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June 18, 2023 Swan Lake Rowing Camp

### **Adult Session – A discussion on: Injury Prevention/Strength & Mobility**

A presentation on the importance of integrating dryland training into the preparation and continued maintenance towards your rowing season. A review of each of the three components: *Warm-up*, *Resistance training specific to rowing and Cool down (stretching)*, that comprise a successful dryland training program for injury prevention and improvement towards rowing technique.

Each segment of the program will be discussed to its relevance in rowing. Demonstration and opportunity to go through each part of the routine will be covered. A PDF warm-up, exercise and stretching program will be available via email.

### **Youth Session – Functional Movement Screening**

Athletes will be evaluated using a Functional Movement Screen (FMS) model. FMS is a screening tool used to evaluate fundamental movement patterns to provide insight for improved movement and assess stability and mobility. Often limitations observed during this screening process are found to exist during performance in sport leading to the use of compensatory movements in order to achieve or maintain the level of performance. As a result, poor biomechanics that limit gains in performance and increase risk of injury can occur.

Athletes will be provided with a series of functional movement patterns/exercises to address limitations discovered during the FMS.