



SNRC-BROCK MASTERS ELITE SCULLING CLINIC



South Niagara Rowing Club, in conjunction with Brock University Rowing, is very excited to invite you to participate in an Elite Masters Sculling Clinic.

The clinic will be held on May 5-6 at the beautiful WIFC North Course Facility located at [16 Townline Tunnel Rd, Welland ON, Canada L3C 2T4](#).

This clinic is geared to experienced competitive masters scullers who wish to make meaningful technical gains that they can immediately apply to their sculling experience to enable them to race faster.

The clinic includes:

- Sculling technique analysis and recommendations based on boat speed curve to improve performance
- Rigging analysis and recommendations based on research to improve rigging effectiveness
- Takeaways: crew video, Rigging and Technique Analysis Sheet with recommendations for improvement

What to Expect

The 2-day weekend clinic will begin with your arrival by 7:30am on Saturday, May 5 and end about 5:00pm on Sunday May 6. The camp will begin each day at 8:00am at the WIFC Athlete Building (North Course) with an overview of the clinic agenda for the day. Clinic activities will run until about 5:00pm each day.

The daily routine begins with an on land dynamic warm-up prior to the first morning row. This is followed by a break with either video review or technical discussion at the Athlete Building. We return to the water for a second late morning row to follow up on what we learned over the break. We will then pause for a quick, catered lunch on site. After lunch, there will be a structured row for everyone to practice with coaching supervision.

Coaching

With five or fewer athletes per group, you can expect individual attention from a variety of coaches. Lead Coaches for this clinic include:

Peter Cookson

Peter Cookson is a former High Performance Director with Rowing Canada Aviron. He has been a coach at the high school, university, club, and international level. Most recently, Peter undertook a rigging survey for World Rowing of all Olympic class boats at the 2017 World Rowing Championships. He is a member of FISA's Competitive Rowing Commission. Peter will do on water coaching at the clinic as well as provide video feedback.

Mike Purcer

Mike Purcer is a Technical Advisor and Coach with the Brock Rowing program. His research in effective rigging and rowing technique through the use of Dartfish video analysis software has allowed scullers and crews to make substantial improvements. Mike will be videoing all participants and working with athletes and coaches to optimize rigging effectiveness. Boat speed curves will also be developed to identify opportunities for technique improvement.

Equipment

Athletes are encouraged to bring their own single shell to use for the weekend. If necessary, a limited number of singles will be available for rent for \$70/day including sculling oars. Athletes needing to rent a single must indicate this at the time of registration and include such information as height and weight to allow for proper boat fit.

Security will be provided at the WIFC venue on the Saturday evening so that sculling shells can be safely left at the venue overnight.

Clinic Prerequisites

As this is an elite level clinic, all athletes planning to attend the clinic should have prior competitive racing experience in either 2x or 1x shells and be comfortable rowing a 1x shell. Racing in a 2x or 1x at the Tony Biernacki, Ontario Master's Championships, Henley Masters, Head of the Welland, Muskoka Fall Classic, Head of the Trent, and the like is sufficient racing experience. This clinic is *not* a Learn to Scull or intermediate level clinic. Non-competitive athletes interested in further developing their sculling skills

are encouraged to enroll in one of Brock's University Sculling Camps hosted later in May and June or to contact their home club to see what opportunities are available there.

Clinic enrolment will be limited in order to maintain a low athlete to coach ratio.

What to Bring

In addition to your single shell, oars, appropriate clothing and rowing gear for a wide variety of weather conditions, please bring your own water bottle and additional snacks if required. A water bottle refill station is available on-site at the Athlete Building. Lunch and a light mid-morning snack will be provided. Please alert us to any food restrictions on your registration form.

Accommodations

- 1) Best Western Rose City Suites
 - 5 minutes from the WIFC facility
 - suites with 1 queen and sofa bed or 1 king and sofa bed are available for \$139/nt and \$149/nt respectively
 - continental breakfast, WiFi and parking are included
 - https://www.bestwestern.com/en_US/book/hotels-in-welland/best-western-plus-rose-city-suites/propertyCode.66042.html

- 2) Mapleridge Boutique B&B
 - located in nearby Fonthill, 15 minutes from WIFC facility
 - luxurious boutique B&B
 - special rates for rowers attending this clinic!
 - highly rated
 - <https://www.facebook.com/mapleridgebnb/>

Registration and Cost

The cost for the 2-day weekend clinic is \$325.00 (Canadian) + HST per person. All Masters athletes interested in attending this clinic are asked to email the Registration Request form to SNRCMastersclinic@rowsnrc.ca.

We're looking forward to seeing you at our Sculling Clinic!



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Registration Request Form

Please complete the following information and send to SNRCMastersclinic@rowsnrc.ca. (You can cut and paste this information directly into an email or complete this document and attach it to an email).

The intent of gathering this information is so that we can ensure that this clinic is right for you and that you can get the most value from it.

Upon receipt of the information, you will receive a code and further instructions which you will use to complete your registration and payment for the clinic. Completing and sending in the following information will *not* secure your spot in the clinic. **Full registration and payment must be completed for your spot to be confirmed!**

Name:

Home Rowing Club:

Phone number:

Email:

Indicate whether you have raced a 1x or 2x at the following regattas:

<input checked="" type="checkbox"/> all that apply	Regatta	Year(s) raced
	Tony Biernacki Sr. Memorial Regatta	
	Ontario Master's Championships	
	Royal Canadian Henley Masters	
	Muskoka Fall Classic	
	Head of the Welland	
	Head of the Trent	
	Other (please specify)	