

2011

US Rowing Junior “B Women Development Sculling Camp

Thursday June 23, 2011 to Saturday July 2, 2011
Sandy Run Regional Park, Fairfax County, Virginia

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. Women 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 female rowers born in 1995 or 1996 with the potential to reach the junior national team. Generally we are looking for rowers who are 5’ 7” or taller, are rowing sub 8:00 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

Program Director: Bill Randall – Head Coach Thomas Jefferson Crew

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

<p><u>Bob Spousta</u></p> <ul style="list-style-type: none">• Head coach at GMU since 1987• Two time member of the US National Team• Eight time winner of the Head of the Charles in the single• Dad Vail Regatta “Coach of the Year” in 1998	<p><u>Carol Dinion</u></p> <ul style="list-style-type: none">• Women’s Varsity Coach – Yorktown High School Crew• 2010 Washington-Post All Met Coach of the Year• Current competitor in 1X and 2X with Occoquan Boat Club• Masters of Education, Ed.D. in Leadership, and teacher in the FCPS system
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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/wjrbva.html>

2011 Identification Camps Overview of ID Camps

These camps are instructional with a focus on providing insight into what is required of our best rowers and coxswains and the tools to achieve success at the international level. Our national team coaches will work hard to demonstrate ways the athletes can improve and to help athletes discover that the junior national team is both attainable and fun.

Highlights of the ID Camp program include:

- * The Junior National Team -- who we are and what the selection camp and development camp are all about (open to parents and coaches).
- * The learning experience of the 2010 Junior World Championships with a question and answer session with a member of the 2010 squad -- where members are available. (Open to parents and coaches).
- * Expectations and things you can do to become a more effective rower/coxswain including how to use tapes (both audio and video) for feedback, technique issues and review/demonstrations of core strengthening/circuit training exercises (open to coaches).

Junior Women's ID Camp – Washington, D.C.

Date: Sunday, March 6

Location: Thompson's Boat Center, Washington, D.C.

Airport: Washington Dulles (IAD) or Reagan (DCA)

Camp Contact: Liz Trond, lizabethtrond@yahoo.com

Hours of Camp: 9 a.m. to 3 p.m.

Erging Component: Extended warm-up and 2k, plus on-the-water row depending on weather

Registration: www.regattacentral.com

Registration Deadline: March 3, 12:00 a.m. EST