

ROWING CAMPS

Typical Daily Schedule (subject to change)

8:00am	Breakfast
9:00am	Lecture / Clinic
9:45am	Practice
11:30am	Video Review / Rowing Tanks / Ergometers
12:00pm	Lunch
1:00pm	Free Time
2:30pm	Lecture / Clinic
3:30pm	Practice
6:00pm	Dinner
7:00pm	Group Activity
8:30pm	Free Time in Dorm
10:45pm	Dorm Check / Lights Out

More Information

The Princeton High Performance Rowing Camps are designed for experienced male and female high school rowers who want to enhance their rowing ability. Four sessions offer you the unique opportunity to experience what it's like to be a collegiate oarsman in the middle of a racing season.

Lori Dauphiny (Openweight Women), Marty Crotty (Lightweight Men), Matt Smith (Heavyweight Men), and Paul Rassam (Lightweight Women), lead a distinguished lineup of coaches that will provide specific technical and physiological instruction utilizing Princeton's state-of-the-art facilities. Armed with the same knowledge, systematic approach, and maybe even a few of the tricks that have won the coaching staff dozens of Eastern Sprints, IRA, NCAA, and World Championship gold medals, you will become a *better* rower that is *tougher* to beat.

During the 21 years of the Princeton HP Rowing Camps, the staff has fine-tuned the elements and structure of the camps into something that can be classified as the best summer rowing camp format in the business. A rower's daily routine will include twice-a-day workouts on Lake Carnegie, introductions to effective ergometer workouts and testing methods, core strength training, technical sessions in the rowing tanks, and speakers from either the Princeton University Athletic Department umbrella or the 2016 and 2020 United States Olympic Teams. Speakers will cover a wide range of topics, including nutrition best practices, building better strategies for ergometer testing, the experience of rowing in the Olympics, and how to navigate the ever changing recruiting process. Coaches are available for daily one-on-one sessions to discuss how personal training and technical improvements will enable each rower to achieve his or her goals. In addition, each rower will receive at least 60 minutes of direct video analysis and feedback during the week.

All of the camps offer coxswain-specific instruction. Coxswains are separated into their own group for daily instructional sessions. In addition, they are assigned to a boat for on-the-water training and races. The Princeton rowing camps are not only the best camps for rowers, but also coxswains.