



2012 LONGHORNS ROWING CAMP

We invite you to join us for the 13th annual Longhorns Rowing Camp. High school age girls and boys enjoy the use of the Longhorns' varsity rowing facility on Lady Bird Lake in Austin, Texas. All skill levels, from complete novice to accomplished athlete, find challenging and rewarding experiences under the careful instruction of the UT coaching staff. Beginners learn the fundamental skills of rowing and the sport's demand for teamwork. Experienced athletes fine-tune their technique and develop racing strategy and performance. Video analysis, technical theory, and group discussions of issues facing young athletes complement water practice and land training. Rowing is the ultimate sport of cooperation. Our goal is for campers to have fun and build confidence in a physically challenging atmosphere.

Camp Dates

Longhorns Rowing Camp: July 8 – 12, 2012 (Sunday – Thursday)

What do I learn?

Novice & Beginner Campers

Campers are taught fundamentals of sweep rowing, sculling, and coxing. Afternoon discussion sessions cover such topics as race preparation, mental imagery, sports nutrition, ergometer training, and collegiate competition.

Experienced Campers

Campers continue to develop the fundamentals of sweep rowing, sculling, and coxing. Practice on the water consists of drill work and technique in the morning and seat racing and competitive pieces in the afternoon. Daily land training takes place on UT's campus at the Moncrief-Neuhaus Athletics Center. Strength and conditioning sessions cover weightlifting, core strength, conditioning and base fitness. Afternoon discussion sessions cover such topics as race preparation, mental imagery, sports nutrition, ergometer training, and collegiate competition.

Swim Test

All campers are required to complete a swim test on the first day of camp. The test is a 100-meter swim and a five-minute water tread.

Supervision

Experienced, mature coaches and counselors, comprised of UT staff and student-athletes, provide 24-hour supervision of all campers. Evening activities around Austin are planned and chaperoned.

Check-In

Check-in is at Jester Dormitory between 2:30-4 p.m. on the first day of the session. Check-out is on Thursday at 1 p.m. at Jester.

Air Travel

Campers traveling to Austin by air should arrive by 2 p.m. of the first day of camp and depart after noon on the final day of camp. Shuttle service is provided upon request for a \$15 fee.

Room and Board

Overnight campers are housed in semi-private rooms at Jester Dormitory, located on UT's campus. Each room has its own bath. Boys and girls room on the same floor, but are on opposite ends with counselors' rooms located in the middle. All meals are served at Jester. Overnight campers are served breakfast, lunch and dinner. Day campers are served lunch and dinner.

Commitment

Honor

Integrity

REGISTRATION

Option 1: Register for camp ONLINE at www.texassports.com under the link “camps” and pay using your credit or debit card.

Option 2: Register by MAIL by completing the form below and sending it along with your camp payment to:

Longhorns Rowing Camp
PO BOX 33892
San Antonio, TX 78265-3892

Upon submission of your application and payment, confirmation is sent via email. You may download the required health forms at www.texassports.com under the link “camps”. Payment in full and all health forms are due prior to the first day of camp. A \$100 non-refundable deposit is required to register. **Application deadline is June 15, 2012.** If space is available after that date, applications are accepted with a \$35 late fee and full registration payment.

2012 Longhorns Rowing Camp Registration Form

___ **Overnight Camper - \$700**

___ **Air Shuttle Fee - \$15**

___ **Day Camper - \$550**

___ **Late Fee - \$35**

Camper Name _____ Age _____ Birth date ___/___/_____

Address _____ City _____

State _____ Zip _____ Home Phone _____ Cell Phone _____

T-Shirt Size: S ___ M ___ L ___ XL ___ Grade Next Fall _____ High School _____

Parent/Guardian _____ Work Phone _____

Cell Phone _____ Email _____

Emergency Contact _____ Relationship to camper _____

Home Phone _____ Work Phone _____

Per NCAA rules, all sport camps and clinics conducted by The University of Texas at Austin are open to any and all entrants and enrollment is only limited based on age, grade level, gender, or number restrictions as specified by each camp.



Nike is the official footwear and apparel supplier for UT Athletics

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