## COACHING STAFF

**Rachel Rawlinson, Co-Camp Director**, is the Head Coach of Women’s Rowing at the University of New Hampshire. Rawlinson has been coaching at UNH since 2002. As Head Coach, Rawlinson has led the program to medals in both regional and national championships. Rawlinson has been awarded the ACRA’s Northeast Region Coach of the Year Award since 2008. She completed her UNH collegiate rowing career earning the school’s first ever gold medal at the New England Championships in the Women’s Varsity Eight race. The following week, Rawlinson sat 7 seat in the Varsity Eight that earned a silver medal at ECAC’s and helped the team win the All-Around Women’s Points Trophy. This accomplishment led the team to the IRA’s the same year.

**Mackenzie Dowdy, Co-Camp Director**, 2008 Graduate of UNH; Stroked the Varsity Women’s 8 to a Bronze medal at the 2007 New England Championships. Dowdy, continued in stroke seat placing 4th at the 2008 New England Championships with another Grand Final appearance at the ECAC. Tri-Captain her Junior and Senior year. Mackenzie has coached the Great Bay Rowing Master’s Women and multiple youth camps. In her first year coaching for the University of New Hampshire, Coach Dowdy, led the novice eight to a gold medal win at the New England Championships in 2010.

**Sue Taylor, Rowing Coach**, currently coaches rowing at both Skidmore College and the Emma Willard School. In 1995, Taylor was invited to the Olympic Development Rowing Camp and medaled in both the women’s eights and fours competition. Upon graduation from UNH in 1996, Taylor coached the Novice Girls at Phillips Exeter Academy for five seasons. In 1998 Coach Taylor began coaching full time at UNH and led the program to numerous medals and successes. Taylor continues to share her coaching talents at well known rowing camps such as the Navy Rowing Camp for Girls.

## LEVELS

Placements can be changed as necessary.

### Level I

No experience. Those who are looking to develop a solid foundation in sweep rowing.

### Level II

Appropriate for individuals who have already learned the basics of rowing/coxing through a novice program. Drills and conscientious instruction will ensure quick learning and progress.

### Intermediate- Level III

For the rower/coxswain with 3 months-2 years of experience. Individuals will heighten their overall comprehension of the rowing stroke/coxswain technique. This will lead to greater ability to apply these skills in racing situations.

### Advanced- Level IV

For the rower/coxswain with 2+ years of experience. Participants will polish established technique to increase effectiveness and speed. Approaches will be reviewed to enhance racing strategies and further develop mental strength.

## COXSWAINS WANTED!

Want to improve your skills? Receive feedback on your coxing? Get taped? Get videoed?

*Then this is the camp for you.*

A great coxswain will push their team to higher limits.

**WHAT KIND OF COXSWAIN ARE YOU?**
UNIVERSITY OF NEW HAMPSHIRE ROWING AND COXSWAIN CAMP FOR GIRLS
Saturday July 7th-Saturday July 15th, 2012
For rowers and coxswains of all levels

Registration:
ENROLLMENT IS LIMITED.
Camper is registered upon receipt of a $350 nonrefundable deposit; contingent on space availability. Final camp tuition balance is due on June 7, 2012. Register today at: www.unh.edu/unhrowing
Camper will check-in between 1:00-3:00 on Saturday, July 7th. Check-out will be on Sunday, July 15th after the final row and closing ceremonies at 12:00 pm.
The University of New Hampshire, in accordance with federal and state laws and regulations, does not discriminate on the basis of race, color, religion, national origin, sex or sexual orientation, age, veteran’s status, or disability in admission or access to, or treatment of, or employment in, its programs or activities.

Camp Philosophy:
Individual rower and coxswain development is the priority. Participants will leave the camp with a greater understanding of rowing and coxswain techniques, team dynamics, and the importance of flexibility and fitness. It is our goal to provide an environment that is filled with learning, healthy challenges and FUN!

Camp Schedule: (tentative)
Saturday, July 7
1:00-3:00 Registration & Check-in
3:00-5:00 Safety video/swim test
6:00-6:45 Dinner
7:00-8:00 Workshop
8:00-9:30 Free time
10:00 Lights Out

Sunday, July 8 – Sat. July 14
6:00 Wake up
6:30-7:00 Breakfast
7:30-10:00 ROW
10:00-11:00 Workshop
11:30-12:30 Lunch
1:30-4:00 ROW
4:30-5:30 Pilates/TRX/Lift
5:45-6:30 Dinner
6:45-7:20 Video Analysis
7:40-8:40 Campfire/S’mores
10:00 Lights Out

Sunday, July 15
7:00 Wake up
8:45 Check out
9:00-9:45 BH Breakfast
10:00-12:00 Races, Photos and Farewell!

8 Day/8 Night Camp Tuition:
Rowers: $1120 Coxswains: $1030
This fee covers 8 days of rowing or coxswain instruction, a camp t-shirt, a full evening program, meals at the award winning Holloway Commons and on-campus lodging.

REGISTER TODAY!
www.unh.edu/unhrowing
Click on GIRLS’ ROWING CAMP
Questions, or to register by mail:
CALL 603-489-9236 or email: mdowdy91@gmail.com

Insurance & Medical Information:
Because of the rigorous daily schedule, each camper should arrive at camp in good physical condition.
Every effort will be made to protect the camper’s health and safety. The University’s health center is available; a hospital is nearby and readily accessible.
Every camper will be covered by a limited accident insurance policy. However, the University and camp staff assume no responsibility for accidents or illness.

Camp Location and Facilities:
The University of New Hampshire is located in Durham, NH – a semi-rural town which is equidistant (80 minutes) from Boston, MA and the White Mountains of New Hampshire.
Jackson’s Landing – home of the UNH Rowing program, is 1 mile from the center of UNH’s campus. Program activities will include rowing on the Oyster River, special guest lectures in the Memorial Union Building, Pilates, injury prevention and strength training instruction in the state of the art Campus Recreation facility, plus much, much more!