

Joy of Sculling Saratoga Conference – 21st Annual
Thursday, December 12th, 2013 – Sunday, December 15th, 2013
www.thejoyofsculling.com

Conference Objectives:

To create an enjoyable learning environment in which coaches share their ideas and practices and develop their understanding of Integral Coaching: a comprehensive approach to instruction.

*“Integral means wholeness, and in the case of integrative coaching, it is comprised of the various disciplines of knowledge, including anatomy, physics, biomechanics, physiology, psychology, neuroscience, and all of our life experiences, forming a holistic teaching approach. This coaching approach balances analytical, linear type thinking from our academic training with the **intuitional** and **integral** thinking from our various life and coaching experiences. The conference offerings attempts to be a very fine balance between the experimental and experiential, leaving ‘no stone untouched.’ “*

With this system in mind the presenters are encouraged to present with holism in mind and the participants are encouraged to receive and weave the material from each session into a holistic pattern for their coaching.

So, Coaches from all levels are invited to attend, engage in the dialogue, share and enjoy an educational weekend at the Joy of Sculling Conference.

How will you benefit?

- ***Develop sophisticated training plans, at both the macro and micro levels, that are incorporated into long-term performance objectives.***
- ***Improve your understanding of small boat and sculling skills and their subsequent value for your program.***
- ***Enhance your understanding of the various levels and areas of technical/scientific skills and knowledge.***
- ***Cultivate a high performance culture among athletes at all levels to optimize the likelihood of long-term benefits.***
- ***Acquire the understanding of how to build a strong coaching support team by incorporating appropriate levels of expert support from both within the club and from external consultants.***
- ***Learn how to evaluate your own performance in order to modify your own coaching.***
- ***Develop your understanding of Integral Coaching.***
- ***Exchange ideas within the network of the conference in a non-competitive environment with over 200 coaches.***
- ***This Conference Qualifies for USRA Continuing Education Credit.***

Thoughts from the Director:

In recent years the weight of the training has become overbalanced in favor of the physical. This conference has developed an unique approach where the technical and mental aspects of our sport are both emphasized. Thus we have the presentations this year by Frank Biller, Michael Carroll, Ethan Curren, Jason Dorland, August Leming, Robyn Meagher, David Meggyssey, and Cadence Whitter. With this significant emphasis on the mind component of rowing, the conference is an extraordinary experience when compared to other conferences within our rowing world. It is a wonderful opportunity to listen and learn from these experts as to how to raise your consciousness and the consciousness levels of your athletes.

Jimmy Joy, 22 April 2013

Location & Accommodations:

The Saratoga -- Hotel and Conference Center

534 Broadway

Saratoga Springs, New York, 12866

Tel. 518-584-4000

Website: www.thesaratogahotel.com

Room charge is \$116, single or double occupancy and is not included in conference fees. Please inform the hotel that you are attending the Rowing Conference to secure this rate.

1. Please make your reservation prior to **Tuesday, November 5th, 2013** to be assured of room availability. **Last year we filled our block, so please reserve early!**

Registration:

Main:

1. **May 31 to August 31: \$250 Registrants will receive a free shirt.**
2. **September 1 to October 31: \$280**
3. **November 1 to December 5: \$310**

Main plus Brainstorming:

1. **June 1 to August 31: \$350**
2. **September 1 to October 31: \$380**
3. **November 1 to December 5: \$410**

No refunds after November 15th.

Presenters & Workshop Presentations:

Paul Arcerio:

Dr. Paul J. Arciero ("Dr. Paul") is a tenured college professor (19yrs) in the Health and Exercise Sciences Department at Skidmore College. Dr. Paul specializes in performance nutrition and exercise training for optimal health. Dr. Paul received his undergraduate degree from Central Connecticut State University in 1986, a M.Sc. in exercise physiology from Purdue University in 1987, a M.Sc. in nutritional sciences from University of Vermont in 1993, his doctorate in physiology of exercise from Springfield College in 1993, and completed post-doctoral fellowship training in applied physiology from Washington University School of Medicine in 1994. He has been an active research scientist for over 25 years with particular emphasis on the effects of lifestyle interventions of nutrition and exercise training on optimal health and performance.

Nutrition for the Young Athlete

Rowing is fast becoming the sport of choice of many young athletes because of the tremendous physical, social, emotional, and health benefits achieved through participation. As a result of more and more youth participating in rowing, there is a critical need to provide education and guidance on how to properly nourish their bodies to benefit from the intense training and competition. This seminar will provide a "state of nutrition of rowers" with specific recommendations of how to provide optimal nourishment for junior rowers during training and competition as well as during the off-season.

