



**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

- 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

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

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

Junior B Develop Camp Schedule

Thursday 23 June 2010: 12:30 pm – Rowers arrive at Sandy Run Regional Park 1 pm to 3 pm – Row 3 pm – meet host family	Friday 24 June to Friday 01 July: 8:45 am – arrive at the park 9:00 am to 12:00 – row 12 noon to 1 pm – lunch 1pm to 3 pm – row	Saturday 2 July: 8:45 am – arrive at the park 9 am to 11 am – racing (The racing will be run so the parents can watch)
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Contact: Bill Randall [cjsb@verizon.net](mailto:cjsb@verizon.net)