

Managing Director: Troy Howell

Ricci, Noel Wanner

Managing Director: Troy Howell
Director of Competitive Sculling: Dan Roock
Associate Director: Kevin MacDermott, Carol Bower, Ric
Picci, Neel Wanner Camper Information



Welcome

Thanks for choosing Craftsbury! This is our 40th year of offering sculling camps – and our sixth summer as a non-profit! The mission of the non-profit Craftsbury Outdoor Center reads:

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

The following pages offer information designed to help you get the most out of your Craftsbury Sculling Camp experience. More information (including videos of many of the routines you will learn) is available online at www.craftsbury.com.

Please don't hesitate to ask questions of anyone at any time, and we always welcome your feedback and suggestions.

See you on the water,

-the Coaches and Staff of the Craftsbury Sculling Center

BEFORE YOUR FIRST ROW

General Advice for Camp

- Be on time, particularly for small-group sessions. Coached outings go much more smoothly when everyone
 hears the instructions, coaches don't have to repeat themselves, and scullers don't get separated from their
 groups (we call this the "lost sheep" phenomenon it looks innocent enough, but finding and re-grouping
 wastes time that could be better spent on instruction).
- For instructional sessions, we ask that you leave your rowing electronics on shore. Paying attention to the split on your Speedcoach, your heart rate, etc. tends to distract from the learning process. Save these things for the afternoon free rows and/or the Head of the Hosmer, or better yet wait until you're back home. People went fast in sculling boats long before there were rowing electronics to lean on.
- Take care of the equipment as though it were your own, or better than that if you don't take very good care of your own equipment.
- Remember not to take yourself too seriously. Flipping and getting wet is part of sculling, and your loved ones
 will not think less of you if your sculling does not progress on the ambitious schedule you've set for yourself.
 As Associate Director Carol Bower is fond of saying, "Sculling is fun, all the time."

What to Wear

- Wear comfortable clothes that are not baggy or long. Avoid sweatshirts with front pockets that may catch your oar handles, and baggy shorts that may get caught in the seat wheels.
- If it is cold or raining, dress warmly. Extra layers can be removed while on the water and stored in the boat.
- If it is not and sunny, wear a hat or visor, sunglasses, and sunscreen while on the water. **Note: Please do not wear a red hat; red is reserved for coaches for easy identification.**

What to Bring

• Bring a plastic or padded water bottle (metal bottles scratch the cockpit). Hydration is very important and it can rest in the bottom of your boat when not in use.

Around the Boathouse and Boat Handling

Please observe the following when taking care of your equipment during camp.

- Take care of the equipment as though it was your own.
- Remember to carry your oars to the dock before fetching your boat.
- Carry your oars with blades in front of you.
- Avoid getting the grips or sleeves sandy or dirty. If they get dirty, rinse them off before using them.
- Carry your boat with a partner.
- Report breakage or boat damage to Troy in the boathouse. Stuff happens, but we need to know about it to ensure the boat is safe to use and fixed as soon as possible.
- When taking the boat in and out of the water, take care that the fin on the bottom of the boat does not hit the dock. DO NOT set a boat on the dock.
- When putting sculls into oarlocks, confirm that the oar number matches the set you were assigned. Before
 launching, please double-check that you are not taking anyone else's blades and that they are a matched
 set.
- Avoid tracking sand into the boat as it damages tracks and wheels. Please remove your shoes before stepping into the shells and leave them on the dock. Please wear socks in boats equipped with shoes
- Boats go back into the boathouse stern first.
- Clean your boat thoroughly after each row. Wipe the entire hull after every row, paying special attention to the cockpit and decks.

