

Coaches at this year's camp will tentatively include:

**Andrew Bright**, Camp Director – Andrew has been coaching the varsity crew team at DeMatha for ten years. Under his guidance, the varsity squad had its most successful year in the 21-year history of the DeMatha rowing program. He was named the Washington Post All-Met Coach of the Year in 2015. Andrew is an alumnus of DeMatha, where he rowed. He also rowed for four years at Washington College, serving as team captain for three years. He is a US Rowing Level III certified coach, which is the highest certification level available. Andrew still rows today in order to stay in shape and for the enjoyment of being on the river.

**Alex Kincaid** – Alex is a 2015 graduate of DeMatha. He is the most successful coxswain we had in our history. He led his 8-manned boat to history making finishes at the prestigious Stotesbury Cup regatta as well as the SRAA National Championships. Over the last 3 summers, he has coached our summer program and has led our summer student-athletes to successful finishes at the Royal Canadian Henley. Alex is graduating from Washington College in May 2019, where he is earning a degree in Philosophy. Alex will be a member of the faculty at DeMatha starting in August of 2019.



# DeMatha Catholic High School Summer Crew Camp

July 29<sup>th</sup> – August 2<sup>nd</sup>, 2019



## At the DeMatha crew camp for beginning rowers, you will learn;

- the proper techniques of sweep (single-oar) rowing
- the correct form for each element of the rowing stroke
- how to develop power and speed through proper technique
- water safety on the dock and in the boat
- drills to improve agility, balance, and strength
- the importance of teamwork, mental preparation, and proper nutrition
- the correct methods of boat launch and recovery

The DeMatha summer crew camp was established to provide a fun and unique environment where boys can learn how to row. No prior rowing experience is necessary. The camp will accept boys entering 9<sup>th</sup> grade in the fall of 2019, as well as rising 10<sup>th</sup> grade students from DeMatha.

The main focus of the camp is to learn the technical aspects of rowing in a fun and positive atmosphere. With a rower-to-coach ratio of 10:1, coaches will provide both individual and team instruction.

There will be a regatta on Friday, the last day of camp, so the boys can experience the excitement of racing. Parents are invited to come to watch the oarsmen compete, and to cheer on the crews. If possible, there will be a pontoon boat available so that parents can get

as close to the racing action as possible. Following the regatta, there will be a brief awards ceremony to include all campers. Each boy will receive a T-shirt, a commemorative photo, and a certificate of completion from the camp.

**The camp will be held at the marina at Bladensburg Waterfront Park, 4601 Annapolis Road in Bladensburg**, near the Peace Cross intersection of Route 1, alternate Route 1 and Annapolis Road. The boathouse is on the Anacostia River; a calm and safe river, perfect for learning how to row.



### Typical Daily Schedule:

8:00–8:15:	Arrival at Bladensburg Marina
8:30–10:30:	Morning Rowing Session
11:00–12:00:	Lunch
12:00–1:30:	Land Activity
2:00–4:00:	Afternoon Rowing Session
4:30	Pick-up at Bladensburg Marina

### What to Bring:

- water bottle – there is a water cooler at the boathouse, and a drinks vending machine.
- sunscreen
- athletic shorts – shorts should not be baggy to avoid snagging in the seat slides
- t-shirt
- athletic shoes
- change of clothes (optional) – when around water there's always the chance that you will get wet!

**Cost: \$350** (check or money order, made payable to *DeMatha Catholic High School*)

If payment is received by June 14<sup>th</sup>, the cost is ONLY \$300. If payment is received between June 15<sup>th</sup> and June 28<sup>th</sup>, the cost is \$350. You will be sent a receipt via e-mail.

**Cancellation Policy:** All fees are fully refundable if cancellation is made in writing before June 28<sup>th</sup>. Cancellation requests received in writing after June 28<sup>th</sup> are subject to the \$200 late cancellation fee. All other funds paid will be refunded.

**Space is limited, so please sign up early.**

For additional information, please feel free to contact Andrew Bright by phone (240-764-2227) or by e-mail ([abright@dematha.org](mailto:abright@dematha.org)).