

2010 NW Women's Jr. B Sculling + Coxing Development Camp

Who:	Women Jr. B Scullers + Junior Coxswains Camp Director: Coby Stites Head Coach: Tony Carr Assistant Coach: (tbd) Coxswain Coach: (tbd) (looks like Mary Whipple will not be available, but looking into it) 2 nd Assistant Coach: Michaela Strand (not definite)	
What:	One week sculling day camp. Goals include: <ul style="list-style-type: none"> • Rowing in 4x's, 2x's, and 1x's • Improving technique • Nutrition for athletes • Devising a training schedule • Strength training • Making the most of video analysis 	One week coxing day camp. Additional goals include: <ul style="list-style-type: none"> • Improving practice skills • Improving racing skills • Planning and executing a race plan • Managing teammates • Scenario based learning
	Athletes must provide own housing and transportation. Some boarding may be possible with host families of other camp athletes. I can try to coordinate this.	
When:	August 2-7 or 9-14	
Where:	Conibear Boathouse, University of Washington, Seattle, WA Green Lake Small Craft Center, Seattle, WA	
Schedule:	Monday: <ul style="list-style-type: none"> • 7-9am: Introductions, boat handling, water practice • Brunch Break • 10am-11:30: Water practice / cox meeting Tuesday: <ul style="list-style-type: none"> • 7-9am: Water practice • Brunch Break • 10am-11:30am: Video Analysis • 3-5pm: 4x's at Green Lake Wednesday: <ul style="list-style-type: none"> • 7-9am: Water practice • Brunch Break • 10am-11:30am: Water practice/cox meeting • 	Thursday: <ul style="list-style-type: none"> • 7-9am: Water practice • Brunch Break • 10am-11:30am: Nutrition for Athletes • 3-5pm: 4x's at Green Lake Friday: <ul style="list-style-type: none"> • 7-9am: Water practice • Brunch Break • 10am-11:30am: Water practice / cox meeting • 3-5pm: Team bonding / something fun (hike, movie, pool, or whatever) Saturday: <ul style="list-style-type: none"> • 7-9am: Water practice • Brunch Break • 10am-11:30am: Training Plans • 3-5pm: 4x's at Green Lake • Pizza and peace out