

2010 PIONEER NAVY MEN'S TECHNICAL SWEEP CAMP



Stephen Harris
Assistant Men's
Rowing Coach &
Camp Director

The Pioneer Navy Technical Sweep Camp is designed to enhance rowing technique and boat feel for experienced male athletes entering 11th-12th grade (or recently graduated from high school) who plan to continue their rowing career at the collegiate level. Enrollment is limited to 24 rowers and 5 coxswains to guarantee a solid coach to athlete ratio and ability to have a fun and competitive feel with multiple crews on the water at once.

There will be two (2) practice sessions on Friday and Saturday (morning and afternoon) with one morning session on Sunday that will include a mock race between campers. Training will be focused on blade work, drive mechanics and swing within the boat.

We hope you will join us.
Sincerely,
Stephen Harris

Sample Camp Schedule

7:30 a.m.	Breakfast
8:00-10:30 a.m.	Row
12:00 p.m.	Lunch
3:30 p.m.	Video Session @ Boathouse*
4:30-6:30 p.m.	Row
8:00 p.m.	Group Activity

*Saturday only

When: July 29 – August 1

Where: Marietta, Ohio (Marietta College)

Cost: Registration by July 5 - \$400
Registration after July 5 - \$425

Check In: Thursday, July 29 between 5:00 p.m. and 7:00 p.m. – Dorm TBD

Check Out: Sunday, August 1 at 3:00 p.m.

Facilities:

Athletes will be rowing out of the Lindamood/Van Voorhis Boathouse. The camp will be rowing on the Muskingum and Ohio Rivers where there are miles of calm, rowable conditions. The Dyson Baudo Recreation Center will be available for basketball, weight lifting/cardiovascular exercise and erg sessions between water sessions. Athletes will be housed in one of the Marietta College dormitories.

Meals:

All-you-can-eat breakfast, lunch and dinner will be provided for athletes while they are at camp and will be served in the on-campus Gilman Student Center dining hall. ***Please, make us aware of any special dietary needs so accommodation can be made.

What to Bring

Campers should bring running shoes, socks, athletic clothing, hat, sunglasses, sunscreen, water bottle, pillow, towel, sheets, blanket (sleeping bag), soap/shampoo, toiletries.

Registration Form - Pioneer Navy Technical Sweep Camp (Grades 11-12) - July 29 - Aug. 1, 2010

Name: _____

Address: _____

City: _____ State: _____ Zip _____

E-mail Address: _____

Age and Grade (Fall 2010): _____

Parent(s): _____ Work Phone: _____ Cell Phone: _____

Please, make check or money order out to: **Marietta Rowing Camp**

Please, return registration form, **\$150 deposit** and copy of insurance to: Stephen Harris, Marietta College Men's Rowing, 215 Fifth Street, Marietta, OH 45750. Please, let me know if you have any questions at: stephen.harris@marietta.edu or 740/376-4587.

PIONEER NAVY MEN'S TECHNICAL SWEEP CAMP (GRADES 11-12)



JULY 31-AUG. 1, 2010



Stephen Harris, Assistant Men's Rowing Coach
215 Fifth Street, Marietta, OH 45750-4013

Registration Form (cont.)

Health and Accident Insurance Carrier: _____

Policy Number: _____

Physician's Name: _____ Phone: _____

Dentist's Name: _____ Phone: _____

Emergency Contact's Name: _____ Phone: _____

I hereby and herein authorize the Director of the Pioneer Navy Technical Sweep Camp, or any agents working on their behalf, to act in my stead for the purpose of acquiring emergency medical attention for my daughter or ward. I impose upon the assumptors of this duty the responsibility to act with reasonable care and caution and release and waive all liability for any injuries and illness incurred while at the camp in the event the same is performed pursuant to such standard. By my signature hereunder, I warrant that my daughter or ward is in good physical condition, has no undisclosed medical problems, illnesses or disabilities, and is capable of full and active participation in the volleyball camp. I also represent that my daughter or ward has received a physical within the last year and is medically competent to participate in the activities at the camp.

Signature of Parent or Guardian: _____