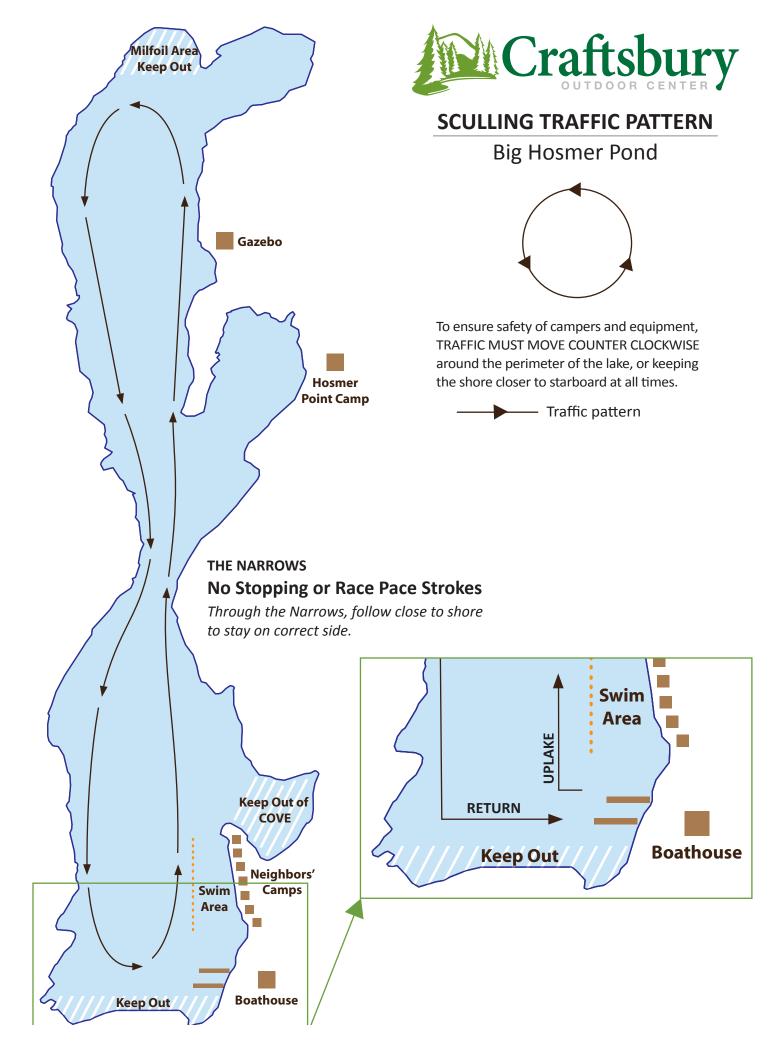
Safety on the Lake

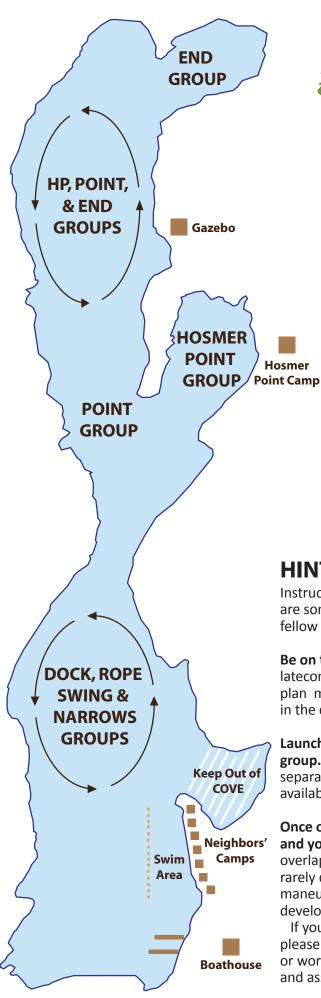
The lake is an hourglass shape, 2 miles/3000 meters long, with the "narrows" half way down. Keep to the left side of the lake, as you sit in your boat looking backwards. Travel in a counter-clockwise direction around the lake. (See following page for map of traffic pattern).

• When launching from the docks, stay outside of the orange buoys for the first 300 meters, away from the shore and summer cottages.

It is of utmost importance that you watch your steering and follow the traffic pattern to avoid collisions and injury.

- o Do NOT stop or take race pace strokes in the narrows.
- o Follow the shoreline through the narrows to avoid getting on the wrong side and into the path of scullers coming from the opposite direction.
- Remember to turn your head frequently, to both sides, to be sure your course is clear. The lake shore has a tendency to "come out and get you" if you don't pay attention.
- If you see another boat coming toward you and in danger of colliding with you, call out to them loudly in case they don't see you! Do not worry about seeming polite!
- If you see another boat about to hit the shore or another sculler, call out to them loudly! Do NOT worry about seeming polite!
- If you hear thunder or see lightning tell a coach immediately. Attempt to get off the water as soon as possible. If you cannot get to the Center's dock in time, seek shelter on land from a dock nearest you on the lake. Much of the lakeshore is soft so climbing up the shore is not always an option.
- When returning to the docks, do not go past them; stay out of the small cove at the end of the lake as summer residents swim there. This is marked with red-orange buoys.







MAP FOR SMALL GROUP SESSIONS

Small group work will all be conducted in the normal traffic pattern, with the following exceptions:

o Lower Lake groups (Dock, Ropeswing, and Narrows) will circulate in the wide lower part of the lake, in the normal traffic pattern. The Narrows group can go through to the far side of the Narrows and turn around, at the coach's discretion.

o Upper Lake groups (HP, Point, and End will circulate in the traffic pattern in the upper lake until released (i.e. from the widest part of the northern mouth of the Narrows to the end of the lake (or the gazebo if we are videotaping).

o The two coves (at HP and at the far end) may be used by upper lake groups or Narrows group for stationary instruction. Lower lake groups can stop anywhere for instruction and can pass one another carefully under their coach's supervision.

o On days that we are videotaping, the upper lake groups will be taped between the Point and the End. Lower lake groups will be videotaped between our docks and the narrows unless otherwise instructed.

