

Emergency Contact Info (Camp Director), Matt Smith (703) 395-8024 / Dave Burke (716) 400-4358

\*For Commuter Campers: Drop off and Pick Up at Boathouse, 900a and 515p

Princeton University Rowing

Sweep High Performance Camp, Session 1:

Monday July 22, 2024 – Thursday July 25, 2024

Time (Mon)	Monday July 22	Time (Tue-Thur)	Tuesday July 23	Wednesday August 24	Thursday August 25
		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 – 9:45a	<i>*Strength Training Seminar:</i> Rich Fahsbender: Strength and Conditioning Coach, P'ton	<i>*Elite Level Rowing</i> US Olympic Team: Matt Smith	<i>College Preparation</i> Princeton Rowing Camp Coaches' Panel
10:00a	ROLL CALL IN FRONT OF DORM	10:00 – 11:45a	Rowing Session III: 8-10 miles Catch Placement	Rowing Session V: 8-10 miles Connection and Drive	Rowing Session VII: 8-10 Miles Starts!, Tech and Drills
10:15 – 11:00	Boathouse Orientation and Introduction of Staff at Boathouse	11:45a – 12:15p	Video review, debrief, stretch	Video review, debrief, stretch	Video review, debrief, stretch
11:00 – 12:30p	Rowing Session I: 6 Miles, Welcome to Lake Carnegie	12:15 – 1:00p	LUNCH: dining hall	LUNCH: dining hall	LUNCH: dining hall
12:45 – 1:45p	LUNCH in dining hall; Return to Dorm, Shower/Change	1:30 – 3:00p	Optional one-on-one Meetings with Coaches; Coxswain Clinic with D. Burke; Video Review; Extra Erging Tanks	Optional one-on-one Meetings with Coaches; Coxswain Clinic with D. Burke; Video Review; Extra Erging Tanks	1:30p: All roll call in front of dorm for all others
2:30p	ROLL CALL IN FRONT OF DORM; walk to boathouse	2:45p	Roll call in front of dining hall for all other campers	Roll call in front of dining hall for all other campers	1:45p: Warm up and prepare for row
3:00 – 3:30p	<i>Technique on the Erg</i> Run by Princeton Coaches	3:00 - 3:30p	Warm – Up and prepare for row or guest talk	<i>Strength, Nutrition, Injury Prevention:</i> Paul Rassam & Strength Coach	2:00-3:15p: Rowing Session VIII: The Grand Final
3:30 – 5:00p	Rowing Session II: 8-10miles: Body Preparation	3:30 – 5:00p	Rowing Session IV: 8-10 Miles Rowing with Power	Rowing Session VI: 8-10 Miles Rowing with Speed	3:15p: Closing Ceremonies & Clean up(Parents invited to watch row in from bridge and boathouse)**
5:15 – 6:30p	DINNER: dining hall	5:15 – 6:30p	DINNER: dining hall	DINNER: dining hall	4:00-4:30p: Camper Check Out (Baker Rink) / 4:30p day camper pick up at boathouse
7:00p	Fire Drill	7:00 – 8:45p	FREE TIME	Movie: Guyot Hall	
7:15 - 8:45p	Mandatory Fun				

\*Tentative talk schedule based on speaker availability

\*\*Parents welcome to watch final row from Washington St. Bridge and/or boathouse – confirm time with child

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8:45 - 9:45p	Courtyard Time	8:45 – 9:45p	Courtyard Time	Courtyard Time	
10:30p	LIGHTS OUT	10:30p	LIGHTS OUT	LIGHTS OUT	

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