OVERVIEW
The Hobart College Rowing Camp is designed for boys and girls who are either an experienced or a novice high school aged rower (ages 13-18) looking to significantly improve their rowing ability.

Instruction and coaching will be geared to the experience level and talents of each rower. The camp includes two daily practices on the water as well as active seminars on rowing related topics. The staff will also lead discussions on the college admissions process and life as a student-athlete.

Each session will have tiers of instruction geared toward beginner, intermediate and advanced rowers and coxswains.

CAMP HIGHLIGHTS
• Two on-the-water training sessions per day
• Evening leisure activities
• Seminars on rowing technique, training, nutrition and the college recruiting process.
• Stroke video analysis

LOCATION
Hobart and William Smith Colleges are located in Geneva, N.Y., on the shore of Seneca Lake, the largest of the Finger Lakes. The campus is easily accessible by car, train, airplane, or bus from all directions. The campus is less than one hour from either the Rochester or Syracuse airports and seven miles south of the New York State Thruway (Exit 42).

FACILITIES INFO
Hobart Rowing is based out of the Hellstrom Boathouse on the Cayuga-Seneca Canal linking Cayuga and Seneca Lakes. This provides more than six miles of calm, protected water. Campers will lodge at Hirshson House. Each room is equipped with electronic ports for telephone, cable and Internet.

MEDICAL SERVICES
Full-time athletic trainers are on staff. Geneva General Hospital is nearby.

SESSION OPTIONS

SESSION #1: Monday, July 23 – Saturday, July 28
SESSION #2: Monday, July 30 – Saturday, August 4

COST- $650 Overnight Campers
S450 Day/Commuting Campers

Registration opens April 15, 2012. To register and for more detailed information, please visit www.hws.edu/offices/conferences.

Camp Director–
Paul Bugenhagen

Coach Bugenhagen is the head coach of Hobart College rowing. He was chosen to lead the Hobart rowing team prior to the start of the 2011-12 season. He joins the Statesmen after six successful seasons as the head coach of Bucknell University. Coach Bugenhagen guided his Bucknell crews to two gold, one silver and two bronze medal performances in collegiate national championship regattas and coached eight U.S. National Champions and 10 Royal Canadian Henley Regatta Champions as the head coach of Vesper Boat Club in Philadelphia. In 2005 and 2006, Coach Bugenhagen served as an assistant coach for the U.S. Junior Men’s National Team. Those crews won a world championship and a bronze medal respectively in the Men’s 8. In 2011, he assisted with the U-23 U.S. Women’s National Team where he helped mentor the development of the 4x and 2x. Bugenhagen earned a bachelor’s degree in psychology and a master’s degree in exercise and sports science from the University of Florida. He is a U.S. Rowing Level III and FISA Level II certified coach.