HINTS FOR SMALL GROUP WORK

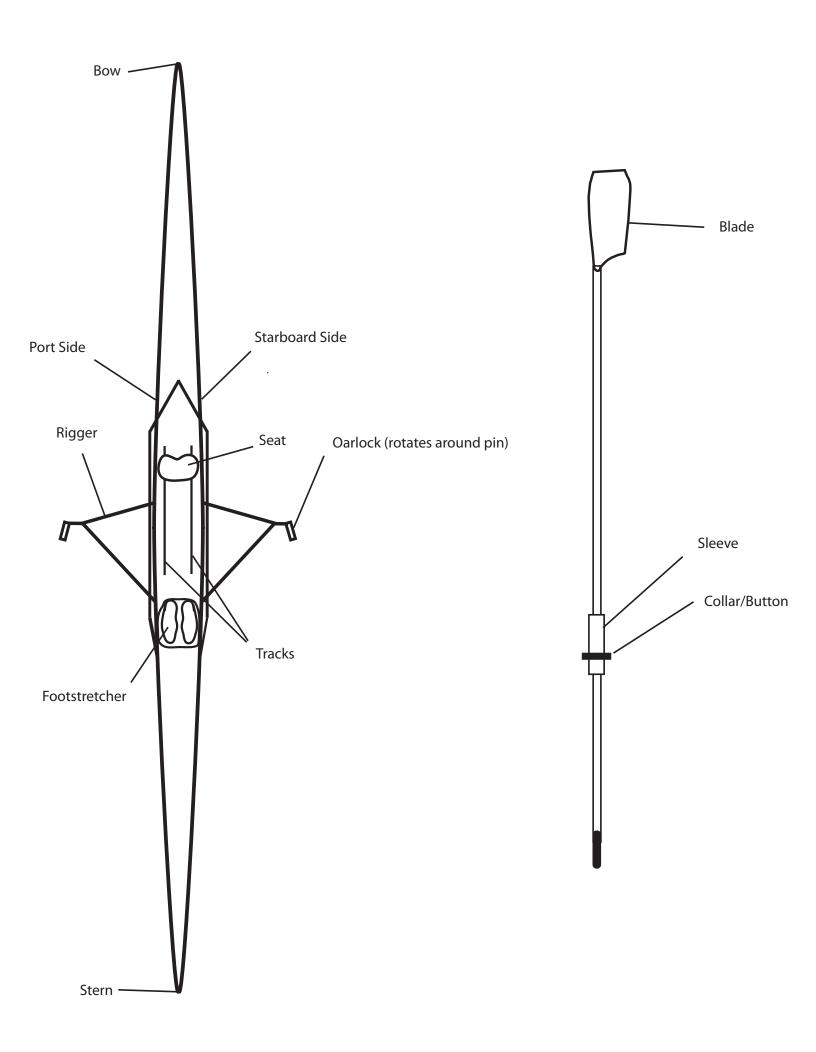
Instruction in small groups is a key component of the program. Here are some tips to help ensure the best experience for you and your fellow sculling guests:

Be on time for the session. Having to repeat instructions for latecomers robs the session of instructional time. A given session's plan most crucial points will be given on land, when the groups meet in the dining hall.

Launch from the same dock, at the same time as the rest of your group. Be prepared to launch so that you do not get separated while the group is getting on the water. Your coach will be available to help you on the dock and/or answer questions.

Once on the water, stay in close proximity to the rest of your group and your coach. When stationary, it is perfectly okay for oars to overlap or even for boats to touch (on rare occasions). Damage is rarely due to contact between stationary boats, and learning to maneuver calmly in tight spaces is a valuable skill for scullers to develop. Most importantly, proximity aids the coach's instruction.

If you do find yourself separated from your group at any point, please rejoin them promptly in the safest way: if ahead, either wait or work on your backing skills to rejoin them. If behind, keep rowing and assume that they will stop soon.



Diversity of coaching styles

At Craftsbury, you'll often be receiving coaching advice from several different coaches during each on water session. Our coaches bring a wealth of rowing experience and knowledge to the Center, and for this reason they may not all have identical views on some of the finer stylistic points of sculling. This is healthy, and indeed representative of the "real world" of rowing.

