



2016-2017 Row Nova Scotia Provincial Team Fees

Winter Season – Nov.1 – Apr. 30

Summer Season – May 1 – Oct.31

Group	Season	Cost	What this includes
Pre-Development Group	Winter	\$100	<ul style="list-style-type: none"> • 1 session/week with Provincial Coach at the Provincial Training Centre • Attendance at Provincial Team Camps
Development Group	Winter	\$125	<ul style="list-style-type: none"> • 2 sessions/week with Provincial Coach at the Provincial Training Centre • Attendance at Provincial Team Camps
	Summer	\$125	<ul style="list-style-type: none"> • 2 sessions/week with Provincial Coach on water sessions • Attendance at Provincial Team Camps
Training Group	Winter	\$160	<ul style="list-style-type: none"> • 3 sessions/week with Provincial Coach at the Provincial Training Centre • 2 sessions/week at CSC Atlantic • Attendance at Provincial Team Camps
	Summer	\$160	<ul style="list-style-type: none"> • 4 sessions/week with Provincial Coach on water • Attendance at Provincial Team Camps
Performance Group	Winter	\$185	<ul style="list-style-type: none"> • 6 sessions/week with Provincial Coach at the Provincial Training Centre • 2 sessions/week at CSC Atlantic • Attendance at Provincial Team Camps
	Summer	\$185	<ul style="list-style-type: none"> • 6 sessions/week with Provincial Coach on water • Attendance at Provincial Team Camps
Provincial Team Camps	NSPT Athletes	Included in above fees	<ul style="list-style-type: none"> • 6-8 Provincial Team Camps are held per year with focus on TID, training volume, skill work, and assessment.
	Non-NSPT Athletes	\$15.00/camp	

**Number and location of sessions subject to change*