



## SCULLING CLINICS

Co-hosted by BIAC and LGRC

Clinics will be at [BIAC](#) in Redwood City, 7 am to 3 pm

**Clinic Dates:** Wed. **March 18, 2009** (one day tune up)

Thurs. & Fri. **March 19 & 20**, 2009 (two day workshop)

Sat. & Sun. **March 21 & 22**, 2009 (two day workshop)

**Coaches:** Charlotte Hollings and John Dunn of Calm Waters Rowing (Va.)

Both Charlotte and John have an extensive and successful history rowing in college, Charlotte competed at University of Virginia while John rowed at Cornell. They continued their careers as college coaches, Charlotte at Stanford, B.U. and Cornell while John has 18+ years of coaching at Cornell. They have coached Masters for more than 10 years and currently own and coach at Calm Waters (for more information: [www.calmwatersrowing.com](http://www.calmwatersrowing.com))

**Clinic Description:** Charlotte and John are returning to the Bay area for their fourth consecutive year. The two day sculling workshops will include individual video tape analysis, on land and on the water coaching and practice, on the water individual feedback to stress the various sculling components of efficient rowing technique. Unique features of their coaching includes video review and analysis of Olympian rowing technique and how to incorporate into Masters rowing styles.

**Cost:** Two day workshop \$300, One day workshop \$150 7 am to 3 pm each day

Fill out the attached form, these **clinics will fill up on a first come first served basis!!!!**





**Participant's Name:** \_\_\_\_\_ **Phone number:** \_\_\_\_\_

**Mailing address:** \_\_\_\_\_

**Email address** \_\_\_\_\_

**Club Affiliation** \_\_\_\_\_

**Single sculling experience:** \_\_\_\_\_

**Personal goals for this sculling workshop (e.g. stroke, power, rigging, etc...)** \_\_\_\_\_

**Do you need a boat or will transport your own?** \_\_\_\_\_

**Clinic Date(s):** \_\_\_\_\_

**Amount enclosed: (payable to BIAC or Bair Island Aquatic Center)** \_\_\_\_\_

**Please mail this completed form and enclosed check to:**

**Nancy Miner 15908 Rochon ct., Los Gatos, 95032**

**Confirmation and follow up information will be emailed upon receipt of the payment.  
Cancellations with 100% refund up until March 1, 2009. Refunds will not be given after  
March 1 - however a substitute rower can be designated.**

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**BIAC and LGRC members are being invited first to sign up for these great clinics.  
After February 15 this invitation will be sent to other Bay Area clubs**