

The Granite State Rowing Camp Summer 2016

Hosted by Bedford Crew



Overview

The Granite State Rowing Camp is a one-week, co-ed day camp for both new and experienced rowers entering 8th and 9th grades this fall.

Rowers will be grouped based on ability, so no experience is necessary.

The focus of the coaches is to better the skills of each individual camper through a fun and relaxed environment.

Although rowing is the focus of this camp, anyone who likes the outdoors and water based sports will love this program.

This camp will provide young adults with a fun and safe environment to work on fitness, teamwork, and friendship.



Registration

Camp Dates:

Monday, July 18th - Friday, July 22nd, 2016

Hours:

Mon-Thurs, 9:00am-3:30pm;
Friday, 9:00am-Noon

Camp Fee: \$375

Prior to June 1st

Camp fee is refundable, less a \$25 cancellation fee.

After June 1st

Cancellations after this date are non-refundable.

To register, please go to bedfordcrew.org. Registrations due by June 1st.

Registrations are accepted on a space-available basis.



Daily Schedule

8:45am-9:00am	Rower drop-off
9:00am-11:00am	Morning row
11:00am-Noon	Lunch/ free time
Noon-1:00pm	Clinics (changing daily, to include video review, yoga, and other fun stuff)
1:00pm-3:00pm	Afternoon row
3:00pm-3:30 pm	Activities and wrap-up
3:30pm	Rower pick-up

**weather depending, one camp day will be at Bedford High School for erg and conditioning training.

What to Bring

Campers should bring each day:

- water bottle
- lunch and snacks
- A spare set of clothes
- inhalers/ epi pens if needed

Extra water will be available.

Rowers should wear:

- Workout clothing appropriate for the weather. Clothing should be more tight-fitting than loose.
- Sneakers and socks as well as a pair of water shoes (such as flip flops or Crocs)
- Sunscreen and bug spray are encouraged.

Location

The camp will take place at the Amoskeag Rowing Club (ARC), founded in 1982 to promote rowing on the Merrimack River in central New Hampshire. ARC's boathouse is located in the Town of Hooksett on a beautiful 5-mile stretch of the river. The club maintains a core membership of individuals and is also home to the crew clubs of Bedford and Central High Schools, Southern New Hampshire University, and The Derryfield School.

GPS address:
101 Merrimack Street, Hooksett NH

Bedford Crew Club

PO Box 10206

Bedford, NH 03110

Email: lashooh@comcast.net

www.bedfordcrew.org