



Cornell University  
Sports School

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## 2016 Rowing: High Performance Camp Schedule

### Session 1 - July 24-28

### Session 2 - July 31-August 4

#### Sunday

12:30 to 1:30 p.m. Registration and Check-in at **Robert Purcell Community Center (RPCC)**  
2:00 p.m. Camper Orientation  
2:30 p.m. Meet the Rowing Coaches and Counselors and then depart for **Collyer Boathouse**  
2:50 to 4:30 p.m. Boathouse Tour and First Rowing Session at **Collyer Boathouse**  
5:00 to 6:00 p.m. Dinner  
6:30 to 8:30 p.m. Evening Tank Rowing Session in Teagle Hall  
8:30 p.m. **Commuter Pick-up at Teagle Hall**  
8:30 to 10:00 p.m. Recreation and Free time  
10:00 p.m. Dorm Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights-out)

#### Monday to Wednesday

7:00 a.m. Wake-up  
7:30 a.m. Breakfast  
8:30 a.m. **Commuter Drop-off at Collyer Boathouse**  
8:30 to 10:50 a.m. Morning Row at Collyer Boathouse  
11:00 to 11:30 a.m. Review of Row and Core Stabilization Work at Collyer Boathouse  
12:00 to 1:00 p.m. Lunch  
1:30 to 2:45 p.m. Tank Session in Teagle Hall or Erg/Row/ Video Session at Collyer Boathouse  
3:00 to 4:50 p.m. Afternoon Row at Collyer Boathouse  
5:00 to 6:00 p.m. Dinner  
6:30 to 8:30 p.m. Evening Activities: Guest Lecture/Information Session/Athletic Events on North Campus  
8:30 p.m. **Commuter Pick-up at Residence Hall**  
8:30 to 10:00 p.m. Recreation and Free time  
10:00 p.m. Dorm Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights-out)

#### Thursday

7:00 a.m. Wake-up  
7:30 a.m. Breakfast  
8:30 a.m. **Commuter Drop-off at Collyer Boathouse**  
8:30 to 10:50 a.m. Morning Row at Collyer Boathouse  
11:00 to 11:30 a.m. Video Review and Core Stabilization Work at Collyer Boathouse  
12:00 to 1:00 p.m. Lunch  
1:30 to 3:30 p.m. Final Session/Equipment Clean-up/Camp Review Discussion at Collyer Boathouse  
3:30 p.m. **Commuter Pick-up at Collyer Boathouse**  
4:00 p.m. **Resident Pick-up at Residence Hall**

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 and sunscreen!**

**Please note, schedule subject to change**