

2011

US Rowing Junior “B Men Development Sculling Camp

Thursday August 11, 2011 to Saturday August 20, 2011

Sandy Run Regional Park

Sculling Camp Goals

The Junior B Development Sculling Camps have a two-fold purpose. Our first priority is to increase the pool of younger athletes and familiarize them with small boats and sculling. This will further support the development of small boat rowing for the US Jr. Men and ultimately broaden the foundation for and increase the competitiveness of the US Sculling Team. The second priority is to improve sculling technique and to identify future hopefuls for the 2012 and 2013 Junior National Team development and selection camps.

Selection Criteria

We are looking for male rowers born in 1995 or 1996 with the potential to reach the junior national team. Generally we are looking for rowers who are 6’ or taller, are rowing sub 7:00 for 2000 meters on the erg and have a solid recommendation from their coach.

Registration: Will be open on the Regatta Central web site in the spring

Coaches - Our Staff has over 100 year of rowing experience and features:

<p><u>Bill Randall</u> – Head Coach TJ Crew (Program Director)</p> <ul style="list-style-type: none">• 1986 elite national championship quadruple scull• 1987 US National Team in the 4X• 4 years as a coach at the United States Coast Guard Academy• 2 time Olympic Sports Festival coach• 12 years of coaching for High Schools in Northern Virginia	<p><u>Frank Benson</u></p> <ul style="list-style-type: none">• Georgetown University assistant coach• Started the University of Maryland rowing program• Head Coach of Georgetown University 1969-74• Head Coach of Potomac Boat Club in 1970's• Coach of USA Four without in 1975 World Championships
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Housing and Meals

The camp is designed for local rowers, but a limited number of rowers from out of town will be invited and stay with local families. Breakfast and dinner will be with the local families and lunch will be provided at the river.

Estimated Camp cost: \$950

Contact: Bill Randall cjsb@verizon.net
<http://www.usrowingjrs.org/msculling.html>

2011 USRowing Men's Junior National Team Identification Camp

The Men's Junior National Team will hold ten identification camps to help select oarsmen and coxswains for the 2011 Junior National Team that will compete in Eton, Great Britain on August 4-7, 2011. These camps also serve as identification opportunities for the US Junior Men's Development Camp to be run in Pittsburgh, PA and the US Junior Men's High Performance Camp [to be run in Buffalo, NY]

1) Athletes interested in earning an invite to the selection camp **must attend at least one ID Camp**. Athletes interested in attending either the High Performance Camp or the Development Camp are strongly encouraged to attend.

2) You **must pre-register for ID Camps**. Registration is on RegattaCentral, under camps and clinics, listed as a USRowing event.

Junior Men's ID Camp—DC/Northern VA area

Date: Sunday, March 13, 2011

Location: Thompson Boat Club (tentative site)

Camp Contact/Coach: Kevin MacDermott, Kevin.MacDermott@trincoll.edu

Erg Workout + rowing session

Hours of Camp: 9 am to 3 pm

Erging Component: warm up and a 2000 meter piece

Registration: www.regattacentral.com

Deadline: Thursday, March 10