



Cornell University
Summer Sports School

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2009 Rowing Camp Schedule July 26-30

Sunday, July 26

- 12:30 - 1:30 p.m. Registration and check-in at *Robert Purcell Community Center (RPCC)*
2:00 p.m. Camper orientation at *Dickson courtyard*
2:30 p.m. Meet the rowing coaches and counselors then depart for *Collyer Boathouse*
2:50 - 4:30 p.m. Boathouse Tour and First Rowing Session at *Collyer Boathouse*
5:00 - 6:00 p.m. **Dinner at RPCC**
6:30 - 8:30 p.m. Evening Tank Rowing Session in Teagle Hall
8:30 p.m. **Commuter camper pick-up at Teagle Hall**
8:30 - 10:30 p.m. Recreation and free time
10:30 - 10:45 p.m. Prepare for bedtime (10:45 p.m. bed-checks; 11:00 p.m. lights-out)

Monday-Wednesday

- 7:00 a.m. Wake-up
7:30 a.m. Breakfast at RPCC
8:30 a.m. **Commuter drop-off at Collyer Boathouse**
8:30 - 10:50 a.m. Morning Row at Collyer Boathouse
11:00 - 11:45 a.m. Video Review and Core Stabilization Work at Collyer Boathouse
12:00 - 1:00 p.m. Lunch at RPCC
1:30 - 2:45 p.m. Optional Erg/Tank Session/Guest Lecture at *Teagle Hall*
3:00 - 4:50 p.m. Afternoon Row at Collyer Boathouse
5:00 - 6:00 p.m. Dinner at RPCC
6:30 - 8:30 p.m. Evening Activities: Guest Lecture, Information Session, other Athletic Events on *North Campus*
8:30 p.m. **Commuter pick-up at Dickson courtyard**
8:30 - 10:30 p.m. Recreation and free time
10:30 - 10:45 p.m. Prepare for bedtime (10:45 p.m. bed-checks; 11:00 p.m. lights-out)

Thursday

- 7:00 a.m. Wake-up
7:30 a.m. Breakfast at RPCC
8:30 a.m. **Commuter drop-off at Collyer Boathouse**
8:30 - 10:50 a.m. Morning Row at Collyer Boathouse
11:00 - 11:45 a.m. Video Review and Core Stabilization Work at Collyer Boathouse
12:00 - 1:00 p.m. Lunch at RPCC
1:30 - 3:30 p.m. Final Rowing Session at Collyer Boathouse
3:30 p.m. **Commuter pick-up at Collyer Boathouse**
4:00 p.m. Resident camper pick-up in *Dickson courtyard*

Campers need to bring running/erging shoes, flip-flops, tight-fitting rowing clothing, several days of practice clothes, hat, sunscreen, and an excited attitude! **Resident campers must bring a pillow, bedding, toiletries, alarm clock, towels and other personal items – a fan is recommended, as the dorms are not air-conditioned.** You may also want to bring casual clothing for non-rowing activities. **All campers must bring a water bottle!**