



Potomac Boat Club 2014 Summer Sculling Program



Potomac Boat Club has a long tradition of developing young athletes into National Team members, World Championships and Pan American Game medalists, Olympians and National Champions. The summer sculling program instills a framework upon which an international career can be built. Through intensive technical work, physical development, and racing, athletes will build their stroke, learn how to train, and refine their approach to racing. Each athlete will receive individual attention to increase current strengths and address weaknesses. Coaches are looking for high school and collegiate athletes who want to learn and test themselves.

Program: Coaches select athletes based on rowing experience / accomplishments, erg scores, and recommendations. Practices combine rowing, erg work, cross training, core strength and lifting.

Men	Jr	6:40	21:30
	U23	6:15	20:20
	Lwt	6:30	21:00
Women	Jr	7:35	24:20
	U23	7:15	22:40
	Lwt	7:30	23:20



Schedule:

		Mon	Tue	Wed	Thu	Fri	Sat
Jr/U23 Men	AM	7 - 8:45	7 - 8:45	7 - 8:45	7 - 8:45		9:30 - 11
	PM	6 - 7:30		6 - 7:30			
Jr/U23 Women	AM		7 - 8:45	7 - 8:45	7 - 8:45	7 - 8:45	9:30 - 11
	PM		6 - 7:30		6 - 7:30		

Races:

Independence Day Regatta, Philadelphia, PA: July 4-6
 USRowing Club National Championships, Oak Ridge, TN: July 16-20
 Optional: Canadian Henley, St. Catharine's, ON: August 6-11
 U23 World Championship Trials, Mercer Lake, NJ: June 22-25
 Junior World Championship Trials, Mercer Lake, NJ: July 6-9

The Trials events are for athletes that show demonstrated abilities required for international competition.

Travel to Races: Responsibility of the athletes and parents to make arrangements.

Housing: For non-local athletes, housing options are available. We encourage each athlete to contact us immediately and contact any friends and family and friends of friends and family about housing. If you are a local athlete who can offer housing to a non-local, the help is appreciated.

Potomac Boat Club: PBC is our host for the summer and will provide facilities, as well as boats, oars, coaching launches and equipment. We are guests of the boathouse and program participants are required to act as serious and respectful athletes at the boathouse and while representing PBC at races.

Costs: Program fee for the summer is \$450. Cost includes facilities, coaching, equipment, and race entry fees, boat transport fees. Race travel, local expenses, housing and incidentals are the responsibility of the athlete. Checks payable to Potomac Boat Club. An additional refundable deposit of \$100 will be required for those attending Canadian Henley prior to registration.

Application: Application deadline is April 25, 2014.

Coaches:

Reilly Dampeer

Potomac Boat Club Head Coach, Open Sculling Program
2013 World Cup 3 M4x 8th place
2012 U23 Worlds LM2- 12th place
2011 Pan American Games W1x 1st place
2010 U23 Worlds M1x 11th place
National Team Alumna

Guennadi Bratichko

Capital Rowing Club, Competitive Sweep Team Coach
1989 Junior World Championship Men's 8+ 1st place
1990 Junior World Championship Men's 2+ 2nd place
Potomac Boat Club Open Sculling Program Coach
National Team Alumnus

Paul Guthrie



Kick Off Meeting: Sunday, June 15, 5 p.m.

Best of Luck with your season.

For questions please contact: Reilly Dampeer at openscull@potomacboatclub.org



POTOMAC BOAT CLUB SUMMER SCULLING PROGRAM APPLICATION

1. Personal Information

Name:

Email:

Address:

Telephone:

Emergency Telephone:

Birthday:

Height:

Weight:

USRowing #:

School:

Coach and Contact info:

2. Prior Rowing experience - sweep and sculling

3. Prior rowing accomplishments (major races won, other)

4. Best Ever 2k and 6k(or equivalent) and approximate dates

5. Rowing goals, immediate and future

6. What other sports have you competed in? Include applicable times, position, accomplishments.

7. Please write a brief note about why you want to join and how you will contribute to the program. Include anything that you would like us to know that might not be mentioned above.

Send Application to openscull@potomacboatclub.org, or mail to Potomac Boat Club, attn Reilly Dampeer