NORTH COUNTRY ROWING CAMP
AT DARTMOUTH COLLEGE
SUMMER 2006

North Country Rowing Camp
PO Box 450
Hanover, NH 03755
CAMP DESCRIPTION
The North Country Rowing Camp is for rowers and coxswains of all experience levels, ages 15–18. Both boys and girls will experience a curriculum designed to advance each camper’s technical skills and racing abilities through highly individualized instruction. Each camp boat will have its own coach. Campers will enjoy two on-the-water rows daily, as well as tank sessions, video review, and coach-led discussions on topics including nutrition, physiology, and the college recruiting process. Our exceptional staff of experienced collegiate coaches will help all campers to reach a new level in a fun yet challenging environment.

DAILY SCHEDULE
8:00 a.m. Breakfast
9:00 a.m. Morning Row
11:00 a.m. Video Review/Strength Training
12:00 p.m. Lunch
1:00 p.m. Tanks Session/Coxswain Clinic
2:00 p.m. Coaches’ Discussion
3:00 p.m. Afternoon Row
6:00 p.m. Dinner
7:00 p.m. Evening Group Activity
9:00 p.m. Free Time
10:30 p.m. Lights Out

SETTING
The North Country Rowing Camp is set in the picturesque college town of Hanover, NH, home to Dartmouth College. Campers will train out of the Friends of Dartmouth Crew Boathouse, the on-campus indoor rowing tank, and strength training facilities. The beautiful Connecticut River, home course to the Dartmouth Crews, offers twenty miles of calm, rowable water. Campers will eat and sleep in Dartmouth College dormitories which are a short 5-minute walk from the boathouse. The green mountains and mild temperatures of the scenic Upper River Valley provide an ideal setting for a summer camp.

Dartmouth College is not a sponsor or co-sponsor of the North Country Rowing Camp.

COACHING STAFF
Wendy Levash
Head Coach, Dartmouth Women’s Crew
• 8 years’ coaching experience in Ivy League
• 3 Eastern Sprints Novice Championship Titles
• Princeton University Graduate and Crew Captain, 1998

Steve Perry
Head Coach, Dartmouth Lightweight Men’s Crew
• 7 years’ coaching experience in Eastern Sprints League
• 2 Eastern Sprints Freshmen Championship Titles
• Rutgers University Graduate and Crew Captain, 1999

Other coaches will include:
Topher Bordeau and Amelia Siani, Dartmouth College
Seth Brennan, University of Pennsylvania
Shannon Moore, Columbia University
Scott Alwin and Jeremy Turk, Princeton University

A Certified Athletic Trainer will be available during each practice session and on call at all times throughout the camp’s duration. Emergency medical facilities are a short drive from campus. Each camper will receive a medical history and insurance information sheet to complete after registration has been confirmed.

REGISTRATION FORM
NORTH COUNTRY ROWING CAMP
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Please complete and return this form, along with a check made out to “North Country Rowing Camp.” Space is available on a first come, first served basis. A completed registration form and payment in full is required to secure your spot.

Camp costs for each session are $825 overnight, $750 day camper. Costs include instruction, 3 meals a day, campus housing, and a camp T-shirt.

Camp Session (check one):
☐ Session I: July 2–6 CANCELLED
☐ Session II: July 9–13 $825 Overnight $750 Day
☐ Session III: July 16–20 $825 Overnight $750 Day

Rowing Experience (circle one):
Novice One Year Two Years Three or more years

Position (circle one):
Port Starboard Coxswain

Best 2000m erg score: ____________

T-shirt (unisex) Size: XS S M L XL

Mail completed registration form to:
North Country Rowing Camp
PO Box 450
Hanover, NH 03755

Cancellation Policy: Camp fees will be refunded, less a $100 processing fee, only if cancellation is received three weeks prior to start of enrolled camp session.