



## Contact and Athlete information:

|   |      |             |     |
|---|------|-------------|-----|
| Name:   |      | Cell Phone: |     |
| Email:  |      | Home Phone: |     |
| Home Mailing Address:   |      |             |     |
|   |      |             |     |
| Emergency Contact Info:   |      |             |     |
|   |      |             |     |
| Date of Birth:  | Age: | Wt:         | Ht: |
| Partner's name <i>(If applying as team boat)</i> :                    |      |             |     |
| Anticipated arrival date:   |      |             |     |
| School or Club Rowing Affiliations (earliest to most recent):         |      |             |     |
|   |      |             |     |
| USRA Individual Membership #:   |      |             |     |
| Would you bring your own shell and oars/sculls to Craftsbury?         |      |             |     |
| Size of Uni-suit:   |      |             |     |
| Sweep side preference:  |      |             |     |
| Most Recent Coaches, with contact info:                               |      |             |     |
|   |      |             |     |
| Describe ability to row both sides, as well as your sculling ability: |      |             |     |
|   |      |             |     |

## Rowing information:

1) Briefly describe your rowing goals:

2) Describe one of your best races you can remember and what made it that way:

3) Please list any athletic/rowing achievements which might help us understand your athletic ability.

4) Provide us some performance data, indicating fixed or slide mounted erg, and the date of any these performances. We would like two or three of these measures. Please do not break training to provide us a score, and indicate drag factor for all pieces.

|   | Peak wattage                   | Average wattage | Date of test        |
|---|--------------------------------|-----------------|---------------------|
| <b>Peak Power</b>   |                                |                 |                     |
| *Record both your highest wattage, as well as your average wattage over the piece |                                |                 |                     |
|   | <b>Fixed or Slide mounted?</b> |                 | <b>Date of test</b> |
| <b>2k</b>   |                                |                 |                     |
|   | Time                           |                 |                     |
| <b>6k</b>   |                                |                 |                     |
|   | Time                           |                 |                     |
| <b>1 minute</b>   |                                |                 |                     |
|   | Meters                         | Split           | SPM                 |
|   | Ava Wattage                    |                 |                     |

## Mission and work related background:

1) What was your college major and/or current field of interest?

2) Previous work experience with references, if possible:

3) The mission of the Craftsbury Outdoor Center is to:

- 1) to support and promote participation and excellence in lifelong sports with a special focus on rowing, nordic skiing, and running;
- 2) to use and teach sustainable practices; and
- 3) to protect and manage the surrounding land, lake and trails.

Please attach a short essay that explains the skills and interests you would be able to draw upon to help accomplish this mission. Be sure to suggest a few projects that could be completed during your stay to help Craftsbury achieve its mission.

## Submitting completed applications:

When completed, please email the application, essay, training log and attendant documents to [smallboats@craftsbury.com](mailto:smallboats@craftsbury.com), print and mail it to the address below, or fax it. Thanks for your interest!