

# HAWKS ROWING CAMPS

*for Girls*

*At the Robert M. Gillin, Jr. Boathouse, Home  
of Saint Joseph's University*

**MONDAY AUGUST 6<sup>TH</sup>  
TO  
THURSDAY AUGUST 9<sup>TH</sup>**

The emphasis of the 2007 Hawks Rowing Camp is the personal development of the whole athlete in preparation for the collegiate rowing experience. We have designed our camp to enhance and develop all aspects of the sport for girls who intend to row or cox at the college level. We limit our number of campers to maximize coaching and teaching.

We will teach techniques to use our bodies more efficiently on the water, in the weight room, and on the erg. These techniques will translate to faster times on the water, better erg times and injury prevention.

**BACK BY POPULAR DEMAND: BEGINNERS'  
CAMP**

*By popular demand we are happy to  
offer camp instruction to beginners with  
no or very little previous rowing  
experience.*

## **When:**

Monday August 6 - Thursday August 9  
8:30am – 12:00pm

## **A Typical Day:**

8:30 - 9:00	Review Daily Goals & Video Tape Review
9:00 - 9:20	Stretch
9:20 - 11:20	Rowing
11:20 - 12:00	Stretching / Presentations

## **The Pre-Collegiate Camp**

Our goal for the Hawks Rowing Camp is to better the athlete's understanding of the sport. This understanding will be vital in adapting to new rowing styles, new training philosophies, and new approaches to the sport that the athletes will face in making the move from High School athletics to collegiate athletics.

Daily activities will include long technical rows on the Schuylkill each day in Eights, Fours and Quads honing the rowing technique and developing a better understanding of what makes the boat move. We will review video tape of our training sessions to increase our understanding of efficiency. Coxswains will get instruction on all aspects of coxing –including but not limited to helping teammates improve technique and comfort in the boat as well as identifying boat needs and solutions, rigging and racing.

Our daily presentations will include topics of weight training, nutrition, endurance training, racing, stretching, rigging, coxing and more.

If you are hoping to row or cox in college in the next year or two – this is the camp for you.

## **The Beginners' Camp**

The Beginners' Camp will be run simultaneously with the Pre-Collegiate Camp and will focus on the basics of the sport of rowing. We will introduce the equipment, technique, and of course take a lot of strokes on the river.

## **Tuition:**

The tuition for the 2007 Hawks Rowing is \$275.00. Tuition includes a camp T-shirt, camp water bottle, and daily snacks. Please make checks payable to Hawks Rowing Camp.

Space is Limited !! So apply early.

## **2007 Hawks Rowing Camp Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Email: \_\_\_\_\_

High School: \_\_\_\_\_

Experience: \_\_\_\_\_

Sweep \_\_\_\_\_ Sculler \_\_\_\_\_ Coxswain \_\_\_\_\_

What are your goals for Hawks Rowing Camp?  
\_\_\_\_\_  
\_\_\_\_\_

*Hawks Rowing Camp does not provide health insurance.  
Campers must rely on their guardian's medical services.*

Parent's  
Signature \_\_\_\_\_

Health Insurance  
Provider: \_\_\_\_\_

Agreement#: \_\_\_\_\_

Group#: \_\_\_\_\_

T-shirt Size: S M L XL

**Please mail registration and check to :**

**Hawks Rowing Camp  
c/o Saint Joseph's University Rowing  
5600 City Avenue  
Philadelphia, PA 19131**

## Coaches:

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The coaching staff of the 2006 Dad Vail Champion Saint Joseph's University Women's Rowing Team will lead the 2007 Hawks Rowing Camp. The coaching staff has over 30 years of combined coaching experience.

Gerry Quinlan will serve as the Camp Director and Head Coach of this year's camp. Gerry is in his eighth year as the Head Women's Coach at Saint Joseph's University. In his short tenure, Gerry has led Saint Joseph's to 2 consecutive ECAC Metro titles in the Freshman 8 in 2002 and 2003 as well as Dad Vail silver medals in the Freshman 8 in 2002, 2003, 2004, 2006. Most recently the Hawks won the Varsity 8 event at the 2006 Dad Vail and competed at the Henley Regatta.

We will also have several guest speakers visiting camp to speak on the areas of nutrition, training, coxing, erging stretching, and rowing technique.

Our staff is knowledgeable and enthusiastic. We are looking forward to working with you to unlock your rowing potential.

## Parents Question & Answer Night

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We invite the parents of our campers to bring their questions regarding collegiate rowing to the boathouse on Wednesday at 5:30pm. We will discuss all aspects of the college rowing experience including: competitiveness, training, time management, the recruiting process, etc.

## The Facilities:

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The headquarters for the 2007 Hawks Rowing Camp is the Robert M. Gillin, Jr. Boathouse – the new Home of Saint Joseph's University Rowing. The construction of the state-of-the-art facility was completed in June 2002. The boathouse is located next to the canoe club on Kelly Drive in Philadelphia, just east of the Strawberry Mansion Bridge.



We hope that you join us this summer for a week of learning, fun and a preview of the collegiate rowing experience.

# HAWKS ROWING CAMP

for girls



**Monday, August 6, 2007  
through  
Thursday August 9, 2007**

**For additional information  
Please Call 610-637-5696  
Email [rowing@sju.edu](mailto:rowing@sju.edu)  
Or link to our webpage:  
<http://www.sjuhawks.com/wrowing>**