

Rowing Smart for Training and Racing

Learn-to-row and experienced crew camp for girls ages 13-18
All rowers and coxswains welcome

Monday, July 6, 2009 – Saturday, July 11th, 2009

Arrive at BU 3pm on Monday, July 6th

Row twice each day Tuesday-Friday and attend rowing-relevant activities once per evening.

Row once Saturday, July 11th – depart BU 11am

Cost: \$720 for overnight campers/ \$600 for commuters

CAMP ITINERARY 2009

Rowing Smart for Training and Racing at Boston University

July 6-11

Monday, July 6th, 2009

- 1-2p Check into dorm: Sleeper
Fill out questionnaire and bring to swim test
- 3:00p Depart from Sleeper lobby in one group
Meet in erg room, 300 Babcock St
Learn camp procedures
Stretch & erg
- 4:45p Swim test
- 6:00p Dinner
- 7:30p Meeting the week's team
Watch USRowing Safety video
Mental Training Workshop – Positive Self Talk
Stacey Rippetoe – in erg room @ 300 Babcock St or Nickerson Field
Paula Thoms – Yoga/Stretches for rowing
- 9:00p Return to dorm
- 10:00p Lights out

Tuesday, July 7, 2009

- 6:00a Leave dorm in one group for DeWolfe boathouse, have snack
- 6:30-9:30a Stretch, first row
- 9:30a Post-rowing snack at DeWolfe
- 10:00a Return to dorms, free time
- 12n Lunch
- 1:00p Leave lunch for DeWolfe boathouse
- 2:00p Guest speakers: Wendy Wilbur & Tom Bohrer – national team reflections
- 3-6p Video review, second row
- 6:00p Return to dorms
- 6:30p Dinner
- 7:30p Stacey Rippetoe – Goal Setting - in erg room @ 300 Babcock St or Nickerson Field
- 9:00p Return to dorm
- 10:00p Lights out

Wednesday, July 8, 2009

- 6:00a Leave dorms for DeWolfe Boathouse, have snack
- 6:30-9:30a Stretch, first row
- 9:30a Post-rowing snack at DeWolfe
- 10:00a Return to dorms, free time
- 12n Lunch
- 1:00p Leave lunch for DeWolfe boathouse
- 2:00p Guest speaker: Kim Cochrane – how to plan for academic success, Stacey – General Recruiting

3-6p Video review, second row
6:00p Return to dorms
6:30p Dinner
7:30p Nickerson Field – games with counselors
Paula Thoms – Yoga/Stretching for rowing
9:00p Return to dorm
10:00p Lights out

Thursday, July 9th, 2009

6:00a Leave dorms for DeWolfe boathouse, have snack
6:30-9:30a Stretch, first row
9:30a Post-rowing snack at DeWolfe
10:00a Return to dorms, free time
12n Lunch
1:00p Leave lunch for DeWolfe boathouse
2:00p Guest speaker: Laura Thompson, nutrition
3-6p Video review, second row
6:00p Return to dorms
6:30p Dinner
7:30p Camp Activity – counselors lead
9:00p Return to dorm
10:00p Lights out

Friday, July 10th, 2009

6:00a Leave dorms for DeWolfe boathouse, have snack
6:30-8:30a Stretch, first row
8:30a Post-rowing snack at DeWolfe
9:00a Newbury Street Tour with counselors
12n Lunch
1:00p Leave lunch for DeWolfe boathouse
2:00p Stacey Rippetoe – Making a race plan
Paula Thoms & Vicky Curry – Core Strength
3-5:30p Camp photo – wear your camp shirt, Second row
5:30p Return to dorms
5:30p Dinner
6:30p Harvard Square Tour
9:00p Return to dorm
10:00p In your own room

Saturday, July 11th, 2009

7:00a Leave dorms for DeWolfe boathouse, have snack
7:30-10:30a Last row
10:30a Post-rowing snack at DeWolfe
11:00a Return to dorms, check out
12n-1p Pick up from dorms

CONTACT INFORMATION for staff:

Vicky Curry, Camp manager & coach	617.447.4804	vcurry@bu.edu
Stacey Rippetoe, Camp director & coach	617.921.1499	rippetoe@bu.edu
Paula Thoms, coach	617.549.7591	pthoms@bu.edu
Jenne Daley, counselor	617.338.5911	
Kayla O'Rourke, counselor	860.230.7197	
Lesley Pepin, counselor	321.514.0508	

