



## Rowing Camp 2016

First of all, welcome to each camper who will be attending Texas Rowing For All's Summer, 2016 Rowing Camp. Camp is held daily at Texas Rowing Center, just behind Austin High School on the north-shore of Lady Bird Lake on the Hike & Bike Trail.

2016 Camp dates are: August 1-5. Camp starts daily at 9:00 am and runs through 12:00 noon. Staff will be on site from 8:30-12:15, please be prompt!

As I write this note, we still have several openings! So, if you have any friends who may be interested in joining us, please have them contact me at [tony@texasrowingcenter.com](mailto:tony@texasrowingcenter.com) We look forward to seeing you and spending time together having camp fun this summer! So—on to **important** details!

### What to expect:

**Rowing Camp is a place to be yourself, make new friends, and engage in new experiences.**

Rowing Camp is a very active camp experience! You can plan on being active and busy the entire time! This will be a learning experience for each rower attending. Our coaches and instructors will take our time with each camper to ensure they are able to row in each step of the process. Campers will work on indoor rowing machines, dock trainers, and rowing shells of all different sizes!

### What to wear:

Rowing Camp by nature is a camp where you will get wet! Please wear comfortable shorts and t-shirts. You can also wear a bathing suit, but you will want to have shorts and shirt over them. Jean shorts, when wet can become tight and uncomfortable...so we would encourage to not wear jeans, but wear loose shorts that are comfortable!

Hat: Since we will be outside for the bulk of the camp, having a cap or hat is very much encouraged! Being on the water—reflects the sun in a double way, a hat will help keep you cool and ward off sunburn!

Shoes: Your shoes will get wet without a doubt! Please wear tennis/athletic shoes daily. Sturdy sandals with secure strapping is fine too. Please bring a pair of socks each day. While rowing only socks are worn.

Life jackets are REQUIRED every time we get on the water. We will furnish you with all safety equipment as part of the Camp experience. Be prepared to wear a life-jacket!

## **What to bring:**

SUNSCREEN is a must. Camp leaders will make sure everyone has sun protection throughout the day. Please apply sunblock prior to coming to camp every day!

WATER BOTTLE, each camper should bring a refillable water bottle with their name on it to each day of camp. We will be taking water breaks on the hour. We also will be providing water for our campers.

SUNGLASSES / GLASSES Bringing and wearing inexpensive sunglasses can really help with the glare from the sun reflecting off the water. Speaking of glasses....if you wear prescription glasses, please make sure you have a "leash" or strap/ guard on your glasses when coming to camp. If your glasses fall off in the water, it is doubtful that we can get them back...so come prepared :-)

A TOWEL is great to have daily to dry off after being in the water. We will have an area to store our belongings.

A GREAT ATTITUDE: Expect to meet new friends and have new experiences. For some of us, change can be difficult. Your Camp Leaders can help you and help solve problems. If you are having difficulty with anything, just let us know and we will help in any way we can. If you are scared of anything, let us know and together we will get through it! We strongly encourage every camper to try new things and be positive during camp.

We will have a daily SNACK (ie. Granola bars) mid-morning -but if you want to bring any other snack that you like, please feel free to bring that in a plastic water tight bag.

On Friday, we will have a CELEBRATION PARTY and camper wrap-up event! On Friday, each camper can bring a snack to share with the group. In the past we have had campers bring watermelon, cup cakes, etc. etc. Your camp leaders will have a special treat to surprise you with at the Friday party!

## **What NOT to bring!**

- \*\*PLEASE DO NOT bring to camp: any electronic devices:  
including cell phones, i-pods, video gaming devices, radios, MP3 players, etc.
- \*\*Please do not wear or bring: flip-flops or any unsteady shoes.
- \*\*Please do not bring: money, jewelry or anything of value.
- \*\*Please do not bring: rafts, blow up toys, water tubes, etc.
- \*\*Please do not bring glass bottles or anything in breakable containers!

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