

# RARITAN VALLEY ROWING CAMP '14

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**RUTGERS UNIVERSITY**

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**For Junior Men and Women**

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## ***Our 24th Season***

The Raritan Valley Rowing Camp is a 5-day program designed to give 12 to 18 year old experienced rowers and beginners expert coaching of rowing technique and the basics of training and racing

***Dear Campers and Parents,***

*The Raritan Valley Rowing Camp has enjoyed enormous success over the past several years. Now in our 23rd season, the camp has evolved into the most popular and respected program of its kind in the country. The outstanding coaching staff, the top rate equipment, and the variety of additional activities have made the Raritan Valley Rowing Camp a truly special place.*

*Our philosophy has always been to maintain the highest level of instruction while creating a challenging and, most of all, fun environment. Limiting the number of campers each session has allowed our staff to get to know each camper individually, and give each one the attention, help, and motivation to succeed in our sport.*

*Teaching rowers of all levels and watching many of them go on to success as members of high school teams, Junior National Teams, and college teams has been extremely rewarding for us and our staff. We strive to create an enjoyable and positive experience for an increasing number of high school athletes. The high rate of returning campers each year, and the kind words about our program from various high school coaches who have had their athletes attend, are good signs that we are achieving our goals.*

*Sincerely,*

*The Directors of the Raritan Valley Rowing Camp*

## **THE PROGRAM**

Each camper will develop an appreciation for technical aspects of the sport as well as the teamwork involved in making a boat go fast. The program is designed to give each camper individual instruction to learn and improve skills in a relaxed atmosphere. Camper/Staff ratio will not exceed 8-1 and rowing and recreation activities will be closely supervised.

More experienced campers will learn about training, rigging and racing through lectures as well as the constant interaction with our helpful, expert coaching staff. Each camper will be videotaped during the week to help him/her in the learning process.

Individual "one on one" sessions on the rowing ergometers will be conducted to help each student understand and perform the basics of rowing or refine already developed skills. The program will end with a day of races to allow each camper to test their skills against each other.

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## **ROWING FACILITIES**

The camp will row from the "Rutgers Class of '14 Boathouse" next to the Cook/Douglas Campus. The Raritan River provides many miles of flat water on which to improve skills. All sweep rowing will be done in Vespoli racing shells with the latest blade design.

## Room and Board

The campers and staff will be housed on the Cook/Douglas Campus of Rutgers University in New Brunswick, New Jersey. The air-conditioned dormitory is double occupancy and very convenient to the Rutgers boathouse. The Cook College Farm adds to the overall beauty with all the animals and fields.

Three hearty meals a day are served in the dining hall. The food is plentiful, and will satisfy even the most finicky eaters.

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## DAILY SCHEDULE

7:00 AM	Breakfast
8:00 AM	Lecture / Row
12:00 PM	Lunch
2:00 PM	Lecture / Row
5:00 PM	Dinner
6:30 PM	Camp Field Games
8:00 PM	Movie
10:00 PM	Lights Out

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## STAFF

The directors will be joined each week by coaches representing some of the top college programs. Colleges represented in the past include Rutgers, Princeton, Cornell, Columbia, Penn, Syracuse, and many others.



## DIRECTORS

### Steve Wagner



Steve is the head coach of the Rutgers University Men's Crew and has over 35 years of experience coaching both sweep rowing and sculling. Under Steve's direction, the Rutgers Crew has been ranked in the top 10 nationally numerous times, and has produced twelve National Team members, four 1992 Olympians, six 1996 Olympians, four members of the 2000 Olympic team, two 2004 Olympians and one 2008 Olympic Team member. Steve's 2003 Men's Heavyweight Varsity 8 advanced all the way to the final of the Henley Royal Regatta in England.

Steve is a former captain of the Rutgers Lightweight Crew and holds a B.S. Degree in Chemical Engineering and a M.S. Degree in Environmental Science from Rutgers. For over 25 years, Steve was the director of the Craftsbury Sculling Camp, and currently directs Black Bear Sculling, the most prestigious sculling camp in North America.

### Max Borghard



Max has been the Head Coach of the Rutgers Women's Crew since 1995. In 1997, Rutgers completed its best season ever, and was one of only eight schools invited to send a full team to the first ever NCAA Women's Rowing Championship in California, finishing 6th. Max led the Rutgers Women's Crew back to the NCAA Championships in '98 and '01. Before coming to Rutgers, Max coached at Dartmouth College for 6 years on the freshmen level, with his 1991 freshmen lightweight crew winning the Eastern Sprints Championships. In 1992 and 1994, Max served as an assistant coach for the Men's Junior National Team that won a gold and a bronze medal at the World Championships.

Max is a former captain of the Rutgers Lightweight Crew and was twice a member of the U.S. National Lightweight Team. He holds a B.S. Degree in Mechanical Engineering and a Masters of Education from Rutgers. During the summers, Max has been a regular on the staff of Black Bear Sculling Camp and Craftsbury Sculling Center, along with coaching the junior men's double to a gold medal at the 1991 Olympic Sports Festival.

## Junior Men and Women Sweep Rowing And Sculling Program

July 8 - 12

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## Fees

Fees includes double-occupancy dorm room, meals, use of all facilities, camp T-shirt, and Health and Accident Insurance.

**Resident - \$855.00**

**Day - \$690.00**



## RARITAN VALEY ROWING CAMP

c/o Rutgers University  
College Avenue Gymnasium  
130 College Avenue  
New Brunswick, NJ 08901  
848-932-4226

Crew.rutgers.edu  
(click on to "camp")