



## **All-American HO CR Sculling Camp**

**September 5-7, 2008**

**Boston, MA**

\$675 for all Coaching, Lodging, Meals and More in Beautiful Boston.

Come Learn, Row and Race the course with past winners and medalists

Coaches Jim Dietz and Mark Wilson will be hosting the 2<sup>nd</sup> Annual Official HO CR Sculling Camp. There is no bigger or more spectacular race than the Head of the Charles. The bridges, the basin, the turns, the excitement, the history, the boathouses and the crowds make the Head of the Charles a must for every rowing enthusiast. We are proud to be the official race camp for the Charles and want you to have a great time on and off the water.

Camp will be an all inclusive event with housing being offered as part of the package at the Hotel Commonwealth in Boston. Great rooms and beds will feel great after two or three rows on the course. Food will also be included as well as great stories and fun off the water.

Jim and I are excited to be working with the HO CR and will look forward to covering boat/oar rigging, circuit training for rowing, nutrition, and plenty of more topics to get you up to speed. Special video analysis using the Dartfish video program will be featured and you will come away with a great appreciation for personalized coaching.

### **Boston MA September 5-7, 2008 Camp features the following:**

- Camp is Friday, Saturday and Sunday with three great days on the Charles
- Rowing in singles and doubles will be stressed, Please bring your own or use a demo boat.
- Head of the Charles racing technique by Jim Dietz and other past medalists
- Eight on-the-water rowing sessions!! Eat, Sleep, Row, Repeat
- Breakfast and Lunch, snacks, drinks and Lodging are INCLUDED!
- Video review of each rowing session, classroom sessions, DVD of camp video
- Shore sessions include: training methodology, drills, nutrition, and strategy specific to the masters athlete, racing technique specific for the Charles
- Circuit/ Med Ball training sessions
- Complete written stroke analysis and critique to take home
- Spouses are welcome to enjoy meals and the camp's social aspects at small additional charge. Take advantage of all Boston and the surrounding areas have to offer. There is always plenty going on in Bean Town.

**This Camp will be a very special event and will be limited to 16 scullers. Coaching ratio is kept at 1-4 to maintain personal and meaningful coaching. Your time is valuable and we strive to give you all the attention you deserve and more.**

## Camp Schedule

Friday	1:00pm	Meet the group at Henderson Boathouse for rigging and introductions
	2:00	Row#1 followed by Video
	4:30	Row #2
	7:00	Dinner out as a group
Saturday	7:00-9:00	Row #3 Lower Course, Start to Anderson Bridge
	10-11:30	Row #4 Upper Course, Anderson Bridge to Finish
	Noon	Lunch at the boathouse
	1:00	Rigging and boat overview
	3:00-5:00	Row #5 turning, pointing, maintaining course
	6:00	Dinner and Movie night
Sunday	7:00-9:00	Row #6 Full Course Row and Review
	10:00	Row #7 Final turn one more time, Elliot Bridge
	11:30	Boat final check and review
	Noon	Lunch and Camp Graduation
	1:00	Camp is complete, Thank you for participating

Lodging is provided by Hotel Commonwealth  
<http://www.hotelcommonwealth.com/>

Camp is boating out of the  
Northeastern University Henderson Boathouse  
<http://www.gonu.com/facilities/henderson.html>

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