



## 2024/2025 Junior Performance Camps Calendar

### Camp Dates:

- November 8-10, 2024      BCNGPC - Elk Lake
- December 7-8, 2024      Vancouver
- January 24-26, 2025      BCNGPC - Elk Lake
- March 20-23, 2025      BCNGPC - Elk Lake

The Rowing BC Junior Performance Camps provide performance-oriented athletes, in the Long Term Athlete Development Train to Compete stage, an opportunity to join some of the top Junior athletes in British Columbia for training.

Rowing BC Performance Camps are designed to provide the following:

1. **Skill Development:** The camps provide a structured environment for athletes to improve their rowing technique, strength, and conditioning, allowing them to refine their skills under expert coaching.
2. **Individualized Coaching:** Athletes receive personalized feedback and guidance, helping them to identify strengths and areas for improvement, which can accelerate their development.
3. **Competition Preparation:** The camps simulate competitive environments, preparing athletes mentally and physically for upcoming regattas and challenges.
4. **Talent Identification:** They serve as a platform for identifying and nurturing emerging talent, ensuring that Rowing BC can support the next generation of elite rowers.
5. **Community Building:** Performance camps strengthen the rowing community by connecting athletes and coaches, fostering a shared commitment to excellence in the sport.

Overall, these camps aim to elevate performance standards, ensuring that athletes are well-prepared to compete at higher levels while promoting the growth of rowing in the region.

Find full details about all camps, regattas, and events on the Rowing BC Events Calendar [HERE](#).

Have questions? Reach out to [Terry Paul, Rowing BC's Director of Performance](#).