Michiel Bartman: Michiel Bartman is the head coach for the lightweight women at Harvard university. His US coaching career began in 2005 at Vesper Boat Club as the head coach of the elite rowers squad. He coached 7 crews towards the World Championships with a Bronze medal with Vesper lightweight women's quad in 2008. In 2011 he started coaching at Harvard-Radcliffe. As a 12 year national team member for the Netherlands he won Olympic Gold in the

eight (Atlanta 1996) and two Silver Olympic medals, one in the quad (Sydney 2000) and one in the eight (Athens 2004).

Junior Sculling

Junior sculling is luckily on the rise in the US, but what are for example the real benefits of sculling for juniors, how can you manage multiple singles or doubles during a work out and how can you keep the fun in the work outs. This presentation will cover all above and other examples from my own experience as a junior rower, but moreover my experience as a (sculling-)coach. A good sculler will make your boat go faster, he/she will have a better understanding of the stroke, creates more boat feel and will be a more responsible rower. Sculling for juniors is an essential learning tool for your rowers, even if you predominantly row sweep.

General Rigging

We all know how to set a spread and an oar, but what can we really do with rigging our boats? Oar locks, pitches, heights, riggers, oar angles, foot stretchers, 'work', shoes, seats, trim of the boat, what do the type of oar blades do and of course the tools needed for the job. How much do you need to know, how do you separate from what is more essential to what can wait or be more standard. This presentation is hands on, bring your tools (pitch meter, wrenches, tape measurer (see if you can find a sole metric one) and your questions. We will cover as much as we can in this session. This presentation is aimed at the more beginner to intermediate coach who wants to know if he/she is doing the right thing or wants to learn more.

Frank Biller, Head Coach of Virginia Men's Rowing

In just two years, Frank has turned Virginia's rowing program around. Last spring, UVa's Varsity 8 won the ACRA National Championship. Later that summer, the V8 made the final four of the Temple Challenge Cup, at the Royal Henley Regatta, in England. In October 2011, the varsity 4 won the Collegiate 4 event at the Head of the Charles, in Boston with the varsity 8 finishing 2nd. Frank was voted the American Collegiate Rowing Association Coach of the Year, and was also named Coach of the Year by the 2011 Jim Joy Coaching Conference.

In addition to his experience in rowing, Frank has enjoyed successful careers in banking and finance and has an MBA and MS from Drexel University's LeBow Business School.

Integrated Coaching - Leadership or Horseshit? - I want to do similar topic as last time, I have gotten a lot of great feedback as it appeared that I really filled a gap with it. I will make several changes to the presentation, some based on feedback, and slightly shift focuses where needed.

Target Based Training - Here I want to go back to the "Training with Speed" series that I'd done when I was with NK, minus the advertising. I want to demonstrate how meaningful target splits are developed, on the water and erg, how they are applied (with practical examples) and how they help me to determine within a few seconds how fast each boat will be by spring. It will not be a science overload - I will only use science to establish some common language to demonstrate the very basics. Other than that it's a hands-on presentation. The essence will be

that a) athletes must have precise goals for any training session they do (train like you race, race like you train blablabla) and b) coaches: the trend is your friend; no single score will ever tell you anything but the sum of all numbers show where it's headed.

Beb Bryans: Head Coach at the University of Wisconsin

Teambuilding - focusing on how every team is different every year, so your approach needs to be flexible. What to look for, how to structure different ideas, and how to change directions if necessary. How leadership within the team plays into the success of anything you do. Would include concrete examples and hopefully some participation from the groups.

Getting the most out of your training sessions (team management, athlete management, time management, training management). Identifying your team's limiting factors and creating ways to turn them into strengths. What college coaches notice as the biggest limiting factor to recruits' success in the first year of collegiate rowing, and what they can do to head some of them off (I would like them to know this... :) Tips and tricks. They ask questions, ideally ahead of time but can be on the fly too, and we come up with solutions.

Michael Carroll:

Michael is the author of *Awake at Work* (Shambhala 2004) and *The Mindful Leader* (Shambhala 2007) and over his 28 year business career has held executive positions with such companies as Shearson Lehman/American Express, Simon & Schuster and The Walt Disney Company. Michael has been studying Tibetan Buddhism since 1976, graduated from Buddhist seminary in 1980. He has lectured at Wharton Business School, Columbia University, Swarthmore College, St. Mary's University, Yale University, Omega Institute and many other practice centers throughout the US, Canada, Australia and Europe.

Mindful leadership

How meditation cultivates natural leadership talents

With courses in Mindful Leadership being taught at Harvard Business School, Drucker School of Management and many other institutions, it's safe to say that mindfulness meditation has "mainstreamed". In this seminar, we will explore what science has found about mindfulness and how it strengthens our natural social intelligence and leadership skills.

Victory beyond success or failure

How meditation sets the stage for true achievement

Beat the record, compete to win, close the deal, make the sale: our day to day is often rooted in the drive to achieve success and avoid failure. But maybe "victory" is a larger proposition than "success" or "failure" and ironically we can access this victory by simply sitting still.

