



## SCULLING CLINIC –SAVE THE DATES!!!

SIGN UP NOW!!!

Clinic Dates: Wed. July 9, 2008 (one day tune up)

Thurs. & Fri. July 10<sup>th</sup>, 11<sup>th</sup>, 2008 (two day workshop)

Sat. & Sun. July 12<sup>th</sup>, 13<sup>th</sup>, 2008 (two day workshop)

Mon. July 14<sup>th</sup> (one day workshop or private instruction)

Coaches: Charlotte Hollings and John Dunne

Both Charlotte and John have an extensive and successful history rowing in college, Charlotte competed at University of Virginia while John 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 the third consecutive summer. They offer these two day sculling workshops which will include individual video tape analysis, on land and on the water coaching and practice, on the water individual feedback as they stress the various sculling components for efficient rowing technique.

A one day clinic will be offered to those who would like videotape analysis and a more abbreviated format of instruction. The coaches will also be available on Mon. July 14, 2008 for private coaching of individuals which can be arranged directly with them. Cost: two day workshop \$300, one day workshop \$150 (see form for further info) Please fill out the attached form (next page), **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...)** \_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

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

**Amount enclosed: (please make checks payable to LGRC-Sculling workshop)\_\_\_\_\_**

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

**Rosalie Frankel, PO Box 2379, Los Gatos, Ca. 95031**

**Confirmation and follow up information will be emailed upon receipt of the payment. Cancellations with 100% refund up until one month before the start of the clinic (June 19<sup>th</sup>), 50% refund till June 28<sup>th</sup>, refunds will not be honored after the 28<sup>th</sup> however a substitute rower can be accomodated instead.**

**\*\*\*\*\*BIAC and LGRC members are being informed at the same time and everyone in these two clubs has an equal chance of signing up for the clinic until May 31<sup>st</sup> when this information will also be sent to other Clubs in the Bay area\*\*\*\*\***