

Team;

The summer schedule is as follows:

**LEARN-TO-ROW SUMMER CAMP (@ Anacostia Boathouse):**

Session #1: JUNE 27 - July2; 9 AM – 12 PM

Session #2: JULY 11 - 16; 9 AM – 12 PM

Session #3: JULY 25 - 30; 9 AM – 12 PM

Session #4: AUGUST 1 - 6; 9 AM – 12 PM

**SUMMER STRENGTH & CONDITIONING PLAN (@ Bishop Ireton):**

Length: JUNE 20 – AUGUST 19

Time of Day: LIFTING: Regularly 9 AM – 10:30 AM; **During Camp and Sculling Weeks 1 – 2:30 PM**  
ERGING/RUNNING: On your own

Overview: This plan will, over a 2 month period, develop our necessary muscles for rowing as well as build a strong base of fitness. In doing this we will be able to better prevent injury and complete important tasks for competing at a high level in the Spring. It will consist of lifting three days a week (Monday, Wednesday, Friday) and erging/running two days a week (Tuesday/Thursday). Attending is optional but we should all know that the results you see **OR DO NOT SEE** in the Spring are a direct effect of doing **OR NOT DOING** this off-season training.

**SUMMER SCULLING FOR RETURNING ROWERS (@ Anacostia Boathouse):**

Session #1: JULY 25 – 29; 9 AM – 12 PM

Session #2: AUGUST 1 - 5; 9 AM – 12 PM

Session #3: AUGUST 8 - 12; 9 AM – 12 PM

Session #4: AUGUST 15 - 19; 9 AM – 12 PM

Overview: The sculling sessions in late July and early August will help us re-align our bodies and muscle memory to the rowing stroke as well as provide the coaches an opportunity to **work with each rower individually** in building their strengths and improving their weaknesses.

With all of these structures in place to keep us, as a team, training and improving our fitness and life-style we should be heading into the Fall of 2011 better than when we left the Spring. The underlying notion to all of this is that we must be consistent in our intensity. A great lesson to be learned at a young age is that the success of your endeavors is directly affected by the consistency of your practices. We WILL use our summer wisely by improving the basic building blocks of rowing: our overall fitness, our feel for the boat we are sitting in, and our strength/power output. As long as we do not lose sight of our intentions than it will not be difficult to get into the weight room or the sculling boats and do the day to day work.

I look forward to building on our successes from this past year with all of you.

One Step,

Eric Gehrke  
Head Coach  
Bishop Ireton Rowing