

Northeast Rowing Center

Crescent Lake Raymond, Maine

2010 Information

Reminder - We need on file from everyone attending our program an **ACA Medical Form** and the **signed Waiver**. Anyone arriving without the medical information on file will need to get a physical exam locally.

General Information

Arrival Saturday, Aug. 21 2:00 – 5:00 PM
Departure Friday, Aug. 27 11:30 AM - 1:00 PM

Items Needed

You will be residing at Camp Nashoba North, Crescent Lake, Raymond, Maine. The facilities are excellent with bathrooms and showers in all cabins. Please remember it is a camp/cabin environment and plan accordingly.

Workout clothing (kick-around rowing gear is quite suitable, no need for your good, school uni-suit)

In addition to the instructional program, informal swimming, tennis, croquet, volleyball, and basketball activities are available as well as Concept-2 ergs. If you wish to participate in any of these activities, bring appropriate gear/tennis racquet. Include rain gear, workout clothing, and any *L.L. Bean*/outdoors type clothing that you wish to wear.

A good flashlight with fresh batteries is useful.

Sheets and pillow cases are available, **but bring warm blankets or a sleeping bag** and pillow. More than one blanket may be needed. The nights can get into 50s/40s occasionally.

Towel(s) – can be washed at mid-week laundry

The sun could be strong so sunscreen, a hat, and a long sleeve workout shirt are helpful.

Laundry

At mid-week break, on Tuesday, each cabin's laundry bag will be collected at breakfast, washed, dried, folded and returned by evening.

Medical Care

A full-time Registered Nurse will be on duty.

Internet Wireless Access: is not available.

Cell Phones: are allowed and reception is decent for major providers.

Emergencies

An office phone may be used for emergencies. It will have a recorder in case of after-hours calls.
339-793-3359

Mail/Shipping

[camper's name]
Northeast Rowing / Camp Nashoba North
198 Raymond Hill Road
Raymond, ME 04071

Program Director Bill Miller

Airport Bus Connection

The Vacationland charter bus will arrive near the Portland Jetport baggage claim area at 3:00 PM. Thirty to forty other campers will be congregating at the baggage claim area. A good spot to gather is at the seating area in the corner of the baggage claim room to the right of the exit doorway. A camp representative will arrive and check you on. Drop off on Friday will be 1:00 PM.

The airport bus is **reserved** for campers arriving/departing on airline **flights** into/out of the Portland Jetport - please.

For those needing alternative transportation or late arrivals can arrange for pickup by Vacationland Shuttle (\$40) by calling the Northeast office, 781-934-6192.

Directions By Auto

Camp Nashoba North • 198 Raymond Hill Road • Raymond, Maine 04071

1. Take **Maine Turnpike/Rt. 95** north to **Exit 63-Gray**
2. Turn left at traffic lights at end of exit
3. Go over highway and turn right at 1st traffic light onto **Route 26A**
4. Follow **Route 26A** for 2.5 miles and turn left at blinking yellow light at gas station onto **Raymond Road**
5. Follow **Raymond Road** for 1 mile, (**Caution: 25 mph zone enforced**), turn left onto **Egypt Road**
6. Follow **Egypt Road** to end (about 4 miles), turn right onto **Route 85**
7. After only 150 yards, turn right again onto **Raymond Hill Road**
8. Follow **Raymond Hill Road** for 2 miles until you see sign for **Camp Nashoba North** on your left, turn left onto dirt road and go straight into camp

Boston-Portland Transportation

There is commercial bus and train services to downtown Portland Maine. The downtown bus and train terminals are located about 4 miles from the Portland Jetport terminal (about \$8 taxi fee).

Concord Coach Lines serves both Boston's **Logan Airport** and **Boston South Station**. Go to **www.ConcordCoachLines.com** for information.

Amtrak's "Downeaster" serves the Boston-Portland route. It leaves/arrives in Boston at **North Station**. Go to **www.Amtrak.com** for information.

If you're planning to use the complimentary airport-camp bus, please schedule ample arrival/departure times to allow for the taxi transfer between bus/train terminal and airport terminal.

The Vacationland Shuttle service will make custom camper pick-up/drop-off between camp and the Portland train/bus stations (\$40 fee) if you prefer. Call the Northeast office, 781-934-6192

Daily Schedule

The students will be divided into two groups, **Group A** and **Group B**

<u>Group A</u>		<u>Group B</u>	
Morning row	7:00	Breakfast	7:30
Breakfast	9:00	Morning row	8:45
Demonstrations	10:00		
	Lunch	12:00	
	Activities	1:00	
Afternoon row	2:00	Demonstrations	2:00
		Afternoon row	3:30
	Dinner	6:00	
	Clinics	7:00	

- Video taping/review will be scheduled by your instructor
- Rowing machine (erg) instruction will be scheduled during the week

The Week

Saturday	Arrival	2:00-5:00 PM
	Dinner	6:00
	Meeting/Coaches	7:00
Sunday/Monday	Daily Schedule	
Tuesday	Daily Schedule thru lunch • Afternoon/evening free	
	----- Master Coaches Reassigned -----	
Wednesday/Thursday	Daily Schedule (Group B early/Group A late)	
Friday	Row	7:00 am (B) / 8:00 am (A)
	Brunch	10:15
	Closing Meeting	10:45
	Departure	11:30-1:00 PM
		Airport bus departs at 11:45 AM
		Schedule flight departures for after 2:00 PM

Camp Rules and Policies

Smoking

No smoking is allowed on Camp Nashoba North property.

