

Winter Training Camp, July 4th – July 6th , Lake Barrington

Camp Schedule:

TIME	ACTIVITY	COMMENTS
FRIDAY 4th JULY		
18:00	ARRIVE/REGISTER	All rowers to pay for camp (\$100.00 each)
19:00	DINNER	
SATURDAY 5th JULY		
07:00	BREAKFAST	
07:30	RIG BOATS	
08:30	1 ST WATER SESSION	Time on the water. Technical session
09:45	BREAK	Do not come into Dining Room with training gear on.
10:45	2 ND WATER SESSION	5km Time Trial (11:30 start) – Crews/rowers TBC
13:00	LUNCH	Dining room (no training gear please)
15:00	3 RD WATER SESSION:	Technical Session
18:00	DINNER	
SUNDAY 6TH JULY		
07:00	BREAKFAST	
07:30	1 ST WATER SESSION	3x2000m Step Rates (crews confirmed Sat night)
09:00	BREAK	Dining room (no training gear please)
10:00	2 ND WATER SESSION	Technical row
11:30	DERIG & LOAD BOATS	PACK UP
13:00	LUNCH	MEETING BEFORE EVERYONE DEPARTS
13:45	DEPART	Ensure rooms swept and tidied

Coaches Present:

Paul Newbon, Mick Pollard, Grant Pryor, Andrew Prior, Mick Partridge, Neil Stump, Paul Webberley

What to Bring

Your own boat/s + oars	Thermals	Towel	Snacks and lollies
Stroke coach	Sheet	Toiletries	TOOLS for rigging
Water bottle	Pillow	DVD's??	Payment for Camp
Training clothes	Dooner or sleeping bag	Study work	Your coach

Payment

The cost of the camp is: \$100.00 (meals: \$30 per day, accommodation: \$20 per night, **Total Cost: 2 nights, 6 meals=\$100**)

Could you please pay this amount on the Friday night when you arrive to Lake Barrington

Please let Paul Webberley know if you have any special dietary requirements.

See you at Lake Barrington!

Regards

Paul Webberley