

## Daily Schedule for July 7<sup>th</sup>-July 11<sup>th</sup>

**Wednesday 7<sup>th</sup>** Overnight campers should arrive at airport by 3pm; a coach will meet them in the baggage hall of the San Diego International Airport. Campers will be transported to UC San Diego and checked into dorms.

6:30 pm Dinner for Residential campers

### **Thursday 8<sup>th</sup> – Saturday 10<sup>th</sup>**

6:30 am Breakfast UC Residential Halls

8:30 am All campers arrive at Coggeshal Rowing Center on Mission Bay

9:00 am Launch for morning practice session

11:30 am Lunch

12:30 pm Lecture (topics include: Anatomy of the Stroke, Racing strategies; Dartfish™ Video Review; training and cross-training, nutrition, How to Recruit Your College; training guidelines).

1:30 pm Free Time/Beach swim

2:30 pm Launch for afternoon practice

4:30 pm Daily review... day campers get picked by up parent/guardian... overnighters return to campus (\*\*\*) Saturday- alternative activities including optional visit to the World Famous San Diego Zoo)

### **Sunday 11<sup>th</sup>**

8:30 am Exhibition races; family and friends are invited to view the activities from the boathouse or observe from a coaches launch.

10:30 am Camp photo session; Certificates and Camp team photo. Wrap-up

12:00 noon Day Campers picked up by parent/guardian; Residential campers depart for Airport (Please book flights for after 1:30 PM)

### By air

If you are going to fly to the UC San Diego Rowing Camp, please plan your flight to arrive at San Diego's Lindberg Field (SAN) Airport before **3:00 pm** on the July 7<sup>th</sup>.

Campers should turn on your cell phone and check for messages from the coach picking you up at the airport. That cell phone number is for Julia White-Hoppe 541-601-9855. You may also call her when you land if you wish. Julia will try to meet you at the baggage claim area, and she will be wearing a Blue UCSD Tritons Crew polo shirt. With multiple arrivals, it may take a moment; so check your messages, and feel free to call.

Don't worry if your flight is delayed, we'll wait for you.

We need to know your flight information a week before the camp begins (July 1<sup>st</sup>). Either fill out the information on the registration site, or e-mail it to: [jwhitehoppe@ucsd.edu](mailto:jwhitehoppe@ucsd.edu)

For return flights on the last day of camp (see below for exact dates), please arrange for departure no earlier than 1:30 pm.

By auto: Residential campers: If your parents or guardians are bringing you to campus,

Julia will email you directions to the correct Residential Hall, and you can contact her. Campers should arrive between 5-6pm for check-in. Earlier Check-ins may be able to be accommodated, contact **Julia** for details. Day Campers: We will meet you at the Coggeshal Boathouse (1220 El Carmel Place, San Diego 92109) each day.

If you are driving a car yourself to camp, we request that you leave the keys with the Camp Director. Triton Rowing campers are not allowed to drive during camp, except with parental permission in writing.

## **THINGS TO BRING TO THE UC SAN DIEGO ROWING CAMP**

For the rows:

- water bottle
- hat/visor (must be worn at all times)
- sunscreen
- sunglasses
- rowing unis, trou, or other suitable warm-weather gear (for novices, think bicycle shorts rather than baggy basketball shorts)
- t-shirts and tank tops
- several changes of socks (no bare feet in the footstretchers, please!)
- running shoes and socks
- bathing suit (for the swim test and for beach swimming between the practices)
- towel(s) for the boathouse and for the dorm
- small change (vending machines and on campus shops at the Residential halls)

Residential Campers:

- flip-flops or sandals
- alarm clock
- soap/shampoo
- Sweatshirt/long sleeve shirt (for cool weather)
- towel
- nice clothes and small change for trips to Balboa Park and Olympic Training Center

## **Code of Conduct**

The UC San Diego Rowing Camp will be a lot of fun if campers follow the basic rules of courtesy and civil behavior so that everyone can concentrate on rowing skills. Here are the guidelines:

- \* Always respect other campers, instructors, facilities, campus personnel, and all equipment.
- \* Always listen to staff/instructor. Show consideration when coaches and others are speaking.
- \* Teasing and put-downs are not tolerated at camp.
- \* Use appropriate language.
- \* Keep all areas clean! Keep our environment clean by collecting your own trash, and any that you see. Recycling bins are available at all venues.
- \* No weapons allowed.

- \* No pets may be brought to camp.
- \* No drugs, tobacco, or alcohol permitted at any time.
- \* Never leave assigned activity areas without permission of staff.

**Any other rules specific to a Camp will be discussed at Camp.**

***Behavior Guidelines and Consequences:*** In order to provide a constructive and pleasing environment and to ensure the safety of our campers and staff, disruptive, destructive and/or dangerous behavior by campers is NOT ALLOWED. Such behavior will result in the camper being removed from the current program. If the behavior continues, the camper will be dismissed from the camp. When a participant is dismissed from camp for unacceptable behavior there will be NO REFUND.

**Any of the following will result in IMMEDIATE dismissal from camp:**

- \* Endangering the health or safety of others
- \* Possession of firearms, weapons, explosives, etc.
- \* Possession or use of illegal drugs, alcohol, cigarettes
- \* Damage or destruction of property
- \* Theft
- \* Fighting
- \* Pulling of fire alarms
- \* Leaving camp area without permission

***Damage or Loss of Property:*** Camper's parent/legal guardian will be financially responsible for any and all damages caused by camper. Parent/Legal guardian will be billed for any damage to campus facilities or equipment.

## **UCSD JUNIOR ROWING CAMP ATHLETE AGREEMENT**

I, \_\_\_\_\_ (athlete's name), understand my behavior can affect the experience of other athletes in the team environment, I agree to accept and adhere to university and camp guidelines of behavior. I understand that failure to adhere to camp rules or follow the guidelines set out by camp coaches and counselors could result in being asked to leave camp at my own expense.

Print: ATHLETE: \_\_\_\_\_

Signed: ATHLETE: \_\_\_\_\_ date: \_\_\_\_\_

Print: PARENT/GUARDIAN: \_\_\_\_\_

Signed: PARENT/GUARDIAN: \_\_\_\_\_ date: \_\_\_\_\_