



U21 ROWONTARIO DEVELOPMENT CAMP REPORT

ROWONTARIO held a U21 Development Training Camp at Shawnigan Lake School, February 13-20th, 2011. Athletes had been selected based on their November applications, which included their November RADAR scores, and for New Talent ID athletes their TID test scores. Two coaches were selected by ROWONTARIO to attend as a Coaching Development Opportunity. The following athletes and coaches were selected and attended the camp:

Men's Team: Ryan Sanders (SCRC), Mark Ventresca (Brock), Mark Alm (Brock), Matthew Wortley (Brock), Locke Davenport-Huyer (Queen's), Robert Gage (UBC), Tim Schrijver (Brock), Dylan Harris (Ottawa RC), Alan Payno Montoya (Queen's)

Women's Team: Lindsey Wilson (Ottawa RC), Catherine Multari (UWO), Julie DeJong (Brock), Carling Zeeman (Laurentian), Elise Hoffmann (Queen's), Chelsea Wisheart (Queen's), Meghan Robinson (Queen's), Emily Baturin (McMaster), Erin Snelgrove (SCRC)

Coaches: Paul Beedling (Brock TDC), Kate Gorsline (Ottawa RC), Mark Welsh (SCRC), Zola Mehlomakulu (Queen's/Kingston), Siobhan McLaughlin (NDCO)



U21 ROWONTARIO team picture



We were very fortunate to have access to the facilities at Shawnigan Lake School for this camp. The team stayed at Lecky House, which has a tradition of hosting rowing and rugby teams from across Canada. The accommodation, food and access to rowing equipment was fantastic and very convenient.

The first row of the camp started off in eights so the athletes could get accustomed to the lake. We then met with Sport Dietitian Susan Boegman from CSC-Pacific presenting on recovery nutrition for fueling for training camps. After lunch we went out for a second row in smaller boats. Following the second row, Paul Hawksworth, RCA's National Development Coach for the men, spoke with the group about what it takes to be successful at the U23 level. Monday evening Jon Beare shared his experience as a long time national team lightweight rower on making weight with the lightweight athletes.



Sport nutrition session for all athletes with Susam Boegman from CSC-Pacific (left) and talk about RCA's U23 program with Paul Hawksworth, National Development Coach Men (right).

The structure of the camp was to row twice per day, with some evenings free for homework and down time, and some evenings had activities planned. Although there were a few challenges with the weather (snow and rain) we did get out for a row every session, and only once had to adjust our boatings to go out in eights when it was too rough for smaller boats.



Jon Beare, Olympic Bronze Medalist in the LM4- speaking with the lightweight athletes (left) and catching snowflakes before the row (right).

One of the highlights of the camp was having Shawnigan Head Coach Kyle Hamilton do a presentation on his path to making it to the Beijing Olympics where the men's 8+ won a gold medal. It was very inspiring to this group of future high performance athletes!

Our coxies were also very fortunate to have Olympic Gold Medalist Brian Price spend some time with them to share his knowledge. Ryan also jumped into the coxie seat for a day to train with the senior men's team, while Lindsey went out in the coaching launch with Paul Hawksworth to follow the senior men.



Fireside chat with Kyle Hamilton (Olympic Gold Medallist M8+ Beijing, on left) and Brian Price (Olympic Gold Medallist in the M8+) with our two coxies (right).



Friday morning we did a 6.6km time trial down the length of Shawnigan Lake. The crews were then compared against the GMS for their respective categories, and three boats finished within 1% of each other (W4+ 80.6%, M4+ 79.7%, LM2x 79.6%) and the other three boats also finished within 1% of each other (W1x 75.0%, LW2x 74.9%, M2- 74.0%).

The original plan for the camp was to train with and then race a U21 Team BC in several events (L2x, 2x, 4x, 4-, 8+), however due some logistical issues BC had to pull out of the training camp and competition. Instead we raced at the Hungerford Cup, hosted by Shawnigan Lake on February 19th. We raced against UVIC in the Women's 8+ and Men's 8+, as well as entering a men's pair and women's pair into the regatta.



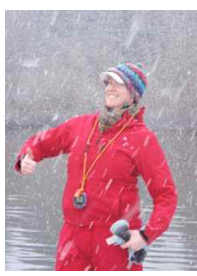
Womens 8+ races against two uVic crews, men's 8+ coming into the dock after racing UVIC.

The coaches met with each of the athletes towards the end of the camp to give them feedback on the camp, as well as to answer any questions they might have. Athletes also filled out feedback forms on the training camp, which were then reviewed by ROWONTARIO and feedback will be used for future camps. We finished off the camp with a fun row on Saturday afternoon following the regatta. On the last night we had a talent/variety show – which was entertaining for all!



Fun row on last day (left) and talent/variety show (right).

Thanks again to our coaches from Ontario who worked with the men (Paul Beedling, Kate Gorsline) and the women (Mark Welsh, Zola Mehlomakulu). Also to Paul Hawksworth (RCA National Development Coach – Men) who attended the camp.



Coaches (L to R) Paul Hawksworth and Paul Beedling, Kate Gorsline, Mark Welsh and Zola Mehlomakulu.

Overall the first U21 ROWONTARIO Development Camp was a success. We are looking forward to continued increases in performance and future opportunities for this group of athletes.

Sincerely,

Siobhan McLaughlin, NDC-O Assistant Coach