

What members say about Albany Rowing Center

“ARC and their coaching staff have provided a wonderful place for her to learn, grow, and enjoy this amazing sport. With opportunities to see her and her teammates compete in local, state, national, and Canadian events. They are truly memories of a lifetime.”

“I cannot conceive of a better scenario for her during these formative years, it has been a pleasure to witness.”

Mike Manning,
Sr. Varsity Athlete Parent

“Not unlike many children throughout the years our daughter competed in many sports, softball, soccer, lacrosse etc. It wasn't until the summer between her 7th and 8th grade year that she discovered and fell in love with the sport of rowing during Albany Rowing Center's (ARC) Learn to Row Summer Camp.

Over the next five years we have watched our daughter grow into a committed, strong athlete. As an ARC team member she learned to persevere, trust and respect her team members and be an active member of the ARC community.

ARC has given her the opportunity to be a part of a team and to compete on a local, regional and national level; and earned her rowing scholarship to the University of Wisconsin at Madison.”

The parents of Emilie Johnston,
Class of 2012

“The bonds are something that will change you as a person. You end up wanting to pull a little bit harder even when you think you can't, for the people sitting ahead and behind you in that boat, just so you can make it across the finish line, working as one, and being number one.”

Taylor de M.
Girls Novice 4+ Champion Team Member
NYS Scholastic Championships, 2012

Rowing Terms

Scul: Rowing boat in which each rower has two oars

Shell: Can be used interchangeably with boat

Oar: Lever used to manually propel boat

Port: Left side of boat, while facing forward, in direction of movement

Starboard: Right side of the boat, while facing forward, in direction of movement

Bow: Forward section of the boat, the first part of the boat to cross the finish line

Stern: The rear of the boat, the direction the rowers are facing

Sculls: One of the two disciplines of rowing, where rowers use two oars

Sweep: One of the two disciplines of rowing, where rowers use only one oar

Coxswain: Person who steers the shell and is the on-the-water coach for the crew

Regatta: A boat race or series of boat races

Swing: That hard to define feeling when the near-perfect synchronization of the motion occurs in the shell, enhancing the



Junior Summer Camp 2016



Check out
our video!

YouTube



www.albanyrowingcenter.org

Junior Summer Camp 2016

Who: Individuals Grades 8-12 (Fall 2016)

What: 1 week session, M-F, 9:00 - 12:00

When:

Session 1: June 13-17	Session 6: Jul 18-22
Session 2: June 20-24	Session 7: Jul 25-29
Session 3: Jun 27- Jul 1	Session 8: Aug 1-5
Session 4: July 5-9	Session 9: Aug 8-12
Session 5: July 11-15	Session 10: Aug 15-19

Where: Albany Rowing Center Boathouse,
Head of the Corning Trail

Rates: \$200 for a single session,
\$150 for any additional session

No prior rowing experience necessary!



Requirements:

Lifeguard verified Swim Test
Active Sportswear / Sneakers /
Water / Sports drink

Contact Info:

For more information on the Junior Summer Camp
please contact
mmacminn@albanyrowingcenter.org
Mike MacMinn—518 727-6499

Albany Rowing Center's Junior Summer Camp introduces individuals to a potentially life-long competitive sport. Rowing can be equally as fulfilling as an individual or a team sport. An increasing number of high schools and universities have competitive rowing programs. Rowers can compete in regattas locally and nationally.

The Junior Summer Camp coaches will focus on fundamentals of the rowing stroke and boat safety. Camp attendees (rowers) will learn the importance of communications and cooperative effort for rowing fundamentals.

Rowers will have the opportunity to experience 4 person and 8 person rowing shells and exercise on indoor rowing machines. Stretching and exercises that promote strong rowing techniques will begin each day's activity.

Many summer camp participants continue to train and row with Albany Rowing Center junior competitive program and compete in fall regattas.



Annual Head of the Hudson Regatta

Junior Summer Camp Register Online

<http://www.albanyrowingcenter.org/register.php>



Our boathouse is located in downtown Albany in the Hudson River Corning Preserve just north of the railroad bridge, at the Public Boat Launch.

Easy access and parking Broadway or I787

<https://www.regattacentral.com/clubs/>