



The College of William and Mary Summer Rowing Camp



- **Girls Camp Week 1**
Sunday June 20th - Friday June 25th
- **Girls Camp Week 2**
Sunday June 27th - Friday July 2nd
- **Boys Camp Week 1**
Sunday July 11th - Friday July 16th
- **Boys Camp Week 2**
Sunday July 18th - Friday July 23rd



The College of William and Mary Summer Rowing Camp prides itself on offering a superior, longer, and more affordable summer rowing camp than just about any other program nationwide. Our camp is for experienced (at least 1 semester of competitive rowing) sweep rowers aged 13-18, and costs \$599 for the 6 days of rowing camp. Each session will begin Sunday evening with check-in and introductions, and will culminate the following Friday afternoon with an intracamp race. For the duration of the William and Mary Rowing Camp rowers will room in air-conditioned William and Mary dorms (2 per room), eat three meals a day in the college's dining halls, and practice at the college's indoor and outdoor rowing facilities.

While at camp, rowers will practice twice daily with the William and Mary coaching staff, who will focus on and teach a different aspect of the rowing stroke or recovery at each practice. Before heading out on the water, rowers and coxswains will be provided with a well-articulated breakdown and explanation of that practice's focus including any subtle nuances demanding special attention, as well as the rationale behind that day's focus. Such a thorough breakdown and explanation will be employed in order to help rowers better understand the physics behind rowing, what rowing coaches look for from their athletes and boats, and why they are looking for it. Our coaches will engage rowers and coxswains at practice with the help of dockside rowers, form specific drills, on the water boat-specific and person-specific rowing form critique, and after practice using video analysis. Our coaches will also discuss the many different levels of collegiate rowing, and the opportunities provided to student-athletes at those collegiate programs.

In addition to the strong focus on rowing form and conditioning, campers will be introduced to life at William and Mary, the second-oldest college in the nation, in a supervised and structured atmosphere. On top of all the rowing activities campers will also have planned nightly group activities such as a night at the movies, capture the flag on old campus, boat Jeopardy, and a bone chilling, crazy scary ghost tour of nearby Colonial Williamsburg.

For more information or to register for camp, please visit our website: www.wmrowing.org/camp