Sandra Chu:

Sandra was named the Head Coach of the William Smith College Rowing program in July 2002 following three seasons as an assistant coach of women's rowing at Kansas State. She capped her first decade as a head coach by earning the 2012 CRCA Division III Coach of the Year Award and the Joy of Sculling College Coach of the Year Award after leading the Herons to a fourth place finish in the NCAA Championship.

In her 10th season at the helm, Chu has made a sizeable impact on the Heron rowing program. She has mentored 16 CRCA All-Americans, including six first team selections, while guiding William Smith to four NCAA Championship bids as a team and one as an at-large eight.

Behavior, Personality and Communication: an Integrated Approach to Speed

You've got the athletes, the training program and the equipment but does your team get slowed down by poor team dynamics and unnecessary drama? How does your communication style work for or against your team dynamic and speed? How well do your athletes communicate

with each other? At the end of the day, is everyone progressing toward the same goal? This workshop will combine principles of clear and effective communication, the DISC profile, theories on introversion/extroversion and the Myers-Briggs Personality Test to help you determine your coaching personality and behavioral profile as well as that of your team. We'll explore specific applications of these theories in an integrated approach. You will gain communication skills in all areas of your coaching, professional and personal life and most importantly, a team that can work harmoniously toward one objective.

Ethan Curren:

Head coach of the Junior Women's Program at Community Rowing in Boston since 1993. He has also coached masters, and u23's sculling and sweep at CRI. His Crews have won 10 medals at the USRowing Youth National Championships, 12 Canadian Henley Golds, five times won the Head of the Charles and won more than 60 medals at the USRowing Club National Championships. Coach Ethan has a Bachelors in Classical Archaeology from Dartmouth College, where he rowed as a lightweight, and a Master's in Teaching from Tufts University.

Practical Mental Training

A look at mental training strategies that can be efficiently implemented by rowers and coaches to help with rowing technique, training, testing and racing. Most coaches acknowledge that athletes need to be mentally prepared, but struggle to implement strategies to address this critical area of preparation. In this talk we will examine different ways to approach mental training from activities that can be done in or outside of practice time, to ways of framing your training and drills to achieve more. We will look at how to keep teams motivated despite success or failure, how to row better and make changes faster, and how to prepare athletes for peak performance.

Jason Dorland: Jason Dorland, the author of *Chariots and Horses: life lessons from an Olympic rower* (2011 Heritage House) has dedicated his life to the pursuit of excellence for himself and those he supports. During his three years on the Canadian national rowing team Jason competed at the 1988 Olympics, 1986 Commonwealth Games and the 1986 and 1987 World Championships. As a coach, he helped lead the Shawnigan Lake School senior boys rowing crew to four Canadian National Championships and recently coached Ridley College to its first National Championship in years setting a course record in the process. In doing so, he became the first person to win the coveted Calder Cleveland Memorial trophy as an athlete, and as a coach at two different schools.

Traditional Stick and Carrot Motivation is Short-lived: how to coach with a more sustaining and effective method of motivation utilizing our innate intrinsic needs. Far too often in our pursuit of being the best, or *winning*, we lose site of what it takes to be our best and, thus, fall short of our goal. Jason Dorland, an Olympic rower from the 1988 Seoul Summer Olympics, is no different. His goal was to win an Olympic Gold Medal, and he was willing to do whatever it took to accomplish that. When he fell short, placing 6th in the final, he was devastated. Fifteen years later when he returned to rowing as a coach, his perspective had changed. Instead of encouraging his athletes to motivate themselves through traditional means – beating your competitor, beating the clock and striving to win - he challenged them to find purpose in their pursuit of personal excellence through intrinsic motivation. In the end, not only did his crew beat their rival and win a National championship, but they also rowed a best-ever time—far beyond what they might have thought possible! Jason's presentation will challenge you to re-think the way you perceive traditional motivation and leave you with tools to not only shift the culture of your team, but also create positive and measurable results.

The evolution of the coach: how striving to evolve as coach's helps us stay engaged, be more effective and, not surprisingly, achieve greater success. During his career as a Canadian National Team Rower, Jason had the pleasure and honour of rowing for some of the most successful coaches in the world. Now as a coach himself, he continues to draw on the best that

each of them had to offer and strives to refine his training methods based on current National Team trends. Jason will share what he feels have been the key attributes from each of his mentors that have contributed to his success as a coach and helped his crews win eight Canadian National High School Championships.

Yasmin Farooq: Head Coach of Stanford University Women

Yaz Farooq enters her seventh season as head coach of the Stanford Women's Rowing program in 2012-13. Under Farooq's direction, the Cardinal earned its first National Championship in program history in 2009, and has established itself as a force on the national stage with podium finishes the past three seasons at the NCAA Championships. The team has also placed in the top two the past four years at the Pac-10 Championships, where the I Eight and II Eight boats have three titles and eight medals over the four-year span. At the NAAs, the top two boats have captured two national titles and six medals since 2008.