Fire Extinguishers: Absolutely no tampering, nor discharging allowed.

Alcohol

Absolutely no alcohol is allowed during the program session. Any violation will result in immediate expulsion.

Facilities

Available during the week - ergometers, swimming, badminton, Frisbee, etc. Swimming is permitted only when the Life Guard is on duty (10-12, 1-5:30).

Music/TV/Games: We wish to preserve the camp setting and thus don't allow TVs, stereo systems or game systems at camp. Personal music and game devices are allowed such as *iPod, Walkman, Gameboy*

Photographing/video images: Privacy issues are important. No one is allowed to photograph or video tape people at camp and posting it on the internet identifying it as Northeast Rowing Center, nor using any person's name.

Dining

Shirts and shoes are required by state law.

No food or beverages are to be removed from the dining hall.

No food shall be ordered nor delivered to the camp.

No wet bathing suits in the dining hall please.

Meals are family-style, so there should be one *Server* and one *Clearer* per table. The *Server* shall

take one platter of each item served to the table. When a platter is empty, it can be refilled. Do

not take more than one platter per item.

Please do not enter the kitchen.

Illness/Injury

Report all illnesses or injuries to the RN or Director as soon as possible.

Cabins

No signatures or writing on cabins. Wet clothing and towels should not be hung from the woodwork.

Co-ed cabin visitations are not allowed. Female cabin area is restricted to females and male cabin

area is restricted to males.

Noise

The evenings are dead quiet. Sounds emitted from the cabins can be heard for considerable distances. We request that voices and related sounds be kept to a minimum after 10:30 PM.

Parking

All camper vehicles should park in the area above the basketball courts.

Automobiles

Automobile use is not allowed during camp session. All vehicles must be checked in upon arrival.

Equipment/Property

Care and respect shall be given to all equipment and property. Disrespect will not be tolerated.

Program Regulations and Risks

The Northeast Rowing Center program will be conducted in rowing boats. As is the case with such activities on the water, the risk of injury and death exists. The following procedures and safety regulations are strictly enforced to minimize your exposure to these risks:

1. Each person must have a basic ability to swim.
2. Everyone must follow the instructions from the instructor and program director.
3. No boats are allowed on the water without the instructor's permission and presence.
4. No boats are allowed on the water after darkness.
5. In the case of swamping or capsizing, everyone must stay with the boat. Wait for assistance.
DO NOT LEAVE THE BOAT
6. In case of a crew member overboard, the crew shall stop, signal the instructor, and return to the displaced rower. ALWAYS STOP
7. If at any time the physical exertion is personally overtaxing, notify the instructor immediately.

Rowing is a physical activity. If you are in doubt about your physical condition and capability, CONSULT WITH A PHYSICIAN.

Mid-Week Break Special

Over the years we've received requests from participants to provide transportation for an excursion to Freeport on our free afternoon (Tuesday) to buy souvenirs, look around, and have dinner. Freeport is a small fishing harbor that is also the home of the L.L. Bean Company. It is a little over 30 minutes away.

Last year nearly everyone signed up and additional transportation was hired. This year we have chartered three busses for this excursion. There will be a \$15 per person charge to cover the bus costs, payable at bus check-on.

For everyone under the age of 21, we have a strict policy of no personal auto use during the week, therefore, the busses are the only vehicles available for this purpose.

Camp departure will be 1:30 PM Tuesday, arriving in Freeport about 2:00. Freeport departure will be 7:00 PM, returning to camp about 7:30. Staff bus monitors will check everyone onboard.

In Freeport, participants are not chaperoned. Anyone under the age of 18 will need a signed parental permission form to travel to Freeport - see ***Information Form***.

Check List

- ___ Two or more **warm blankets or sleeping bag** and pillow (You may bring your own pillow case and sheets or we will supply them.)
- ___ Towel(s)
- ___ Flashlight
- ___ Clothing appropriate for variable temperatures
- ___ Sun protection (sun-block, hat, long-sleeve shirt)
- ___ Rain gear
- ___ Workout clothing (kick-around rowing gear is quite suitable, no need for your good, school uni-suit)
- ___ Recreational gear (tennis racquet, swim suit)
- ___ Personal items

Cancellation Policy

Cancellations:

Before June 1st are refundable and subject to a \$50 cancellation policy

After June 1st are non-refundable

See you at check-in - Saturday, 2:00-5:00 PM
(Check-out - Friday, 11:30AM - 1:00 PM)

Northeast Rowing Center

At camp: 198 Raymond Hill Road • Raymond, ME 04071
339-793-3359 • fax 207-655-7020

Office before camp: PO Box 2060 • Duxbury, MA 02331
781-934-6192 • email@RowCamp.com