



## **Rowing BC Junior Performance Camp – November 8-10 Camp - Victoria (Elk Lake)**

Rowing twice a day, camp athletes will row with new combinations in different boat classes to work on skill development as well as working on potential crew options for JNT spring programs. The camp aims to immerse rowers in a higher standard of boat feel, empowering them to bring these insights back to their club environments.

Athletes will have the opportunity for physiological testing with a lactate step test on the C2 ergometer to determine training zones. Using this data, we equip coaches and athletes with the tools to direct specific winter training zones on the ergometer and in the boat. The camp will include a movement screen and technique assessments with Canadian Sports Institute Pacific Physiologists and S & C professionals.

Cost: \$200.00

Dates: Friday, November 8 beginning at 3pm until Sunday, November 10 at 3pm

\*All associated expenses related to transportation, food and accommodation will be the responsibility of the athlete.

### **Application process**

Athletes interested in being considered for the November 8-10 camp should fill out the [application form](#) by **Monday, October 21**. All applicants will be informed of their selection by Friday, October 25.

Acceptance will be based on personal best 2k/6k erg score, previous on-water results and competitive readiness.

A maximum of 26 athletes will be accepted.

For more information or questions, please contact Rowing BC's Director of Performance, Terry Paul ([terry.paul@rowingbc.ca](mailto:terry.paul@rowingbc.ca)).