

Princeton University Rowing

Sculling x Cross Training High Performance Camp, Session 2:

Monday July 29, 2024 – Thursday August 1, 2024

Time (Mon)	Monday July 29	Time (Tue-Thur)	Tuesday July 30	Wednesday July 31	Thursday August 1
		7:00 – 8:45a	Breakfast: dining hall	Breakfast: dining hall	Breakfast: dining hall
		8:45a	Countdown in front of dining hall	Countdown in front of dining hall	Countdown in front of dining hall
9:00 – 9:30a	REGISTRATION at BAKER RINK, Move into Dorms	9:00 – 10:45a	Warm-up & Rowing Session II: 8-10 miles Speed Order	Warm-up & Rowing Session III: 8-10 miles Steady State	Warm-up & Rowing Session IV: 8-10 Miles Speed Order
10:00a	ROLL CALL IN FRONT OF DORM	10:45a-11:15a	Video Review / Stretch / Post Row Debrief	Video Review / Stretch / Post Row Debrief	Video Review / Stretch / Post Row Debrief
10:15a – 10:45	Boathouse Orientation and Introduction of Staff at Boathouse	11:15a – 11:45a	<i>Strength, Nutrition, Injury Prevention</i> : Paul Rassam & Strength Coach	<i>Elite Level Rowing</i> US Olympic Team: Matt Smith	<i>College Preparation</i> Princeton Rowing Camp Coaches' Panel
10:45 – 12:15p	Rowing Session I: 6 Miles, Welcome to Lake Carnegie/Equipment Check / Steady State	12:00 – 1:00p	LUNCH: dining hall	LUNCH: dining hall	LUNCH: dining hall
12:30 – 1:45p	LUNCH in dining hall; Return to Dorm, Shower/Change	1:15 – 2:15p	Optional Swim or Erging, biking, indoor rowing tanks at Boathouse	Optional Swim or Erging, biking, indoor rowing tanks at Boathouse	1:30p: Roll call in front of dorm for all others
2:00p	Roll Call in front of dorm	2:30p	Roll call in front of dining hall for all other campers	Roll call in front of dining hall for all other campers	2:00p – 3:15p: Rowing Session V: Racing
2:30 – 5:00p	Afternoon training: Swim, Run, ErgBike, Stadium, Circuit, and/or Core	3:00 - 5:00p	Afternoon training: Swim, Run, ErgBike, Stadium, Circuit, and/or Core	Afternoon training: Swim, Run, ErgBike, Stadium, Circuit, and/or Core	3:30p: Closing Ceremonies & Equipment Clean up
5:00p	*Day camper pick up @ boathouse	5:00p	*Day camper pick up @ boathouse	*Day camper pick up @ boathouse	4:00-4:30p: Camper Check Out (Baker Rink) / Day camper pick up at boathouse
5:30 – 6:30p	DINNER: dining hall	5:30 – 6:30p	DINNER: dining hall	DINNER: dining hall	
7:00p	Fire Drill	7:00 – 8:45p	FREE TIME	Movie: Guyot Hall	
7:15 - 8:45p	Mandatory Fun				
8:45 - 9:45p	Courtyard Time	8:45 – 9:45p	Courtyard Time	Courtyard Time	
10:30p	LIGHTS OUT	10:30p	LIGHTS OUT	LIGHTS OUT	

***TENTATIVE SCHEDULE SUBJECT TO CHANGE BASED ON POOL TIMES & WEATHER - SAFETY IS FIRST PRIORITY