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## Information Packet for Sparks Columbia Camp 2017

### Registration

Camper Registration will take place in the main floor common room of Wallach Hall from 1-2pm on Sunday, August 6<sup>th</sup>. In Montessori style, campers must check in on their own and parents will not be allowed in the dorm. Campers must have all their paperwork either submitted online through Regatta Central or with a hard copy in hand. If a camper is missing paperwork, he/she will not be allowed to participate until all the paperwork has been turned in.

### Directions

[Wallach Hall](#) is located at 1116 Amsterdam Ave., Manhattan, NY. It is close to the 1 train at the 116<sup>th</sup> St. -Columbia University stop.

Campers flying in will need to take a taxi, Uber, or the subway to camp.

### Camp Conclusion

Camp wrap-up and concluding presentation will take place at 11:00am on Wednesday, August 9<sup>th</sup> at the [Columbia University Boathouse](#). Parents are invited to attend this final presentation and will have an opportunity to speak to staff after the conclusion of camp. Campers should all be picked up at this time, unless they are traveling to the airport.

### Camp Phone

Emergencies only: 202-578-2414 [Mark Davis's cell phone]. All other contact should be to [mrd@gwu.edu](mailto:mrd@gwu.edu). Email will be answered in "triage" fashion in a timely manner.

### Travel Form

Make sure your child has a valid form of photo ID before traveling. Even those traveling by car must submit the travel form online no later than 1 week prior to the start of camp.

### Health Form

The Health Form must be completed and brought to camp at registration. CAMPERS CANNOT PARTICIPATE WITHOUT THIS FORM. Do not send the form in advance. Send it with the camper on the first day of camp.

### Waiver and Code of Conduct/Residency Agreement

Parents and campers must sign the Waiver and Code of Conduct/Residency Agreement/Communication Agreement forms online prior to the start of camp. An email will be sent to each parent and camper requesting these documents be signed. If you do not receive them, please email us. If you cannot sign it online, please print the form and bring a signed hard copy to camp.

### Swimming Ability

As per Columbia University regulations, all campers must be able to swim and pass a swim test. If your camper is not able to swim and will not be able to pass the swim test at camp (3 laps in a pool followed by treading water for three minutes) please let us know ASAP.

## **Roommates**

Campers are housed 2 per room. Every effort will be made to house campers with other campers their same age. Several coaches and counselors will stay in the dorms during the week.

## **Payments/Cancellations**

Payment in full must be made at the time of registration. Refunds minus the \$500 deposit and administration fee are available until 30 days prior to the start of camp. If you need to cancel your registration, please let us know so we can accept another camper off the waiting list.

## **Discipline Issues**

All athletes are expected to abide by the Residency Agreement, Communication Agreement, and Code of Conduct they and their parents signed online. Consequences for violations of these documents or other camp policies and expectations will be at the discretion of the Program Director. Reminder: if your child is dismissed from the program, there will be no refund and you will need to make arrangements for him or her to return home as soon as possible.

## **Checklist of things to bring**

- Health Form (physical)
- Enough clothing for 6+ practices (indoor and outdoor)
- Socks and underwear
- Swimsuit
- Sunscreen
- Hat
- Water bottle (very important!!)
- Pajamas
- Toiletry/personal items (bath towels, soap, washcloths)
- Casual clothes for between and after practice
- Running shoes and sandals
- Alarm clock
- Snacks and sports drinks, if desired
- Sleeping bag or sheets and pillows
- Spending money for vending machines or lost or forgotten personal items.

**\*\***There are free washers and dryers in Wallach Hall. Please bring a small amount of laundry soap if you believe you will be doing laundry.

## **Daily Schedule**

Daily activities include 2 rowing sessions, private coaching opportunities, evening seminars on topics relevant to rowing and training, all meals on campus, and some down time to relax and socialize.

## **Camp Updates**

Follow camp on [Facebook!](#)

Check us out on [Instagram](#) (#SparksNY)

## **Questions**

If you have more questions, feel free to contact Dave Payne at [davep@sparksconsult.com](mailto:davep@sparksconsult.com)

## Sparks Camps Expectations

As camp is only five days long, there is a limit on how much you can gain. Below are some expectations designed to support you in maximizing your Sparks experience:

- Fill out your Goals Sheet fully before camp
  - Discuss your goals with coaches during camp. This can be before or after practice sessions, during one on one meetings, or during free time
  - Revisit your goals
- Use your Sparks notebook
  - All campers are given a notebook at registration. Transfer goals to your notebook after your goals talk with a coach. It will be your vehicle to explore, revise, and accomplish your goals at camp.
- Sign up for One on One Coaching
  - Identify coaches you want to meet with the first day of camp. Sign-ups can get competitive, as is the sport. If you absolutely can't get a spot with a coach, it's OK to ask if s/he has time for an extra meeting - but be prepared to be held accountable if you've missed open slots on their sign-up sheet.
  - Time in one on one meetings can be used in a variety of ways - here are some suggestions:
    - Your goals - updating and/or achieving them
    - Suggestions on training and your personal timeline in the sport
    - Tips on your rowing (if they've seen you row)
    - Recruiting (not specific to the coach's institution per NCAA rules)
- Be proactive during post-row discussions with your coach
  - Take notes
  - Ask questions
  - Give your honest and respectful opinion on the row if asked
  - Most coaches seek to conduct a video review during camp. If you can bring prior video of yourself to these sessions, comparisons are helpful
- Have fun