't help but think how relaxing, yet energizing this was. It is very peaceful and is great for decompressing from the stresses of life-not to mention a great workout! I highly recommend it."

Miranda Parvis
Learn to Row Participant

Summer Camp Dates Announced for 2015

All boys and girls entering the 7th-12th grades are invited to MBRC for one, two, three, or four week participation in our summer camp.



During the sessions, the MBRC summer camp crews will have full and exclusive use of our state-of-the-art facility and be coached by former elite-level rowers and experienced coaches from around the world.

Summer camp is open for four weeks (June 22nd through July 17th, 2015). The camp schedule is Monday to Friday, 8:30 am to noon. MBRC camp rowers will emerge with more fitness, strength, and effective rowing technique, which will give them an advantage going into their Fall season, or beginning as novice rowers.

Whole Foods 5% Day to Donate to MBRC

MBRC is thrilled to have been selected as the beneficiary of Whole Foods 5% Day, Saturday March 28th.

For this event, 5% of the Whole Foods South Beach net profits will be donated to help fund our parrowing program.

Grab your shopping list and join our crew at the Whole Foods South Beach!



Free EKG Screenings for Junior Athletes

If you are interested in having an EKG screening for your middle school or high school athlete, Dr. Anthony Rossi will be offering them at his Biscayne Boulevard, Doral and Miramar locations.



No insurance is required. Please contact 305-662-8301 to schedule your appointment.

For more information on why you may want to have your young athlete screened, and what an EKG is, please click [here](#).