



Rowing Canada Aviron
 Junior National Program Camp
 Shawnigan Lake, BC March 14 to 21, 2010

The following athletes have been selected to attend the Junior National Camp

Male	Club	
Trofym	Anderson	South Niagara
Coleman	Bak	Brockville
Martin	Barakso	Brentwood
Stefano	Belfiore	Vancouver College
Dan	Corso	St. Catharines
Adam	Galbraith	Brentwood
Eric	Jackson	Brentwood
James	Law-Smith	Montreal RC
Steve	Marino	St. Georges
Christopher	Marshall	Brockville
Caleb	McCleary	Shawnigan
Connor	McGuigan	Brentwood
Patrick	O'Shaughnessy-Hunter	Brockville
Quinten	Richardson	Shawnigan
Michael	Thornton	Maple Bay Rowing Club

Female		
Renae	Barks	Regina RC
Ella	Champion	Vancouver RC
Devon	Clarke	Brockville
Liz	Dickson	Halifax RC
Briana	Gilbert	Deep Cove
Anna	Ionson	South Niagara
Aleda	Kawalek	South Niagara
Marrissa	Kump	St. Catharines
Mollie	McCabe	Brockville
Meaghan	Oinonen	South Niagara
Devon	Okrainetz	Deep Cove
Erin	Snelgrove	St. Catharines
Kerry	Waddell	Ottawa RC
Maryann	Watson	Deep Cove

Coxswain		
Alex	Carr	Brentwood

Aimee	Hawker	VCRC
Alicia	Pawluk	VCRC

Coaches

Gavin	McKay	Gorge RPC/RCA JTL
Alan	Oldham	Guelph
Stuart	Robinson	Guelph
Brian	Carr	Brentwood
Siobhan	McLaughlin	Ottawa RC
Sean	Leyland	Nova Scotia Provincial Coach

Goals of Camp

The camp will be used to identify and develop junior talent with the potential to participate in the upcoming and future Junior World Championships or CanAmMex. Athletes will be assisted with skill development and personal motivation. Ultimately, it is designed to improve Canada's long term performance at upcoming international events. There will be an assessment component of the camp including seat racing, ergometer work and talent identification screening.

Camp Details

Out of town athletes are to arrive March 13th in the afternoon or evening. The first night athletes will be housed at Howard Johnson close to Elk Lake in Victoria (www.hojovictoria.ca). On the morning of March 14th a bus will transport camp participants to Shawnigan Lake School (SLS) for the beginning of the camp. While at SLS athletes will be staying at the Lecky House, which is a fantastic facility right in the middle of the school. The house is about a 2 minute walk to the boat house, and about a 1 minute walk to the eating hall. The rooms come set up with linen and there is a laundry service available downstairs from the eating hall.

Lecky House has a large living room with a flat screen TV, DVD and many other conveniences. There's also a room upstairs equipped with high speed Internet, so bring your laptops if you like. You'll be served three meals a day (buffet style). The food is excellent, but you might want to bring your own snacks. You will have access to a full kitchen /fridge etc. We are very fortunate to have this partnership with Shawnigan Lake School so remember to be on your best behaviour.

Athletes will depart SLS the morning of March 21st via bus to the Victoria Airport.

A complete camp schedule will be circulated to participants **March 9th**. This schedule will also indicate times and locations that local athletes can be picked up or dropped off.

Fee:

The camp fee is \$250 and it covers all major expenses such as transport, accommodation, meals, equipment. Athletes should only require funds for personal type of expenses. The camp fee is to be paid online and can be done at the following website: <https://register.beanstream.com/scripts/registration.asp?form=749>

Gavin McKay

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