

Goals

The **Jr. B Developmental Sculling Camps** have a two-fold purpose. First priority of the Developmental Camps 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 technique of sculling and to identify future hopefuls for 2012 Development Camps. **Only 12 athletes will be invited to this camp.**



Items to Bring to Camp

Participants must furnish their own towels and toiletry items. It is recommended that campers bring running shoes and flip flops for practice along with a water bottle, sunscreen, and sunglasses. It is a good idea to bring extra spending money for soft drinks, snacks, and extracurricular activities. The camp administration will not cash personal checks from campers. When not in a sports session, dress is casual, so bring along your summer clothes and a swimsuit. You may wish to bring an alarm clock and a small fan. We strongly discourage you from bringing any valuables to camp. **The Saratoga Rowing Association is not responsible for lost or stolen items.**

Orientation

A brief orientation session will be held explaining Sports Camp rules and regulations. All campers must comply with the rules. Any serious violations or abuses will result in immediate dismissal from camp without refund.

Important for Parents

Each registered camper will receive a confirmation letter, map and directions, and rules and regulations. We invite parents to come to a session on a limited basis and through prearrangements only.

Housing for Residents

All 12 athletes will be housed together at a local home. Transportation will be provided to and from the boathouse as well as to and from extracurricular activities. Room assignments will be made in advance. Bedding, which includes sheets, pillow, pillowcase, and blanket will be provided.

Health and Insurance

Costs for the treatment of injuries and hospitalization for illnesses or injuries during the Camp will be the responsibility of the parent or guardian of the participant.

Athletes Register through
www.RegattaCentral.com

Filling Camps

(1995 and 1996 birthdays only)

First round of selections will be done by invitation (from the ID camps).

Second round selections will be done by coaches recommendation from surrounding areas

Transportation

Transportation will be provided to and from the Albany Airport and the Saratoga Train Station. It is important that you notify the coaches at least two weeks in advance concerning when, where, and at what time you will be arriving. The Albany Airport is located 28 miles from the Saratoga Rowing Association Boathouse. Air Canada, American Eagle, Continental, Delta, Northwest, Southwest, United, and US Airways service the airport.

Contact Information

Chris Chase: 518-587-6697 chaserow@nycap.rr.com
Registration: www.regattacentral.com
Steve Hargis: US Jr. Women's & Men's Team
860-961-6664 shargis@snet.net

2011 US ROWING JR DEVELOPMENT SCULLING CAMP SARATOGA (WOMENS)



June 25 – July 2

Fish Creek
Saratoga Springs,
New York.



COACHING STAFF



HILARY GEHMAN

Hilary Gehman, a six-time member of the U.S. national rowing team and a two-time Olympian who served as the interim head coach of the Cornell women's crew in 2006-07, was named the Staley Head Coach of Women's Rowing in July 2007.

Gehman has been selected to run the U.S. Rowing Women's National Team Freshman Camp twice (2008, 2009) and was the coach of the U23 Quad that placed fourth at the 2010 World Rowing championships. Last season, Gehman was named the Collegiate Rowing Coaches Association Mid-Atlantic Coach of the Year. Gehman was the voice of the Olympic 4X in Athens, serving as crew leader in training sessions and during races. Her fifth-place finish at the 2004 Games mirrored her performance in the quad at the 2000 Olympics in Sydney.

A two-time Olympian, Gehman has also raced on four U.S. national teams in the women's quad, earning a bronze medal in 2001. A competitor at numerous World Cup stops with the U.S. team, Gehman and her crewmates have captured four bronze medals at four international regattas since 1999, and her quad earned the gold medal at the 2003 Munich World Cup. In competitions at the national level, Gehman won the double sculls at the 2001 and 2002 Head of the Charles regattas and finished second in 2003.



MICHAEL WENKER

Coach Wenker, a former rower out of Skidmore College, is in his third year coaching the US Rowing Women's Development Team. Wenker began coaching under the tutelage of Todd Jesdale in 1999 after graduating college and returning home to Cincinnati. He took over the Cincinnati Juniors Women's Varsity Team where they went on to win 40 Gold medals over 8 years (including five at the Youth National Championships). Coach Wenker moved on to coaching at Hamilton College, and then to West Virginia University. Most recently was named Head Coach of the Dayton University Womens Rowing.



STEPHEN ARTHUR-WONG

Coach Stephen is currently the Associate Head Coach of the University of North Carolina Womens Crew. This is his fourth year coaching for the Development Camp. A former member of the U.S. Senior National Rowing Team, Arthur-Wong has competed successfully in some of the sport's most prestigious events. As a member of the U.S. men's lightweight quad, he finished fourth at the 2004 World Championships after taking sixth in the same event in 2003.

JR B DEVELOPMENT CAMP DAILY SCHEDULE

SATURDAY 6/25

Noon – 2pm	Orientation & Lunch
2pm – 3:30pm	Instruction
3:30 – 5:00pm	Water
5:30-	At Crew House

SUNDAY-FRIDAY 6/26-7/2

7am - 9am	Water
9am - 10am	Breakfast
10am - Noon	Water
Noon - 1:30pm	Lunch/Video Review
1:30 – 3pm	Yoga for Athletes
3:30 – 5:30pm	Open Row
5:30 -	At Crew House

SATURDAY 7/2

8am - 11am	Fish Creek Championships
11am – 12pm	Brunch
Noon	Departure

