



## **MASTERS COACH MAYRENE EARLE COMES TO THE BAY AREA!!!!**

**Co-hosted by LGRC and BIAC, Clinic to be conducted at BIAC, Redwood City**

**CLINIC DATES: JULY 23-25, INTERMEDIATE SWEEP CLINIC  
JULY 26-28, SWEEP RACING CLINIC**

**COST: \$450/3 day session**

Mayrene Earle is the founder of Masters Coaching and will be in the Bay Area for one week only. She was Head Women's Coach at MIT, coached at Northeastern University and also at Wellesley, is a regular contributor to US Rowing articles and has founded a number of women's rowing groups. Her resume can be found at <http://www.masterscoaching.com/MCCoach.html>. You may also find a description of Mayrene's other clinics on the same website.

Mayrene runs women's clinics all over North America - the format is a single Womens' 8 - one sweep boat for 3 days with 2 sessions/day each totalling 120 minutes (roughly 12 hours of on the water coaching). She is sensitive to women's training needs and understands the way our complicated brains function and respond.

The objective is to work on improvements to both the individual as well as the team and TO HAVE FUN. She uses videotape constructively at least one session per day and provides a customized written evaluation of each program participant in addition to the audio/video recording. If time allows, she may also add other informative sessions such as weight training and conditioning for women during the clinic.

**INTERMEDIATE CLINIC:** Personalized training with a focus on technique

**RACING CLINIC:** Emphasis on training TO WIN and developing a competitive approach

**SPACE IS LIMITED.** Participants will be accepted on a first come/first served basis!

Please follow the instructions to complete the attached application form.

**MAYRENE EARLE COACHED INTERMEDIATE AND RACING CLINICS 2008**

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

Mailing Address: \_\_\_\_\_

Email Address \_\_\_\_\_

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

Sweep Experience

Personal goals for this sweep workshop (e.g. technique, power, racing, etc...) \_\_\_\_\_

\_\_\_\_\_

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

Amount Enclosed: (please make checks payable to LGRC-Intermediate or Racing Clinic) \$ \_\_\_\_\_

Please mail this completed form and enclosed check to:

Norma Andreadis, PO Box 188, Los Gatos, Ca. 95031

Questions: <mailto:normaandreadis@yahoo.com>

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 23rd), 50% refund until July 7<sup>th</sup>, and thereafter refunds will not be honored ; however, a substitute rower may 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 June 19th when this information will also be sent to other Clubs in the Bay Area\*\*\*\*\*