

2011 USRowing Junior Men's Sculling Development Camp



USRowing®

June 19 – July 9, 2011

Steel City Rowing Club

Verona, PA 15147

www.steelcityrowing.org

Program Goals

It is our goal to prepare athletes for the US National Team. Since 1999, Steel City Rowing Club (SCRC) has coached 10 boats at the FISA World Rowing Junior Championships. The SCRC coaching staff is skilled in understanding what is required of athletes to perform at the national team level. Athletes will be trained on water skill development with plenty of video feedback. There will also be daily land training sessions. These land sessions will include strength training, erg skill/speed development, nutritional and psychological training.

Head Coaching Staff Ladislau Tompa



Ladislau is head coach at SCRC and rowed on the Romanian National Team from 1982 – 1986 and has 29 years of rowing and coaching experience. His experience in rowing technique and training methods has guided numerous SCRC juniors to the USRowing Youth Nationals earning seven sculling championships from 1999 until 2009. Ladislau is also a 10-time a US Junior National Team sculling coach earning a 4th place finish in the 2009 Men's Junior 1x. Prior to his head coach position at Steel City Rowing Club, Ladislau coached at Three Rivers Rowing Association.

Daniel V. Grancea



Daniel became the head coach at the University of Pittsburgh in March 2004. Daniel is a former Romanian National Team rower combining over 29 years of rowing and coaching experience. Under Daniel's tutelage, University of Pittsburgh has earned numerous medals at the Head of the Charles and Dad Vail regattas. Prior to his work at the University of Pittsburgh, Daniel coached at Steel City Rowing Club and Three Rivers Rowing Association where he worked with juniors successfully earning medals at the USRowing Club Nationals, USRowing Youth Nationals and fall head races.

Items to Bring to Camp

Participants must furnish their own towels, sheets and toiletry items. It is recommended that campers bring running shoes and flip flops for practice along with a water bottle, sunscreen, and sunglasses. When not in a sports session, dress is casual, so bring along your summer clothes and a swimsuit. You may wish to bring an alarm clock and a small fan. We strongly discourage you from bringing any valuables to camp. **SCRC is not responsible for lost or stolen items.**

Orientation

A brief orientation session will be held explaining Camp rules and regulations. All campers must comply with the rules. Any serious violations or abuses will result in immediate dismissal from camp without refund.

Important for Parents

Each registered camper will receive a confirmation letter, map and directions, and rules and regulations. We invite parents to come to a session on a limited basis and through prearrangements only.

Housing for Residents

The camp will provide housing and meals.

Health and Insurance

Costs for the treatment of injuries and hospitalization for illnesses or injuries during the Camp will be the responsibility of the parent or guardian of the participant.

Registration

www.regattacentral.com

http://www.usrowingjrs.org/Documents/2011_USJNT_Sculling_DevCamp_Application_Form.pdf

Athletes who show potential but are not quite at the selection camp level may be invited to a development camp, erg score 6:50 or better. Development camps aim to improve an athlete's skills with the goal of future participation in selection camp. Space is limited to 34 athletes.

Cost: \$2,400

Transportation

Transportation will be provided to and from the Greater Pittsburgh Airport and the Pittsburgh Train and Bus Stations. It is important that you notify the coaches at least two weeks in advance concerning when, where, and at what time you will be arriving. The Greater Pittsburgh Airport is located 35 miles from the SCRC Boathouse. Air Canada, American Eagle, Continental, Delta, Northwest, Southwest, United, and US Airways service the airport.

Contact:

Steel City Rowing Club

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US Rowing Junior Team 2011