

2010 Conditioning and Rowing Camps

601 Washington Street Sculling Camp – 7th grade or older

Craig Hoffman and staff will be holding a sculling camp at 601 Washington Street, Conshohocken, PA for NEW and EXPERIENCED rowers. Rowers must be going into 7th grade or older. The camp is designed to teach and advance each rower's skills in three, two week sessions.

The three, two week sessions are as follows:

Session 1: June 7 - June 18

Session 2: June 21 – July 2

Session 3: July 5 – July 16

Each rower is required to attend two of the three sessions. Three sessions is highly recommended. Practice time will be in the afternoon with a detailed schedule yet to be determined (morning or afternoon sessions with sufficient demand). Practice will consist of technical and physical training. The use of video tape and land demonstration will be used. Campers will have the opportunity to race at two regattas during the six weeks.

Each rower will be required to have waivers signed, indicating they are healthy to train and have the ability to swim. Waivers are due prior to camp.

For further information or questions, please contact Craig Hoffman at 610-812-6957 or choff69845@aol.com

Charles River Rowing Camps

www.row2k.com/Camps/crrc/index.html

Cornell Competitive Rowing Camp

<http://www.athletics.cornell.edu/camps/rowing.html>

Haverford College Performance Plus Camp

www.performance-plus.org/index.html

Navy Boys' Crew Camp

www.navycrewcamp.org

Navy Girls' Crew Camp

www.navycamps.com/navyrowingcamp/Home.html

Penn AC Gold

<http://www.pennac.org/>

PA Rowing Camps

www.parowing.com

Philadelphia Sculling Club (for high school boys, born 1992 or later)

<http://philadelphiascullingclub.org/home> or email jdb@philadelphiascullingclub.org

PNRA - Resolute Racing Camp – Princeton Junction, NJ

www.rowpnra.org/resolute.htm

Porter's Summer Sports Academy – Girls' Rowing

Farmington, CT summer_programs@missporters.org
<http://www.porters.org/podium/default.aspx?t=105781>

Princeton University Sports Camps

www.princetonportscamps.com/2010_Summer_Camps/Rowing.htm

Radnor Girls Crew Club (RGCC) Rowing Camp

www.girls.radnorcrew.org or email RGCCCLTR@radnorcrew.org.

River Breeze Rowing/Sculling Vacation Camp

Susquehanna River in Central Pennsylvania

<http://www.riverbreezerowing.com/>

Quaker Rowing Camp

www.quakerrowingcamp.com

Raritan Valley Camp (Rutgers)

www.scarletknights.com/crew/camp/camp.asp

Schuylkill Navy

Website has multiple camps listed in the Philadelphia area

www.boathouserow.org/camps.html

St Joe's Prep Hawk Rowing

www.sjprep.org/athletics/crew/hrc.html

Upper Merion "Learn to Row" Program -- it's run by Coach Antoinette Calimag

It runs for 5 weeks from 6/22 - 7/29 on Tues-Weds-Thurs and you can do either morning (9:00 - 11:30) or afternoon (5:00 - 7:30).

www.uppermerionparkandrec.org/activities_programs_view2.asp?cid=14&id=1445

Yale Bulldog Rowing Camp

www.bulldogrowingcamp.com