

Princeton University Rowing

Sculling x Cross Training High Performance Camp, Session 3:

Monday July 28, 2025 – Thursday July 31, 2025

Time (Mon)	Monday July 28	Time (Tue-Thur)	Tuesday July 29	Wednesday July 30	Thursday July 31
		7:00 – 8:45a	Breakfast: dining hall	Breakfast: dining hall	Breakfast: dining hall
		8:45a	Countdown in front of dining hall	Countdown in front of dining hall	Countdown in front of dining hall
9:090a	REGISTRATION at Dorms, Move into Dorms	9:00 – 11:30am	Warm- up & Rowing Session II: 8-10 miles Speed Order – 3 x 1000m	Warm-up & Rowing Session III: 8-10 miles Steady State **Denunzio Pool reserved 11am – 12noon	Warm- up & Rowing Session IV: 8-10 Miles Speed Order 2 x 1000m
10:00a	ROLL CALL IN FRONT OF DORM				<i>College Preparation</i> Princeton Rowing Camp Coaches' Panel
10:15a – 10:45	Boathouse Orientation and Introduction of Staff at Boathouse				
10:45 – 12:00p	Rowing Session I: 6 Miles, Welcome to Lake Carnegie/Equipment Check / Steady State	12:00 – 1:00p	LUNCH: dining hall	LUNCH: dining hall	LUNCH: dining hall
12:00 – 1:45p	LUNCH in dining hall; Return to Dorm, Shower/Change	1:00– 2:00p	Optional Swim or Extra erging, biking, indoor rowing tanks at Boathouse **Dillon Pool reserved 1-2pm	Extra erging, biking, indoor rowing tanks at Boathouse	1:30p: Roll call in front of dorm
2:15p	Roll Call in front of dorm	2:15p	Roll call in front of dining hall for all other campers	Roll call in front of dining hall for all other campers	2:00p – 3:15p: Rowing Session V: 4k Stake Turn race
2:30 – 4:45p Swim 4:00-5:00pm Denunzio)	Afternoon training: Run, ErgBike, Stadium, Circuit, and/or Core **Denunzio Pool reserved 4-5pm	2:30 – 4:45p	Afternoon training 2:30-3:30 – Cardio- Run, ErgBike, Stadium, Erg /// 3:45-4:30 Core/Circuit	Afternoon training 2:30-3:30 – Cardio- Run, ErgBike, Stadium, Erg /// 3:45-4:30 Core/Circuit	3:30p: Closing Ceremonies & Equipment Clean up
4:45p	*Day camper pick up @ boathouse	4:45p	*Day camper pick up @ boathouse	*Day camper pick up @ boathouse	4:00-4:30p: Camper Check Out at dorms / Day camper pick up at boathouse
5:30 – 6:30p	DINNER: dining hall	5:30 – 6:30p	DINNER: dining hall	DINNER: dining hall	
7:00p	Fire Drill	7:00 – 8:45p	FREE TIME	Movie: 10 Guyot Hall	
7:15 - 8:45p	Mandatory Fun				
8:45 - 9:30p	Courtyard Time	8:45 – 9:30p	Courtyard Time	Courtyard Time	
10:00p	LIGHTS OUT	10:00p	LIGHTS OUT	LIGHTS OUT	

***TENTATIVE SCHEDULE SUBJECT TO CHANGE BASED ON POOL TIMES & WEATHER - SAFETY IS FIRST PRIORITY /// Final Session – Parents welcome to watch from Boathouse or Washington St. Bridge