She is world renowned for her work as a coxswain coach and was a premier coxswain during her competitive career for Team USA. She has also served as rowing analyst for NBC's telecasts of the 2000 Sydney Olympics, the 2004 Athens Olympics, and the 2008 Beijing Olympics. She will call the action for the 2012 London Olympics this summer.

"Developing Winning Coxswains:

Learn the key skills to instill in a teaching progression that allows you to gauge and evaluate your coxswains' progress. Ensure your technique and strategy goals are implemented on race day. Video examples will be shared, along with specific teaching techniques for each skill."

Paul Francis, BHMS, B App Sci (Cli Sci), B Ost Sci

Paul has a background in competitive rowing as both an athlete and coach of international standing, winning national and international medals on both sides of the megaphone. Paul is an expert consultant in athlete performance innovation, working with various organizations, teams and individuals to improve their competitive advantage. Currently this work is highlighted by his projects within UK Sport, including advisor to British Rowing in the lead up to the 2012 games. Along with holding a research fellow at Imperial College London, Paul engages in across a variety of projects all centered on excellence in performance of the elite athlete. Paul is also a contributing author to the second edition of 'Rowing Faster', Volker Nolte's new book release.

COACHING POWER WITH TECHNICAL EXERCISES

Understanding the mechanics of Force production and how technique can be developed to improve boatspeed

COACHING EFFICIENCY

Understanding the mechanics of good technique to help reduce energy loss within the rower

John Keogh:

John Keogh, based at Rowing Canada Aviron's training centre in London, Ontario, was responsible for the Olympic silver medal women's eight boat leading up to and at the London Games. He joined RCA 2010 as a senior coach for the women's program.

John was a national team athlete and coached in his native Australia. He was also a development and high performance rowing coach in Great Britain working with that country's women's program at the 2008 Olympics in Beijing.

Technique – Late Drive & Early Recovery

Maximising boat acceleration and preparing the body correctly in the early part of the recovery are essential for fast and efficient rowing.

This session looks at the relationship between late drive position, and how this impacts the recovery sequence.

Improve your daily training environment

What are the key elements in the daily training environment that lead to success? This session looks at some successful programs from around the world with the aim of identifying common traits in the daily training environment that impact performance. Can these traits be incorporated into your daily training environment to improve performance?

Valery Kleshnev, Ph.D.

Founder and President of BioRow Ltd. and www.biorow.com , where he promotes knowledge in Rowing Biomechanics area. Silver medallist of 1980 Olympics Games and bronze medallist of 1982 Worlds in a quadruple scull for USSR. As a graduated sport scientist, Valery has a vast experience of working with the World best rowers and coaches in Eastern Europe, Australia and Great Britain.

Understanding phases of the stroke cycle.

Rowing stroke cycle can be split into distinctive key points and micro-phases, and each of them has specific features, targets and relationships with the main target: maximising efficiency and speed. Each micro-phase is illustrated with video and biomechanics data.

How to improve your technique with biomechanics.

The essence of rowing biomechanics principles, which a coach needs to know to get their best out of each rower/sculler. Each principle is supported by example of technique of the best crews of the World.

Karen Klinger:

Karen Klinger has spent 30 years in rowing as an athlete, coach, and administrator. She has been recognized for her coaching with the NCAA DIII Coach of the year award in 2002, Smith College Coach of the Year award in 2004 and 2009, and the Joy of Sculling Coaches Award in 2004 (and is really proud of that one!). She has coached at Brookline High School, Tufts, Northeastern and is in her 16th year heading the program at Smith College, one of the largest DIII programs for women, carrying on average 55 women each spring. With her Masters in Exercise and Sport Science, she has mentored over 20 young coaches as they completed their graduate work and entered the coaching ranks.

Finding balance, out of the boat.

For any coach, whether you are just starting out, or have been in it for years, finding "balance" is difficult. Within the profession you are fundraiser, recruiter, strength coach, organizer, caterer, mentor, counselor, and herder of "cats". In your life you are mother, father, partner, parent, athlete....person. How can we find time and energy to excel at all the roles we are asked to

play, set an example for our children and athletes, and stay sane over the long haul? Exploring these questions, and the further issue of encouraging young coaches to see the profession as a vital, valuable and "profitable" one, will involve both narrative, example and brainstorming within the session.