CAMP EXPECTATIONS:

- **Stick to the itinerary.** If you are not in your room, be sure that a counselor knows where you are. If you are not feeling well, let a counselor know right away. We will go over the specific rules for leaving the dorm.
- **Treat everyone with respect.** Every camper is here to have fun and to improve her rowing knowledge and skills. See if you can learn something good from everyone here. If you have an issue with each another camper, solve it together or involve a counselor. Do not spread it though camp.
- **Pay attention to your coaches and counselors.** Your attention is the only means through which you'll gain any information.
- **Handle all the equipment as if you're on the US National Team** – it's a great habit to build and your coach at home will appreciate you for it.
- **If you have questions or are concerned about something, please speak up!** This camp is for you and we want you to get the most out of it. If you learned something good, please consider sharing it – you may help someone else who's wondering about the same thing.
- **We'll be taking boating *requests*.** We'll do our best to fill them but offer no guarantees.
- **Your parents are welcome to watch you row** – have them call Stacey to make arrangements.

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POSITIVE SELF TALK

Try the number experiment – what did you notice?

What does that have to do with rowing?

Talk about the anxiety-performance relationship.

9	21	34	46	50	10	38	32	14	6
24	18	55	1	61	70	82	51	37	25
45	60	77	81	69	88	30	84	74	42
5	71	89	27	4	73	65	96	3	66
64	28	39	13	57	94	19	93	41	56
54	78	90	47	33	17	100	91	85	79
40	72	59	23	98	92	99	97	22	86
31	53	80	2	87	11	29	95	12	35
20	48	16	26	43	83	62	52	75	67
8	36	44	63	68	76	58	49	15	7

First try:

5	32	18	49	12	58	85	70	97	42
8	51	38	1	24	43	39	50	59	94
57	69	15	62	68	33	14	73	64	86
72	27	31	84	54	76	65	7	3	23
37	52	93	21	9	4	90	28	53	99
17	96	77	67	11	48	34	40	81	41
78	45	83	98	61	74	95	46	22	10
63	100	20	2	55	89	71	19	88	29
91	13	87	30	26	6	79	35	16	80
25	36	56	82	92	44	66	47	75	60

Second try:

Whose voice do you hear most when you're rowing?

Do "the ten beliefs" with a partner.

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POSITIVE SELF TALK

Most positive self talk is simply eliminating the negative, overcritical voice many athletes carry.

- Give the negative voice a wimpy name
- Picture steamrolling the bad thought or stomping on it with an elephant foot
- Talk to yourself like you would your best friend or little sister or cousin
- **ACT AS IF** your most desired dream has already come true – how would you carry yourself then?
- Come up with **KEY WORDS** that link you to your goals or an image of past success (ex. connect)
- What are your ideas?

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SUCCESSFUL GOAL SETTING FOR SUCCESSFUL ROWING PRACTICES

What do you notice in the boat? Are you primarily auditory, visual, or kinesthetic?

Try this – get a partner and have her tell you a story about her favorite Halloween costume. (no Halloween costume? Try her favorite room in her home) Watch what she does – watch her expressions – when she tells the story. Then switch roles and you talk to her.

Most people are a mix of styles. What are you?

Now think of the boat. If you were working on the blade entries, what do you tend to notice?

What else is there that you might miss?

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SUCCESSFUL GOAL SETTING FOR SUCCESSFUL ROWING PRACTICES

Writing out goals daily will help you to make and notice progressions. The guidelines to follow are easy, but necessary if you are to be successful. Each goal must be:

- ☐ Relevant - applicable to the day's practice – will you notice if you achieve it?
- ☐ Short – one sentence or less – can you remember it quickly?
- ☐ Positive – goals are about what you aim to do, not about what you hope to avoid. Think of ordering in a restaurant. Direct yourself toward something.
- ☐ MEASURABLE – there has to be a way for you to know whether you succeeded in achieving your goals or not – no gray areas.

You may choose to focus on a physical, technical, or competitive goal – it depends on what you're working on and what will help you contribute most to your crew.

This is important because it keeps you focused on the PROCESS of rowing. You are very much in control of your responses and your performance. Nothing is just happening to you...you can always influence now!

Here are some examples for erging or rowing:

I will attack each piece from the first stroke.

I will be consistent on each pulling piece (within 5" of the first avg. split).

I will notice my upper back positioning for 20* in a row during each piece.

