Providence Rowing Camp at Brown University

Athletes are coached at Brown’s Marston Boathouse, where they are provided with top level equipment, facilities, and coaching. They will also be provided with short seminars ranging in topics from improving performance on the erg, dealing with the recruiting process to balancing life as a student athlete.

**Eligibility**
Co-ed ages 13-18

**Check-In/Out**
Check-In & Check Out will take place at Marston Boathouse
- Check-in will be at 2 pm on Monday, August 15, 2016.
- Check-out will take place at 11 am on Friday, August 19, 2016.

**Commuter Information**
Daily Drop Off: By 8am at the Hilton Garden Inn (220 India Street, Providence RI)
Daily Pick Up: 10pm at the Hilton Garden Inn (220 India Street, Providence RI)

**Early/Late Arrivals**
While we strongly recommend arriving to check in during the designated timeframe, we understand that things come up. If you are unable to arrive on campus during the above mentioned check-in times, please email sportscamps@brown.edu to arrange your arrival plans.

**Local Taxi Services**
- Corporate Transportation (877) 231-2228
- Checker Cab (401) 944-2000
- Airport Express (401) 521-4200
- Providence is an Uber friendly city

**Meals**
Please eat lunch on your own on the first day of camp, as lunch will not be provided after check-in. All meals will be provided for residential campers. Commuters will be provided with the following meals:
- Day 1: dinner
- Day 2, 3, 4: lunch & dinner
- Day 5: lunch
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**Housing**

Residential campers will stay at the Hilton Garden Inn (formerly the Wyndham Garden) 220 India Street, Providence RI, located across the street from the boathouse and equipped with air conditioning. Athletes have round the clock supervision and meals provided through the Hilton Garden.

**What to Bring**

<table>
<thead>
<tr>
<th>Personal hygiene items as needed</th>
<th>Prescription medication*</th>
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<tbody>
<tr>
<td>Athletic shoes and socks</td>
<td>Dock sandals</td>
</tr>
<tr>
<td>Sunblock</td>
<td>Hat or visor</td>
</tr>
<tr>
<td>Sunglasses</td>
<td>Water bottle</td>
</tr>
<tr>
<td>Comfortable workout, closer-fitting shirts</td>
<td>Rowing trou</td>
</tr>
<tr>
<td>Windbreaker and/or splash jacket</td>
<td>Several white/light t-shirts</td>
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<tr>
<td>One long-sleeve shirt</td>
<td>Bathing suit</td>
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* Please let camp directors know if you will be bringing any medications

Very Important: Rowing clothing should fit close to the body. Anything loose, including running shorts and low-hanging shirts WILL get stuck in rowing boat tracks. This not only causes disruptions but also leads to equipment damage and potential injury, due to the nature of the sport. NO BASKETBALL-STYLE SHORTS WILL BE ALLOWED DURING ROWING SPECIFIC WORKOUTS! This includes mesh athletic shorts and other loose-fitting gear. Rowers wear spandex trou shorts or unisuits for a reason! If you don’t have a pair, it would be a great investment since they will be required at the college level. If you are unsure where to find a pair economically, email us. Coxswains should wear athletic gear that won’t scratch the boat (i.e. no rivets).

**Items to leave behind**

- Campers stay at the Hilton Garden Inn and will not need extra bedding
- Computer--It’s only 5 days to go without Facebook. Enjoy face-to-face time!
- Cell phone should not come to practice; if you have it, leave it in the hotel!
- Anything else valuable that you don’t need for camp, leave behind! Enjoy the atmosphere and leave home at home.
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**Daily Schedule**

**Monday**
Check in at 2:00pm  
3:00pm Row  
5:00pm Check into hotel  
6:00pm Dinner  
7:30pm Introductory Meeting and Team Building

**Tuesday-Thursday**
8:00-10:30am Meet at Boathouse and Row  
11:00am Brunch  
2:00-5:00pm Meet at Boathouse and Row  
6:00pm Dinner  
7:30pm Mandatory Fun!

**Friday**
8:00am Meet at Boathouse for Race Day!  
11:00am Light Brunch at Boathouse and Check-Out
Brown University Summer Sports Camps

You will receive a personalized email outlining a checklist of items that need to be completed in order for you to attend the program. As you work through the steps it is recommended that campers and parents write down all usernames and passwords. Included in the checklist are forms completion and an online tutorial that reviews Brown’s values and policies.

**Camp Forms**

Forms will now be submitted electronically through DocuSign, an electronic signature provider, where you can digitally fill out and sign our required forms and waivers. Forms include sections for both students and parents to complete.

**Required Forms**

- Sports Camps Acceptance Form
  *(All Campers)*
- Medical Authorization Form
  *(All Campers)*
- Medical and Immunization History – Requires a medical provider’s signature
  *(Residential Campers Only)*
- Dietary Concerns Form

**Additional Forms (if necessary)**

- Disability, Medical, and Dietary Services Request Form

**Health Insurance**

Campers are required to have a US carrier for Health Insurance; more information about our Health Insurance policy can be found on our website. If a camper does not have a US carrier for Health Insurance, a limited insurance policy can be purchased here for $19.
Refund Policy

48-hour Registration Grace Period: If you register for a camp in error and subsequently would like to cancel your registration, you must notify us via email at sportscamps@brown.edu within 48 hours from the time you registered. A full refund will be given provided written documentation is received within the 48 hour window.

Refunds are only permitted up to 30 days before the start of camp. For commuters and day camps a refund may be granted, less a $100 administrative fee. For residential camps a refund may be granted, less a $250 administrative fee.

After the 30-day window, only requests supported with proper medical documentation demonstrating illness or injury that prevents the camper from participating in camp will receive a refund minus the administrative fees. No refunds are provided for a camper that departs camp early for any reason including injuries sustained at camp.

All requests for refunds must be submitted in writing via email at sportscamps@brown.edu and must be received no later than seven (7) days after the completion of the sports camp. Any requests submitted more than 7 days after the camp will not be accepted and you will forfeit your camp fees.

Please note: Non-refundable payments for campers who withdraw may not be converted to a donation to the University.

Camp Transfers

Campers may transfer to a different sports camp within the same sport, coaching staff without penalty provided there is available space. All requests for transfers must be submitted in writing via email at sportscamps@brown.edu. The difference in fee must be paid by the camper, or if of less value, will be refunded.

A camper’s registration may not be transferred to a camp that is not currently listed on the Sports Camps website.

Questions regarding camp logistics can be directed to:

sportscamps@brown.edu

or

401-863-5988