August Leming, Ph.D., President and Director of Programming for the SOURCE Institute for Human Performance; Professor of Adolescent Psychology, Child Psychology, Statistics, and Tests and Measurement Seton Hall University; National Academy of Sports Medicine Performance Enhancement Specialist; National Strength and Conditioning Association Certified Strength and Conditioning Specialist

The Power of Attention: Allow Dr. August Leming to take you on a journey of power, influence, and effect as you learn to recognize and manage the freedoms you possess as a coach, athlete, and human. The Power of Attention is a "minds on" experience that facilitates growth and change. Participants will experience first hand several tools and techniques for harnessing the power of attention in the here and now, allowing them to then teach the same to their rowers. Coaches will explore methods of facilitating focus in their athletes, enhancing discipline, and making use of the discomfort that so often comes with the sport. The Power of Attention is a must for anyone hoping to coach, teach or live like a champion.

Fostering a culture of competition with self in your boathouse: Me vs. Me is a tenant that Dr. August Leming has worked with for over 2 decades as an athlete, author, educator, and coach. "You can't see my time clock" is a message that will carry your rowers into a whole new level of discipline and achievement. While paying special attention and respect to the nature of intercollegiate and club athletics, Dr. Leming will help you help your athletes stay focused on what they do control on and off the water, allowing for greater success when meeting the "opponent". There's only one way to absolutely guarantee victory in your athletes, and that's increasing their awareness of and influence over the real competition...fear.

Ernie Maglischo, Ph.D.

Ernie Maglischo retired from active coaching in 1998 after 35 years during which he coached at both the college and club levels. Over 29 years of coaching his teams, he won a total of 13 NCAA Division II Championships and 19 Conference Championships at three different universities. Ernie has authored or co-authored five textbooks and three booklets on various aspects of competitive swimming.

Block Periodization- A different way to plan training

When Tudor Bompas published Periodization in 1983 it was, for the Western World, an introduction to the theory and methodology for planning training that had been practiced in Eastern Europe for several years. The principles and methods put forth in that publication have, with little change, dominated our thinking on this topic for nearly two decades. Recently a modification of traditional periodization has been put forth by Vladimir Issurin in his book, Block Periodization: Breakthrough in Sport Training, published in 2008. Whereas traditional periodization was based on the simultaneous development many physiological systems at once, the theory behind block periodization is these systems should be developed consecutively over a season. The purpose of this presentation will be to present the theory and methodology of block periodization. This will be done without taking a position as to the relative effectiveness of either the traditional or block methods.

Marc Mandel:

Marc Mandel has been the head coach at Gonzaga College High School (DC) since 2008-9. His crews have won the senior eight at the Stotesbury Cup Regatta (2012) and S.R.A.A. Championship (2009, 2012), and the second eight at the Stotesbury Cup (2011) and S.R.A.A. Championship (2012). From 2005 to 2008, Marc was the Men's Freshman Heavyweight Coach at Georgetown University. From 2001

to 2005, he was Head Coach at Florida Institute of Technology, where the program earned a silver medal in the Men's Heavyweight Eight at the Dad Vail Championship in 2005. Marc graduated from Northwestern University in 1998, where he was a four-year rower and captain. He earned his MBA from Georgetown University in 2012.

“Periodization” of the Teaching Process for Competitive Junior Programs

Coaches place significant emphasis on designing and implementing training programs that focus on the athletes' physiological development. Often lost in the process of developing erg scores is a structured plan for teaching the rowing stroke over the course of one to several years. Particularly for junior athletes, mapping out what to emphasize technically, when in the learning process to emphasize it, and how to teach it will produce more efficient athletes and improved results for a program over the long-term.

Ed McNeely, M.Sc.: Strength Coach, Canadian National Rowing Team, author of Training for Rowing.

Developing Core Strength

Core strength is critical to allow force to be transmitted from the feet to the blade but that is not the only function of the core in rowing come and learn how to effectively test the core, key exercises and the five phases of core training and how they relate to rowing performance.

Robyn Meagher - M.Ed., RCC, CCC

Robyn is Registered Clinical Counselor and a Health & Performance coach in private practice since 2006. Robyn has a lifelong interest in health and well-being and human potential. She is also a two-time Olympian, Commonwealth Games and World Cup silver medalist. Her 17 year career on the Canadian National Athletics Team has been a rich source of knowledge and learning in mind-body-spirit integration and the power of focused attention and commitment. Robyn's takes a holistic and integrative approach in working with people to achieve optimal performance. Her work is grounded in her training in somatic and positive psychology and a trans disciplinary model that puts health as the foundation of optimal performance.

Part I Healthy Coach- Athlete Alliance to Support Optimal Performance

Would you like to enjoy better health and more positive relationships while you help your athletes perform at their best? Using a holistic and integrative model of health and optimal performance Robyn will provide a framework for understanding essential principles and practices that support athletes best mental preparation enabling them to achieve physiological efficiency and optimal states for performance.

