

# Northeast Rowing Center

Crescent Lake Raymond, Maine

## 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

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	<b>Arrival</b>	<b>Departure</b>
<b>Session 1:</b>	2:00-5:00 PM - Aug. 19 (Sat)	12:00-1:00 PM - Aug. 25 (Fri)
<b>Session 2:</b>	2:00-5:00 PM - Aug. 26 (Sat)	12:00-1:00 PM - Sept. 1 (Fri)

#### **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.

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 very chilly.

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, Tuesday, laundry service will be provided.

#### **Medical Care**

A full-time Registered Nurse will be on duty.

#### **Telephone**

A charge/credit card telephone is available for camper use

#### **Emergencies**

An office phone may be used for emergencies. It will have a recorder in case of after-hours calls.  
(207) 655-7020

#### **Mail/Shipping**

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

**Program Director** Bill Miller

## ***Airport Bus Connection***

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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 (\$35) by calling 207-892-8005 (Janet).

## ***Directions By Auto***

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

1. Take **Maine Turnpike Rt. 95** north to **Exit 63-Gray**
2. Turn right at end of exit
3. After a few hundred yards, turn left at 1st traffic light and another left at 2nd traffic light onto **Route 26**
4. Follow **Route 26** 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

## ***Mid-Week Break Special***

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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**.



# **Camp Rules and Policies**

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## **Smoking**

No smoking is allowed on Camp Nashoba North property.

## **Alcohol**

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

## **Facilities**

Available during the week - ergometers, swimming, volleyball, tennis, basketball and croquet. Swimming is permitted only when the Life Guard is on duty (10-12, 1-5:30).

## **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.

## **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***

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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** If necessary, swim the boat to shore if assistance is not immediately available.
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.***

## ***Check List***

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- 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
- Recreational gear (tennis racquet, swim suit)
- Personal items

***See you at check-in***

## **Northeast Rowing Center**

**At camp: 198 Raymond Hill Road • Raymond, ME 04071  
207-655-7020**

**Office before camp: PO Box 2060 • Duxbury, MA 02331  
781-934-6192 • fax 781-934-5350**

[email@RowCamp.com](mailto:email@RowCamp.com)