



# Potomac Boat Club

## 2018 Summer Sculling Program

June 10<sup>th</sup> – August 10<sup>th</sup>

**PBC Summer Sculling Theme:** Own your role in your own success by being more than just an athlete, be a sculler.

Potomac Boat Club has a long tradition of developing young athletes into National Champions, National Team Members, World Champions, Pan-American Games Medalists, and even Olympians. PBC's Summer Sculling Program gives athletes the framework and tools on which to build an international rowing career.

Through intensive technical drilling, physical development, and summer racing, athletes will improve their stroke, learn how to train at an elite level, and refine their mental approach to racing. Each athlete will receive individual attention aimed at increasing their current strengths with day-to-day focused drills and workouts.

### Coaching Staff:

Sam Stitt	samtstitt@gmail.com
Dusan Nikolic	dusann13@gmail.com
Carol Dinion	caroldinion@gmail.com
Graham Miller	pgm45@georgetown.edu

With decades of National Team and Olympic experience, our coaches at PBC provide the technical advice, applied knowledge, and encouragement needed for elite racing. We not only equip our scullers with the right tools to succeed, but also hold them accountable for their own success, as well as the teams. A successful sculler not only pushes themselves, but also learns how to bring their team up with them.

### House Rules:

PBC is our host for the summer program and will provide the facilities, as well as boats, oars, and coaching launches. Program participants are guests of the boathouse and are required to be respectful of it and its members.

### Camp Selection Criteria:

Coaches select athletes based on rowing experience/accomplishments, erg scores, and recommendations. A registration link for interested applicants is provided at the bottom of this form, as well as in the email carrying this attachment.

Suggested Erg Requirements		2k	6k
Men	Jr	6:35	21:30
	U23	6:15	20:20
	Lwt U23	6:30	21:00
Women	Jr	7:30	24:10
	U23	7:10	22:30
	Lwt U23	7:25	23:10

Training:

The summer sculling program at PBC is focused on both physical and mental skill development. Athletes will learn how to improve their sculling skills, while also building their experience racing in small boats. The program begins with fundamental equipment handling and the basics of sculling – steering, feathering/squaring, coxing and symmetrical body movement. Each sculler will be given the chance to apply these skills and strategies during the summer racing season. Race preparation will include going through a structured warm up plan, how to put together a proper race plan (start, base, sprint), and how to establish effective race calls during a race. At the end of every week, coaches will review and evaluate each sculler’s skill set, so that they have a strong understanding of their strengths/weaknesses and will be able to build off of this knowledge the following week.

Weekly Schedule (Times are subject to change):

- AM Practices: M-F 7:30-9:30am / Sat: 8:00-11:30am
- PM Practices: MWTh 4:00-6:30pm

If you will not be at practice, you must communicate that to the coaches. If you do not comply with this rule, then you will not be allowed to participate in the next scheduled practice with the group. Being accountable is a big part of the PBC culture and is something that we take very seriously.

Each Practice:

- Be ready to launch 10 minutes before the designated start time.
- Shoes/sandals must always be worn on the dock.
- Core exercises before practice are opportunities to build intercostal muscles, protect from rib and back injuries, as well as improve stability from catch to finish with a strong connection to the foot board.
- Saturday will be an extended session for all core exercises, so that each sculler will hopefully continue this practice through their entire rowing career.
- Video reviews will be done after most workouts when needed.

### Race Travel & Housing:

Some coordination among the scullers will be given by the coaching staff, but it is their responsibility to provide transportation to and from all races. Coaches will provide hotel or housing accommodations, but athletes and their parents will be responsible for any additional costs outside of these reservations.

Junior and U23 trial events will be for athletes that show demonstrated abilities required for international competition. Should a boat win trials, a fundraising effort will be coordinated by the coaching staff, and most likely hosted at Potomac Boat Club.

### Races:

Junior/U23 World Championship Trials\*, Mercer Lake, NJ: July 5-8

Independence Day Regatta, Philadelphia, PA: June 29-July 1

USRowing Club National Championships, Camden, NJ: July 11-15

Canadian Henley, St. Catherine's, CA: August 7-12 (Based on Summer Results)

\*Trials events are for athletes that show the demonstrated abilities required for international competition. Should a boat win trials, a fundraising effort will be put forth in order to supply proper funds.

### Costs:

A non-refundable deposit of \$300 is due upon notification of your acceptance to camp. Total program fee of \$2,100 will go towards hotels, summer race entry fees, equipment use, coaching, and boathouse fees. Accepted applicants will receive payment instructions (and financial aid details) in their acceptance letter.

### Access Code to PBC:

Upon acceptance, scullers will be given a code to get into the boathouse and into the locker room. **Under no circumstances** should you share your code or use another sculler's code to gain access to the boathouse. **DO NOT share your code with anyone.** This helps keep the boathouse safe and secure, as the Security Council at PBC will reprimand any sculler breaking this rule by banning them from the boathouse.

PBC is a private boat club and is very careful when allowing access to our summer program. This is a One Strike Policy and should be considered a very serious matter.

### Safety Tips:

During practice, all scullers should stay within view of a coach while on the water.

Traffic pattern on the Potomac is very simple, but also very important. Obstacles in the river include underwater rocks, opposing boat traffic, and occasional anchored boats. See attached map of the Potomac River at the bottom for more information about the traffic pattern.