Part II Healthy Coach- Athlete Alliance to Support Optimal Performance - Methods (attending part I is encouraged but not essential)

David Meggysey:

David Meggysey is a former NFL linebacker, author of *Out of Their League* and former NFL Players Association (NFLPA) Western Director. Meggysey has been exploring the relationship between consciousness, human potential and sport for many years. In 1971 Meggysey co-founded the Esalen Sports Center. Meggysey has done extensive consciousness work during his adult life including, Jungian analysis, Psychosynthesis, group process work, meditation, yoga, Integral Transformative Practice, visualization and imagery practices, and Zen/Big Mind training. Meggysey is an associate of Jean Houston. Jean is a founder and principle developer of the now world-wide Human Potential movement. He has been a recreational sculler for the past 15 years?

“The old shibboleth, **Action follows Thought or Mind**, is moving to center stage when it comes to contemporary athletic training and performance. We will begin to explore the inner dimension of our athletic experience, and the application of various consciousness technologies to sport training and performance. Our aim is improved enjoyment, self-awareness and performance.”

Al Morrow:

National Team Coach for Canada and coach of four Olympic gold Medals. Became a Member of the Canadian Sport Hall of Fame in 1994. His Lightweight Women's Double were Bronze Medalists at the 2008 Beijing Olympics and a Gold in the Worlds in 2010.

Taper and Peaking

This workshop will review tapering and peaking for competitions.

The taper is the reduction of training volumes before competitions or tests to allow for peak performance at competitions or tests. The taper allows rowers to reduce the residual effects of fatigue that normally build up in normal training.

Peaking occurs at the point when fitness and fatigue differences are maximized. It allows one to have their best performances at competitions and on tests.

Areas that will be discussed will include the following:

Minor (early season competitions and tests) and major (late season competitions) peaks for all levels of rowers, training plan manipulations including frequency of workouts and intensity of workouts, approaches to rowing technique, approaches to nutrition, sample workouts for the taper period and final one to three day coaching preparation tips.

Plan to bring with you some of your experiences, so, as there will be time for discussion at the end of the workshop.

Linda Muri: Linda graduated from MIT and is a former National Team athlete and three-time gold medalist in the Lightweight four and pair. She is currently the Freshman Lightweight Coach at Harvard.

Boathouse Rules - setting the ground work for success

First establish expectations, work ethic, respect, tolerance and be inclusive rather than exclusive. Second, use the teaching moment, stop practice and set limits you are prepared to enforce. Then model the behavior - you have to be the culture you want your team to be, dress, language, work out every day, and eat well. Finally, boundaries are established regarding contact and relationships.

Technique: Teaching novices (all ages) - a progression of skills and drills for the first year to cultivate good habits from day one with novice rowers

Volker Nolte, PhD. Dr. Volker Nolte holds the position of assistant professor teaching biomechanics and coaching, and is the head rowing coach at the Western University. Since 1993, Nolte's leadership has led the Western Mustangs men's rowing team to eleven Ontario University Athletics Championships and four Canadian University Rowing Championships. 2008 was a particularly successful year of the Western Mustang Rowers. They won the German University Championships, the Temple Challenge Cup at the Royal Henley Regatta against 74 other crews from around the world and in November the Canadian University Championships. In addition, Nolte was the lightweight men's national team coach with the German Rowing association from 1984-1990 and Rowing Canada Aviron from 1992 to 2000. His national team crews won an Olympic silver medal at the 1996 Atlanta Games, two World Championship titles in 1993 and 2000, and several more medals at World Championships. His latest success with National team was a bronze medal at the 2012 U23 World Championships in the women's single.

Nolte received both a Physical Education Diploma (1976) and a Civil Engineering Diploma (1979) from the University of Saarbrücken (Germany), and a PhD (1984) from the German Sport University in Cologne (Germany) in Biomechanics. He is an internationally acknowledged expert in biomechanics and coaching.

Influence of wind on rowing performance and proper rigging measures for every environment

How comes that a head wind influences race times more than a tail wind? Coaches need to know these facts to be able to react properly in directing their crews and setting the boats. If coaches understand the influence of wind on the load of the rower correctly, they are better prepared to react in other environmental influences. With the new rowing equipment it is now possible to help rowers very specifically.

Optimizing velocity and acceleration of the boat

Rowing feedback and monitoring equipment is getting more sophisticated and it is possible to give an athlete more feedback about their performance. First, we had time and stroke rate feedback, but with the advancement of technology we can now get boat speed and even boat acceleration very easily and inexpensively. How can this feedback be used effectively?

Kevin Sauer: Kevin Sauer is in his 25th year at Virginia, including the last 18 as the head coach of the women's rowing program fresh off a season that saw his team capture their second National Championship in three years (2010 & 2012). What made this second championship even more special was that it was led by a victory in the First Varsity Eight for the first time. Also in 2012, the Collegiate Rowing Coaches Association (CRCA) named Sauer the National Coach of the Year for a second time.

