



UNIVERSITY of ROCHESTER

Technical Development Camp for Experienced Junior Rowers 2013

University of Rochester is offering an intensive 2 week program designed to provide outstanding athletes a technique oriented rowing program to prepare them to compete in small boats and sculling events. Athletes will be training primarily in doubles, pairs, quads and fours with occasional work in singles or eights.

This program targets serious male and female rowers at the Junior level with a desire to improve their on the water experience through sculling and small boat training. Participation dependant upon Director's approval.



Calendar:

Start date is Monday, June 24, 8 a.m.

Final practice is Thursday, July 4 – exhibition row for parents

Practice Times:

To maximize equipment usage, and to allow for 2 sessions, Each athlete will be training at 8 a.m. and 10:30 a.m. Monday – Friday, (and possibly 3:45 p.m. if necessary - depending on numbers). There will be a break to allow for a snack and rehydration. Secondary sessions will also include video review of the athletes on at least one occasion. Make ups for weather cancellations to be held on the weekend if necessary.

We intend to keep the class size small to allow each participant the opportunity to row 14 times over 9 days. ***Participants should plan on class running from 8-12:30 daily.***

Exhibition Row on Final Day:

Although the goal of the camp is to raise the level of technical skill, with much work being done in sculling boats, we will have an informal performance, inviting parents to attend, on the final class day, July 4. A reception for the parents will be held concurrently.

Cost: \$375.00. Checks payable to University of Rochester Crew.

Payments may be made by cash or check and are accepted by mail. Please include the registration form when submitting payment. **If you wish to pay by credit card, all payments must be made in person at the Goergen Athletic Center front desk.**