I will feel myself pushing the water down and away for the first minute every time I'm added in.

For every distracting thought that pops into my head, I will take a 10 to focus on my body positioning at the catch.

When another crew moves on us, I will take 20* to focus in on moving my boat better.

I will ask my pair partner what her goals are (this makes us both better).

I will respond to any variation in splits by taking a 20 to push better off my whole foot.

Ask yourself, "will achieving this goal make my crew better than it would be without me?" AND "is it clear how I'll know if I achieved this goal?" These are important mini-goals that are vital to the big picture.

Is there anything big you want to work on this week? Write it down:

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SUCCESSFUL GOAL SETTING FOR SUCCESSFUL ROWING PRACTICES

This is another method of successful goal setting that helps you analyze what you want to achieve. This is particularly helpful for hard-to-measure goals.

For each goal, complete each category:

NAME THE GOAL – so your great-aunt Millicent would understand, simple

TASK – what is it I'm attempting to achieve/change? – in rowing terms

MEASUREMENT – how do I know I'm making the right change? (there can be a few reasons here to help you)

ACCOUNTABILITY – when in practice will I measure this?

Here's an example:

N – “Aunt Millicent, I'm trying to cut down on the splashing I do when I get my oar out of the water.”

T – achieve a smoother release with a darker, more compact puddle

M – I can feel my handle come in slower and higher as I finish, I can see the puddle change, I can hear the release (it's quieter)

A – every time I add in, I'm going to take 20 “perfect” strokes

SCHEDULING FOR
SUCCESS

	SUN	MON	TUE	WED	THU	FRI	SAT
6:00a							
7:00a							
8:00a							
9:00a							
10:00a							
11:00a							
12n							
1:00p							
2:00p							
3:00p							
4:00p							
5:00p							
6:00p							
7:00p							
8:00p							
9:00p							
10:00p							

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College Rowing

General Rules for Division I NCAA schools:

- In the mail or e-mail – camp brochures or questionnaires anytime
- E-mail from coaches as of SEP 1 of your junior year
- Phone calls from coaches as of JUL 1 after your junior year
- You may initiate a phone call or e-mail anytime – include your grad year

Official (at school's expense) Visit to campus:

- You are allowed 5 after the first day of classes your senior year (max. 1 per school)
- You'll need to provide the school with a transcript & standardized test score and you'll need to register with the NCAA Eligibility Center online (ncaa.org)

Unofficial Visit to campus:

- may be taken anytime, except for dead period (1 week each spring & fall)

NLI:

- written scholarship offer, legally binds you to that school – Division I schools only
- only can be offered 1 year at a time
- you may ask what a particular school's scholarship or visit standards are

Tips for successful recruitedness:

- research your schools first – what if you didn't have rowing? Make sure it's a good fit
- think about what matters most to you – there may not be a perfect fit
- take the initiative to contact the coaches of the schools you like
- plan in advance if you're going to visit
- talk to your high school coach – he or she may be a good reference and have some insights
- write a good, brief letter, and put a rowing resume together
 - o erg score, height/weight, program of study, races competed in, GPA
 - o why you like that school
 - o video clip or still shots (not glamour shots)

On visits:

- Can you picture yourself at the school?
- Do you like what you see academically?
- What's the team really like?
- Do the team's answers match the coaches' answers to your questions?

Date:

Lineup:

b	
2	
3	
4	
5	
6	
7	
8	
c	
boat	
oars	
coach	

Technical focus:

Drills:

Workout:

Notes:

**Rowing Smart for Training and Racing 2009
Camp Questionnaire**

Please fill this out on Monday, July 6th after you move in.

Name:

Years of rowing experience:

Port/starboard/scull/cox (circle whatever applies)

Why did you choose this camp?

What do your coaches say is the best part of your stroke?

What part of your stroke do you think you need to work on?

What's your best strength as an athlete?

What part of crew do you wish you were better at?

Is there any particular seat or boat that you want to try this week?

Please tell us 3 bits of trivia about you (if you are OK with the rest of the camp knowing them):

**Rowing Smart for Training and Racing 2009
Camp Evaluation**

Please turn in on Saturday JUL 11 before you go home.

Name:

What did you like most about camp?

What's the best thing you learned at camp?

What was the most fun thing you did at camp?

Is there anything controllable that you would want changed for next year?

Is there anything you really liked or disliked about the week?

THANK YOU FOR CAMPING WITH US!