

2013 HAWKEYE ROWING CAMP

General Information

Check-in

The check-in time for camp is 4:30 p.m. on Friday at Hillcrest Residence Hall.

Housing for Residents

Room assignments will be made in advance. There are two campers per room. If you have a roommate preference, write the name of that person on your online application form in the designated area. Roommate preferences received less than two weeks before camp start date may not be possible. Bedding, which includes sheets, pillowcase, and blanket, is provided. Meals are served in the university dining facilities. Athletic trainers and medical personnel are available 24 hours a day.

Commuter Plan

Commuters are participants who attend sessions during the day & stay off campus at night. Lunch and dinner are included in the camp fee.

Orientation

After check-in there will be a brief orientation session, in the conference room at the Boathouse, explaining Sports Camp rules and regulations. All campers must comply with the rules. Any serious violations or abuses will result in immediate dismissal from camp without refund.

Facilities

Our 2013 rowing camp will take place at the P. Sue Beckwith M. D., Boathouse located in Terrill Mill Park.

Items to Bring to Camp

Please bring a water bottle, sunglasses, tennis shoes, and close-fitting clothing (ex. Dryfit or spandex tops and bottoms) Participants must also furnish their own towels and toiletry items. When not in a sports session, dress is casual. It is a good idea to bring extra spending money for soft drinks and snacks. You may wish to bring an alarm clock and a small fan. We strongly discourage you from bringing any valuables to camp. The camp administration will not cash personal checks from campers. There is an ATM available in Hillcrest residence hall. The University of Iowa is not responsible for lost or stolen articles.

Health and Insurance

Cost for treatment of injuries and hospitalization for illness or injuries incurred during Sports Camps will be the responsibility of the parent or guardian of the participant.



Session I: June 14-16

Session II: June 21-23

Session III: June 28-30

Eligible Participants: HS freshmen – seniors, incoming Iowa freshmen and 2-yr transfers, and 2-yr community college students

Deposit and Balance

Enroll now! Enrollment will be limited so send your application form and \$100.00 nonrefundable/nontransferable deposit to The University of Iowa Sports Camps today.

Costs and Cancellations

The fee per session for a resident is \$350 and for a commuter is \$285 and is all-inclusive; there are no extra charges. Applications received after May 24 must be paid in full. If you cancel your enrollment prior to June 1 your fee less the deposit will be refunded without questions. Campers who must leave during the week due to illness or injury will receive a prorated refund based on camp attendance. Written requests for refunds should be sent to the Sports Camps Office, E206 Field House, The University of Iowa, Iowa City, IA 52242-1111. No refund will be given to campers who voluntarily leave camp or who are sent home for disciplinary reasons.

Important Info for Parents

Each registered camper will receive a confirmation letter via email and a medical form. For more information go to www.iowasportscamps.com. Parents are invited to observe any of the sessions. **NOTE: Completed and signed medical forms must be on file to participate, no exceptions. School physicals along with our medical form signed by parent/guardian may be used if the physical is within one year of the camp.**

Typical Schedule

7 - 8:30 a.m. Breakfast
9:00 a.m. -12 p.m. Session I Workout
12 - 2 p.m. Lunch / Down time
2:30 - 5:00 p.m. Session II Workout
5:00 - 7:00 p.m. Dinner
7:00 - 8:30 p.m. Session III or Supervised Rec. Activities
10:00 p.m. Floor Meeting
11:00 p.m. Lights out

Coaching Staff



Head Coach

Steve Pritzker

Steve is in his first year at the University of Iowa. He previously spent 9 years at the University of Virginia, where he led the team to two NCAA Championships and was runner up in 2005 and 2007. Steve won 8 ACC titles in his 9 years at UVA. He was named Collegiate Rowing Coaches Association's National Assistant Coach of the Year in 2007 and 2010.



Assistant Coach

Beth Redfean

Beth is in her second year at the University of Iowa. Beth comes to Iowa after serving on staff at Mount Holyoke College for two seasons. Prior to working at Mount Holyoke, Beth was a coach for Rowing Strong, Rowing Together. Additionally, Beth was the Head Coach of the Ignatius Chicago crew for three years (2006-2009).



Novice Coach

Julie Quoss

Julie is in her first year at the University of Iowa. Julie joins the Hawkeyes after spending five seasons as an assistant coach and recruiting coordinator at the University of Pennsylvania. Julie helped the team rank second in the Mid-Atlantic Region and gain their best finish in the Eastern Sprints since 1982.

Camp Features

- 2-3 sessions per day
- Instruction on rowing technique on the water, using the rowing machines, and in the tanks
- Skill instruction in sweep boats
- Individual analysis and video review
- Land-based strength and conditioning training



THE UNIVERSITY OF IOWA

Register online at:

www.iowasportscamps.com

sportcamps@hawkeyesports.com

(319) 335-7961