Saint Joseph's University Youth Rowing Camp

Dear Parents,

We are thrilled to invite your young athlete to participate in a new summer rowing camp targeted to take their technique and fitness to a higher level—the Saint Joseph's University (SJU) Youth Rowing Camp for young men and young women (age 14-18) in Philadelphia, June 19- July 16, 2022!

HERE’S A GLIMPSE VIA DRONE OF WHAT’S IN STORE!

Our Distinction

- Improving technical skills both in a boat and on an erg
- Building fitness through comprehensive land-based training that includes strength, mobility, & conditioning
- Breakout education sessions on nutrition and sports psychology from specialists from throughout the U.S.

As coaches with a depth of experience at high school, collegiate, and national team levels, we help athletes gain a greater understanding of training, including meeting both physical and mental demands of rowing. Of course, summer fun and friendship are also a big part of the experience!

Camp Details

Campers will row in both sweep and sculling boats, launching from SJU Boathouse on the Schuylkill River. TOURTHEROATHOUSEHERE! Land training and video review of rowing and erging technique will take place at P3PE Fitness aka The Barn in East Falls, less than 2 miles from SJU Boathouse. Owned by camp coaches, Cassandra Cunningham and Mike Irwin, the Barn offers state-of-the-art training equipment, including ergs, weights, and stationary bikes. There are big-screen tvs for video review and space to host our guest speakers.

Learning from Racing

Our commitment to athlete development includes the opportunity to test skills and fitness in a racing environment. This competitive experience serves as an assessment tool, and we then help the athletes continue to refine technique. Campers will race in the renowned Independence Day Regatta in Philadelphia the weekend of July 1, 2, and 3. Families are welcome to join us to watch!

This youth camp shall be open to any and all entrants (limited only by number, age, grade level and/or gender).
Weekly sessions include:
· 6 on-the-water rowing
· 4 erg
· 2 running
· 6 strength & conditioning
· 1 yoga
· Video review
· Breakout education sessions will be hosted throughout camp.

Fun, team-building activities, including an obstacle course and Phillies baseball game, are included in the camp fee!

### Housing, Meals, and Transportation
For athletes needing housing, the camp will provide dormitory rooms in Lannon Residence Hall — **TOUR IT HERE!** on SJU campus, a 2-mile drive to the Boathouse. Three assistant coaches/interns will live on campus and chaperone. We will also provide round-trip transportation to the Boathouse and Barn. The camp includes 3 nutritious meals daily.

**Camp Cost and How to Register**
Our enrollment is limited to 24 rowers and 3 coxswains—we encourage you to secure a spot asap.

<table>
<thead>
<tr>
<th>Mon., Tues., Thurs. &amp; Friday</th>
<th>Wed. &amp; Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>8:00 am – Vans depart to boathouse</td>
<td>8:00 am – Vans depart to boathouse</td>
<td>Morning/early afternoon off</td>
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<tr>
<td>8:30 – Breakfast at Boathouse Row</td>
<td>8:30 – Breakfast at Boathouse Row</td>
<td>Overnight campers: Breakfast and Lunch at SJU</td>
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<tr>
<td>9:00-11 – Rowing Sessions</td>
<td>9:00-11 Rowing Sessions</td>
<td>3:30pm– Vans depart for Barn</td>
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<tr>
<td>11:30 – Vans depart to dorms</td>
<td>11:30– Run to the barn</td>
<td>4:00- Yoga</td>
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<td>12:00 pm – Lunch</td>
<td>12:00pm - video review &amp; strength training</td>
<td>5:00- Dinner</td>
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<tr>
<td>2:00 – Vans depart to Barn</td>
<td>1:30- Vans depart to dorms</td>
<td>at the Barn</td>
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<tr>
<td>2:30 – Erg/run with strength &amp; conditioning</td>
<td>Afternoon rest</td>
<td>6:00-Vans depart to dorms</td>
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<tr>
<td>5:30 – Vans depart to dorms</td>
<td>6:30 – Dinner</td>
<td>10:00pm- Lights out-bed!</td>
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<td>10:00pm – Lights out-bed!</td>
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**Total Cost:** Campers requiring housing: $6200  Day campers: $4500

**TO REGISTER, PLEASE COMPLETE THE FORM HERE!**
Once you have submitted the Registration Form, you will receive an email invoice for the initial payment/deposit of $1,600. The balance will be due in two installments, 4/15 & 5/15.

We’ll keep in contact, of course, and also provide details about what to bring to camp!

Who do I contact with my questions?
We are here to answer any questions—you’ll find our contact information (and links to our bios) below.

Please do not hesitate to reach out—we want to hear from you!

Most of all, we look forward to providing an exceptional summer rowing experience for your young athlete that will have a positive impact for years to come! Thank you.

Cassandra Cunningham, Lead Girls Coach
Phone: 610.278.0307

Mike Irwin, Lead Boys Coach
Phone: 215.262-0360

Lesleh Anderson Wright, Lead Coxswain Coach, Assistant Coach Boys & Girls
Phone: 712.790.6950