In the instance a sculler flips out on the water, never leave the boat. Leave the oars in the oarlocks and either wait until a coach comes to help, or right the boat and climb back in (proper technique for doing this will be taught as well).

When launching and landing, make sure that oars are put to the sides of the main ramps and not at the bottom for someone to trip or step on.

Scullers will be taught about the high-alert areas around Thompson Boat Center and the two separate rock formations upstream of PBC.

### Communication:

Immediate communication will be sent through TeamSnap emails and the GroupMe texting app.

### Equipment:

We will be sharing our top-of-the-line equipment with the Open Sculling and High Performance Program at PBC. This is the same equipment that these athletes use at Olympic Trials, so the coaches are very adamant about proper handling getting boats in and out of the racks. If there are any problems at all, make sure to notify a coach immediately. No exceptions.

Boats should be washed and wiped dry after every use. Once a week, scullers will be required to clean out the tracks and inside of each boat.

### Launching, Navigating, Docking:

Launch as quickly as possible with the bow ball facing upstream (away from Key Bridge). To expedite this process, have your water, seat pad, etc., on your person.

Once everybody and everything is in the boat, shove off and make the proper adjustments on the water, not at the dock.

Always dock with your bow ball facing upstream. Boats will always launch and land in the same direction to avoid collision.

### Stopping on the River:

When it is time to turn around on the river, make sure to turn at right angles. The boat should come to a complete stop before checking both up and down river for moving traffic. After confirming the coast is clear, row the boat perpendicularly across the river and spin 90 degrees again once you have reached the other side. Only after the boat has been spun and is in the clear, then scullers will be allowed to get water and adjust equipment as needed.

Entry Form Deadline: Monday, April 30<sup>th</sup>  
Roster Announced: Wednesday, May 2<sup>nd</sup>  
Payment in Full: Friday, June 1<sup>st</sup>  
Day 1 of Camp: Sunday, June 10<sup>th</sup>

## For questions, please contact:

Sam Stitt, Head Coach  
PBC High Performance Program  
[samtstitt@gmail.com](mailto:samtstitt@gmail.com)  
3530 Water Street NW  
Washington, DC 20007

### **Important & Helpful Links:**

[2018 Program Application](#)  
[Potomac Boat Club Home Page](#)  
[Potomac Boat Club on Facebook](#)  
[Potomac Boat Club on Twitter](#)  
[Potomac Boat Club on Instagram](#)  
[US Anti-Doping Rules & Regulations](#)  
[USRowing Membership Renewal](#)  
[USRowing Waiver Signatures](#)  
[Row2K](#)  
[Regatta Central](#)



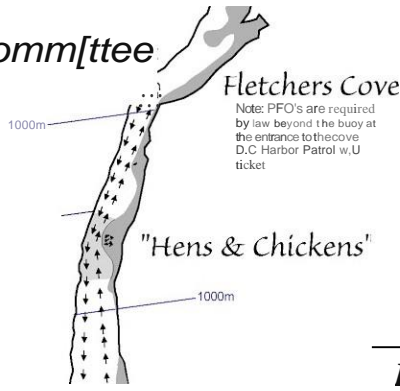
★ POTOMAC BOAT CLUB ★

# The Potomac River Safety Committee

## Map of the Upper Potomac

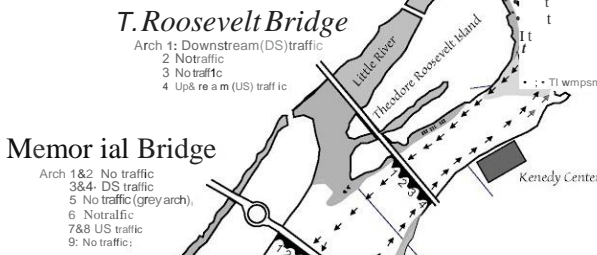
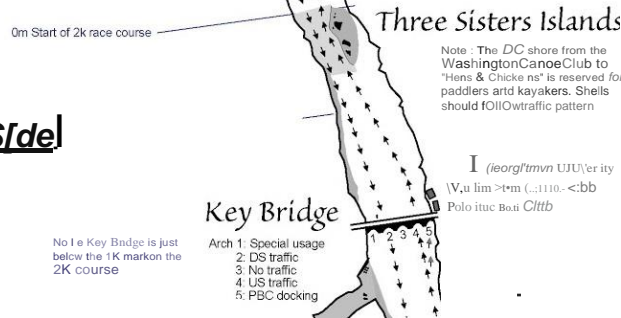
Approximately 7000m = 4.5 miles  
1000m = 62 m les.

	Shallow/dangerous areas
	Congested Areas: No Stopping
	Large rocks
	Sunken barges, piers, & pilings
	Shell traffic pattern
	Traffic for landing shells
<b>US/DS</b>	Upstream/ Downstream
<b>Blue Text &amp; marks</b>	are distance values



**D.C. Side**

**Virginia Side**



**Downstream**



Note: OS traffic heading through the "14th Street" bridges must be aware of traffic heading us on the VA side from the Alexandria area of the Potomac. They use a differing traffic pattern that keeps them from the VA shore. DS traffic is advised to set a point that aims them across the river at the tip of Hammes Point on the far OS DC shore in add 100, be aware that the abutments for the multiple bridge spans do not lineup, in most cases, for a perfectly clear path.