As the architect of one of the top programs in the country, Sauer has led nine crews to individual national titles and two teams to national championships (with three runner-up finishes as well). He has been in charge of the Virginia women's rowing program since its inception as a varsity sport in the fall of 1995 and in that time has been named ACC Coach of the Year eight times. During Sauer's tenure, the Cavaliers have had 39 All-American citations and 57 All-ACC honorees.

Before coaching at Virginia, Sauer coached the frosh men at Yale and served two stints as head coach at Purdue, his alma mater. As an athlete, Sauer was a member of the U.S. National Rowing Team in 1975 and 1977 competing at the 1977 World Championships.

What do college coaches look for when recruiting Junior student-athletes?

This analysis examines what college coaches look for in high school or junior rowers. Character, academic fit for the school, athletic ability and 'it' factors all help in trying to assess which student-athletes will fit or impact a particular program.

Technical Efficiency to Achieve Maximum Boat Speed

This presentation will break down the stroke to take an in depth view of the technical elements of boat speed. Factors considered include bladework (blade carry, squaring up, entry, depth and release), biomechanics of a strong recovery and drive; body movement, preparation sequence and speed in concert with drive parameters to move the boat and let the boat move.

Thomas Weil: Rowing Art Historian

Title IX and its impact.

Peter Wells:

A 1979 graduate of Williams College in Williamstown, MA, Peter's rowing career began during his sophomore spring when he walked on to the crew. He would be the first to say that rowing not only saved his sophomore year in college, but also has taught and instilled many of his views in and on life.

In 1982, his coaching career began when he became Williams College's Coordinator of Women's and Men's Crew and Head Men's Coach. With now 30+ years of experience within the wide ranging and ever changing world of Division III collegiate rowing he has enjoyed building and strengthening the fabric and culture of their rowing program and continues to learn and weave old and new concepts into his training and team building methods. In fact, this specific presentation and its accompanying call to action – was encouraged to him by his then, 19 year old daughter, Lindley.

Bringing “IT” to life from Literature: Sprinting – A Case Study

Seeing myself much more as an artistic coach rather than a scientific one, I view this presentation as a story about a Williams Crew in trouble and very much in need of direction to help invigorate – if not save - a spring season. In March/April 2010 that answer – or “IT” – was revealed through my reading of Neal Bascomb's novel: *The Perfect Mile – Three Athletes. One Goal. And less than Four Minutes to Achieve it.* [The story of Roger Bannister's May 6, 1954 record-breaking 3:59.4 mile run – the first man to ever break the 4:00 mile].

Specific to rowing – I will explain how Bannister's training methods provided me with the inspiration I needed to chart a new course for our crew. How we then adapted Bannister's running/training concepts to rowing and chose to view the 2000 meter rowing distance as 5 X 400 meter segments rather than the traditional

4 X 500 meters. The presentation will examine how we have utilized the 400-meter distance as a critical teaching/training measure in order to learn, orchestrate and execute our final 400-meter sprint in addition to the training benefits derived from the practice.

I will explain the drills, techniques and methods we have incorporated since 2010 to understand and develop a final sprint and how this now 4-year concept has taken on a powerful significance, meaning and life within our entire rowing program.

If you are wondering about the nuts and bolts of a sprint or simply how to orchestrate your final move at the conclusion of a Spring 2k Race, or a Fall 5k Head Race, you may discover your own avenues to take concepts from literature and bring them to life in your program.

If you have the time to read Bascomb's book prior to the conference it will truly help your understanding and appreciation of the presentation's concepts. Also -http://en.wikipedia.org/wiki/Roger_Bannister

Jamie Whalen:

Jamie is an independent, professional sculling coach based in Wisconsin. His athletes have won numerous sculling medals at the USRowing Youth Nationals, USRowing Club Nationals and Head of the Charles. He currently runs Sculling with Dolphins, a winter rowing camp in Florida for talented junior scullers.

Junior Sculling: Mastering the Racing Single

The skills and understanding needed to row a racing single can provide young athletes with the foundation for a lifetime of beneficial training and easy speed in other boat classes. But how to make learning to row a single fun and interesting? A variety of simple and effective sculling demonstrations, exercises, drills and games will be presented.

Cadence Whittier: Cadence Whittier (MFA, CLMA, RSME/MT) is an Associate Professor of Dance at Hobart and William Smith Colleges, where she teaches courses in anatomy and kinesiology, Laban/Bartenieff Movement Analysis (LMA/ BF), and contemporary dance technique. She is also Director and Faculty for Integrated Movement Studies, an organization based in California and Utah that offers training and certifications in LMA/BF. As a Registered Somatic Movement Educator/Therapist and a Certified Laban/Bartenieff Movement Analyst, Cadence enjoys offering workshops in somatic education, movement analysis, and physical conditioning.

