



Sculling Clinic at Bair Island Aquatic Center

Sessions are designed to improve sculling technique for all levels of rowing, from those looking to be more comfortable in the boat to those looking to gain more skill and speed. Each day starts at 8:00am and finishes at 4:30pm and consists of three water sessions with video review and discussion of relevant topics. Topics include the importance of grip, balance, blade work, and the stroke sequence. Group limited to 8 people.

A one-day session includes on water instruction and video analysis of each individual's stroke while two-day sessions include both individualized coaching and a more comprehensive look at sculling.

When: Saturday January 2nd (1 day)
Monday and Tuesday December 28th and 29th (Two day)
Wednesday and Thursday December 30th and 31st (Two day)

Cost: 1 day: \$125 2 day: \$225

Where: Bair Island Aquatic Center
1450 Maple Street
Redwood City, CA 94063

Contact: Email: Kristin.goodrich@gmail.com Phone: (415) 505-1767

About the Coach: Kristin Goodrich



Kristin began rowing in 1994 at Cornell University. She rowed as a sculler for the U.S. National Rowing Team in the double and then in the single from 2001 to 2003. She has won 3 National championships and she won the Head of the Charles in the Women's Championship single in 2003.

Kristin has been coaching sculling to high school boys for the past 4 years at Norcal Jr Crew and under her direction they have won regional championship titles in the 1x, 2x, and 4x. Most recently her Jr M2x finished 2nd and her Jr ML2x finished 8th at the US Youth National Championships. Her experience also includes coaching masters sculling at Bair Island Aquatic Center and coaching at Craftsbury.