As you learn to row, or work to improve your rowing, it can be very helpful to have the same thing said in several different ways. One coaches' metaphor that may not resonate with one camper may be the key to correcting a bad habit for another. Use your Craftsbury session as a time to absorb as much information as you can about sculling and take the coaching advice that works best for your current level of experience and fitness. **It is helpful for many campers to take notes after sessions.** Much of what you hear at Craftsbury will be forgotten as time passes. Written reminders can bring your Craftsbury experience back to life months or years later.

Above all, if you're confused, ask a coach. You are in a unique position of access to high level coaching during your stay at Craftsbury. If you don't understand something on the water, find your coach at dinner, at a video session or just around campus – they love discussing the finer points of rowing and will be happy to sit with you and work to remedy whatever issues you're running into.

Video

With respect to video analysis, should you wish to take a copy of your video home with you we ask that you bring a USB stick to the closing meal of your program. A staff member will load up your device with the video to go home with. Forgot your thumbdrive? Extras are available in the office. As a last resort, we are able to offer access to your video via Dropbox after camp, up to 4 weeks after your program. Email video@craftsbury.com to get your video if you've exhausted other avenues.

Getting back into the boat from the water

Note: you will have the chance to practice this skill in your first on-water session at camp. The following notes may be more helpful after you've tried this once!

With few exceptions, most single scullers fall out of their boats at some point during the course of their rowing careers. Collisions, breakage, catching a crab, or losing an oar can all be reasons. If you are just learning to row a single, tipping out of the shell can be a common event. Knowing how to get back into your boat is important.

First, if you tend to scull alone on a body of water whose shores don't allow easy boat re-entry - the skill of climbing back in can be an important safety skill. Second, knowing you can handle yourself in the event that you do flip builds confidence that will help you become more comfortable in your boat so you can relax and learn technique better. Third, if you row in cold water, being able to handle yourself and the boat quickly can prove critical in a dangerous situation.

Here are suggested steps to get back into your boat from the water:

- 1. Hold onto the boat once you are in the water. Never leave your boat and try to swim. The boat and oars will act as your floatation device. Come up near the rigger.
- 2. Stay relaxed; breathe.
- 3. Make sure that the boat is righted with the seat up. To right an upside down boat from the water, press down on the rigger nearest you to begin to roll the boat, then reach across and pull the other rigger down towards you so the boat will be upright.
- 4. The oar closest to you should be all the way into the oarlock and the blade flat on the water so it can support you. Hold this handle down in the boat with your hand nearest the foot stretchers.

- 5. Next, you need to get the other oar handle so you can hold both handles in the bottom of the boat. You may need to jump up or reach to get the other handle, but you must get both handles together in one hand before you can continue.
- 6. Push your seat towards the bow.
- 7. Hold both handles in your hand closest to the foot stretchers, and with your other hand reach across to the gunwale. You will need to keep pressing on the handles.
- 8. Kick and jump into the boat as if you are getting out of a swimming pool onto the deck of the pool. You need to be focused on getting the weight of your hips over the boat and into the seat deck. Avoid trying to pull yourself into the boat.
- 9. Once your hips are out of the water, you are stomach-down, kick again, turn and sit, letting your legs remain dangling over the side of the boat. Don't let go of your oar handles.
- 10. Raise your oar handles up to level the boat, making sure both blades are flat on the water to keep the boat stable.
- 11. Swing your legs into the boat and get your feet situated in the foot well. Raise yourself up slightly and scoot back onto the seat.
- 12. Put your feet back in the shoes.
- 13. Now you're ready to row or practice flipping again.

Note for owners of boats with backstays:

Re-entering boats with backstays can be more complicated because of the additional hardware around the splashbox. For boats with back stays, some scullers carry a terry cloth wrist band on their oars and can use it to hold the handles together in the event that they need to straddle the boat and get back into the seat deck from the bow. Whichever method you choose, feel that you know what to do in case you go in the water. If you do not want to practice in your own boat, use a training single or a more stable boat to learn on.

I can't get back in my boat - now what?

The most fundamental thing to remember in the event of a capsize is that **the boat is your flotation device.** If you flip, don't panic; in all but the most extreme cases, the boat will remain afloat and able to support you. Stay relaxed and breathe deeply. Should you flip and not be able to re-enter the boat during a camp at Craftsbury, a coach and launch will be with you quite shortly.

Should the same incident occur on your home waters or while sculling solo, stay with the boat and dolphin kick or paddle the boat like a surfboard to the closest land, dock, shore or beach. Stand up, empty out your boat, make any necessary adjustments (e.g. getting the sculls run out to the collars), and then relaunch from there.