Presentation Description: Whittier will use Laban/Bartenieff Movement

Analysis theories to analyze athletic performance in the sport of rowing. The LMA/BF theories explore all human movement from the perspectives of efficient movement functioning, movement dynamics, and spatial intent. Through video observations and guided physical

explorations, Whittier will teach participants how use to use those theories to improve the performance of their athletes.

Conference Schedule:

Note:

1. The Early Sessions are in depth small group discussions.
2. The workshops require one selection from each of the 6 periods for the weekend. Workshops will be capped at a maximum of 50 participants, so please sign up early to ensure your first-choices are available.

Friday, December 13th:				
1pm - 2:30pm	Special Sessions			
	Bartman	Keogh	Kleshnev	Sauer
	Junior Sculling	Technique - late drive / early recovery	Understanding phases of the stroke cycle.	Technical efficiency for boat speed
2:30pm - 2:45pm	Coffee Break			
2:45pm - 4:15pm	Special Sessions			
	Bartman	Keogh	Kleshnev	Sauer
	Junior Sculling	Technique - late drive / early recovery	Understanding phases of the stroke cycle.	Technical efficiency for boat speed
4:30pm - 5:30pm	Light dinner for Brainstorming & Special Session/Apprentices Attendees			
5:30pm – 5:45pm	Conference Opening and Introductions			
5:45pm – 6:55pm	Keynote - Panel on Training the Mind for High Performance- Moderator Frank Biller, Panel includes Carroll, Meagher, Leming, Meggysey.			
6:55pm – 7:15pm	Coffee Break			
7:15pm– 8:35pm	Workshop Sessions #1			
	Carroll	Dorland	Francis	Maglischo
	Mindful leadership	Traditional Stick and Carrot Motivation is Short-lived	Coaching Power with Technical Exercises	Block Periodization
	McNeely	Meggysey	Morrow	Nolte

	Developing Core Strength	Action follows Thought or Mind	Tapering and Peaking	Influence of wind on rowing performance and proper rigging measures
8:35pm - 9:35pm	Joy of Sculling Wine & Cheese			
Saturday, December 14th:				
7:30-8:00AM	Coffee			
6:30am - 7:30am	Optional Yoga			
8am - 9:20am	Workshop Sessions #2			
	Billar	Bryans	Carroll	Kleshnev
	Integrated Coaching	Getting the most out of your training sessions	Victory beyond success or failure	How to improve your technique with biomechanics
	Leming	Meagher	Morrow	Sauer
	The Power of Attention	Part I Healthy Coach- Athlete Alliance to Support Optimal Performance	Tapering and Peaking	What do college coaches look for when recruiting Junior student-athletes?
9:25am – 9:50am	Coffee/juice and vendor displays			

9:55am – 11:15am	Workshop Sessions #3			
	Bryans	Francis	Keogh	Maglischo
	Teambuilding	Coaching Efficiency	Improving your daily training environment	Block Periodization
	Mandel	Meagher	McNeely	Nolte
	Junior Periodization	Part I Healthy Coach- Athlete Alliance to Support Optimal Performance	Developing Core Strength	Optimizing velocity and acceleration of the boat
11:20am – 12:40pm	Technology Corner:			
12:40pm – 2:30pm	Lunch (catered) and Annual Coaching Awards (included for all attendees)			

Workshop #4					
2:45pm – 4:05pm	Arciero	Carroll		Curren	Leming
	Nutrition for the Young Athlete	Mindful leadership		Practical Mental Training	Fostering a culture of competition with self
	Meggyssey	Muri		Sauer	Whittier
	Action follows Thought or Mind	Technique: Teaching novices (all ages)		What do college coaches look for when recruiting Junior student-athletes?	Humann Movement Analyzed
4:10pm – 4:35pm	Coffee Break				
4:40pm – 6pm Plenary	General Session - History of Rowing- Moderator Tom Weil: Title IX and its impact.				
6:05pm – 7:05pm	NK Beer Social in the Gallery				
Sunday, December 15th:					
6:30am - 7:30am	Optional Yoga				
7:30 - 8:00AM	Coffee Break				
8:00am - 9:20am	Workshop Sessions #5				
	Bartman	Billar	Dorland	Farooq	
	General Rigging	Target Based Training	The Evolution of the Coach	Developing Winning Coxswains	
	Francis	Mandel	Meagher	Muri	
	Coaching Power with Technical Exercises	Junior Periodization	Part II Healthy Coach- Athlete Alliance to Support Optimal Performance	Boathouse Rules - setting the ground work for success	
9:25am - 10:45am	Workshop Sessions #6				
	Arciero	Bryans	Chu	Kleshnev	
	Nutrition for the Young Athlete	Getting the most out of your training sessions	Behavior, Personality and Communication	How to improve your technique with biomechanics	
	Klinger	Muri	Wells	Whalen	
	Finding balance, out of the boat.	Technique: Teaching novices (all ages)	Bringing “IT” to life from Literature	Junior Sculling: Mastering the Racing Single	

