

College Coaches' High School Rowing Camp, Hosted by Riverfront Recapture



College coaches teach both **beginners & experienced** participants in a fun and supportive atmosphere. Beginners learn how to row, cox, erg and receive an introduction to all aspects of the sport. Experienced rowers/coxswains will increase their knowledge of the sport, improve their rowing and erging technique, and can learn about rowing in college. *Experienced coxswains can attend for half price. Camp open to grades 8-12 only.*

Campers row in the morning, break for lunch and a presentation (on College Admissions, Sports Nutrition, off-water training, erging, etc.), and row again in the afternoon. Video taping and video analysis, erging and stretching will also take place.

Four-Day Camp: Monday June 28–Thursday July 1 from 9:00 a.m. to 3:00 p.m.

Two-Day Camp: Saturday, August 7 & Sunday August 8 from 9:00 a.m. to 3:00 p.m.

Both camps run at the Greater Hartford Jaycees Community Boathouse in Hartford. Lunch and a t-shirt provided.

Register online @ www.riverfront.org

Questions: email us at rrirowinginc@sbcglobal.net, or 713.3131 ext 314



PAST COACHES INCLUDE:

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| Eric Carcich | Currently, Women's Head Coach @ George Washington University; formerly, Men's Freshman Heavyweight Coach @ UPenn, and Men's Freshman Lightweight Coach @ Yale |
| Phil Carney | Currently, Men's Head Coach @ Wesleyan; formerly, US Men's Lightweight Development Coach, and Assistant Men's Coach @ Trinity |
| Steve Fiske | Currently, Head Women's Coach @ Boston College; formerly, Assistant Men's and Women's Coach @ Fordham |
| Kevin Gruber | Currently, Assistant Women's Coach @ UConn; formerly Assistant Coach @ SMU, and Head Men's and Women's Coach @ University of Charleston |
| Kevin MacDermott | Currently, Men's Head Coach @ Trinity; formerly, Assistant Men's Coach @ Trinity and Assistant Men's Coach @ Wesleyan |
| Tom Sanford | Currently, Head Women's Coach @ Marist; formerly, Assistant Men's Coach @ Georgetown |
| Jennifer Wendry | Currently, Head Women's Coach @ UConn; formerly, Head Women's Coach US Junior National Development Team, and Assistant Women's Coach at UPenn |