**U18 Development Camp**

**Location** – Connecticut College, New London, CT and Rogers Lake, Old Lyme CT  
**Dates** – June 21 – July 15  
**Cost** - $3,290  
**Athlete Ages** – 2000 and younger (U18)  
**Details** – On-water instruction will focus on technical improvements necessary for boat moving ability. Sessions will work in 4+’s, 2-‘s, 2x’s, and 1x’s as they develop better boat sense and become more well-rounded oarsmen. This will be an ideal camp to develop high-performance athletes who need to develop a better boat sense while also providing small boat experience. The program will eliminate the stress of selection, while placing them alongside other highly motivated and competitive individuals.

**# of Rowers** - A goal of about 32 rowers and 4 coxswains.  
**Goal** - Provide a high-level camp environment for those athletes seen as having the potential to contribute to the National Team in future years.

**U18 High Performance Team**

**Location** – New London, CT (Conn College and US Coast Guard Academy)  
**Dates** – June 16 – July 16  
**Cost:**  
Phase I – June 16 to July 3rd - $3,290 Camp Fee  
Phase II – July 3rd to July 16th - $1890 ClubNats Training/Travel Fee  
**Athlete Ages** – 2000 and younger (U18)  
**Details** – The camp will bring together about 30 of the top 2000-2002 athletes who are not invited to Selection Camp. Rowers will train in New London, CT (Conn College and US Coast Guard Academy) until leaving for USRowing Club Nationals July 9 or 10. All athletes will represent the USA Junior National Development Program at Club Nationals. Junior National Team Coaching staff has a proven track record of developing junior national team athletes to compete for junior world championship boats in future years. Athletes are introduced to the camp system that provides an advantage in future years. Many HP alums are found in U19, U23 and senior national team boats every summer.  
**# of Rowers** – about 30  
**Goal** – Develop young rowers (sweep and sculling) and coxswains, provide racing experience and win. Also provides a camp experience to young athletes who will hopefully continue in the junior national team system for several more summers.

**CanAmMex Team**

**Location** – New London, CT (Conn College and US Coast Guard Academy)  
**Dates** – June 12 – July 16  
**Cost**  
Phase I – June 12 – June 30 - $3,290  
Phase 2 – July 1 – July 16 - $2650  
**Athlete Ages** – 2000 and younger (U18)  
**Details** – Rowers will be invited to the Selection Camp to have the ability to compete for Junior World Championship boats. Once they are no longer competing for worlds boats, they will be competing for CanAmMex seats (8+ and 4x). The 13 athletes (12 rowers and 1 coxswain) will travel to Victoria, Canada on July 1 to compete against Canada and Mexico on July 7 & 8. After this competition, athletes will travel to Cincinnati to compete in USRowing Club Nationals.
# of Rowers – 13 (8+, 4x)

Goal – Provide international racing experience to the top candidates for the Junior World Championship athletes for the following summer.

NOTE: Athletes attending an Under 19 Selection or CanAmMex Camp must complete our ECG & Pre Competition Health Screening. The deadline to complete this requirement for Under 19 Selection Camp, CanAmMex Camp and Under 19 Trials is May 26, 2017. Returning athletes may not have to complete the requirement again this year—please visit our ECG & Pre Competition Health Screening page for more information, or contact Liz Soutter at liz@usrowing.org.

Selection Camp

Location – New London, CT (Conn College/USCGA, Princeton, NJ and Trakai, LTU)

Dates – June 14 – August 6

Cost

Phase I – June 14 – July 3: $3,290
Phase 2 – July 4 – August 6 - $2,890

Athlete Ages – 1999 and younger (U19)

Details – The top rowers and coxswains in the country will be invited to compete for seats that will race at Junior World Championships this summer. The 8+, 4+, 4-, 4x will all come from camp. The 2x, 2- and 1x are all boats that could be sent to trials to compete for the right to race at Junior Worlds. Rowers who are unable to earn a seat will be cut from camp prior to the start of Phase 2.

# of Rowers – 40

Goal – Win in all events entered at Junior World Championships

NOTE: Athletes attending an Under 19 Selection or CanAmMex Camp must complete our ECG & Pre Competition Health Screening. The deadline to complete this requirement for Under 19 Selection Camp, CanAmMex Camp and Under 19 Trials is May 26, 2017. Returning athletes may not have to complete the requirement again this year—please visit our ECG & Pre Competition Health Screening page for more information, or contact Liz Soutter at liz@usrowing.org.

NOTE: Camp costs include the following:

- Room and board during camp phase
- Residential Assistants for supervision during camp/training phase
- Equipment rental including boats, oars, speed coaches, cox boxes, launches, gas for vehicles, cleaning supplies, tools, spare parts, repairs if needed
- Coaching
- Local Transportation daily to practice and from airport to/from camp
- Uniforms – uni’s hat, bags, tshirt &/or long sleeve
- Transportation of equipment to races (trailer, rentals or container)
- Entry Fees for all races
- Hotel Fees for Club Nationals, CanAmMex & Worlds athletes
- Food (catered meals or per diem) while traveling
- Development camp team building activities
- CanAmMex Athletes: one way airfare from New London to BC and from BC to Club Nationals
• HP Athletes: one way air fare from New London to Club Nationals
• Worlds Athletes: Round Trip Airfare from US training site to Worlds
• Trainer/Medical staff access for routine injuries/aches
• Access to local tanks, boathouse, ergs and locker room
• Guest speakers on nutrition, stretching & other training related topics