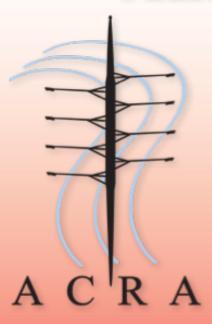


ALL-STAR CAMP



This summer in Ann Arbor, Michigan, we are planning the first camp specifically designed to prepare the very best male athletes who row for ACRA teams for international competition. Our goal is to win Under-23 Trials and represent the U.S. at the U-23 Worlds in Amsterdam in late July. A select group of 12-16 men will be invited to Ann Arbor to train for both the trials and for other racing. I am excited to prepare our nation's best club rowers for the possibility of international racing. This pamphlet will tell a bit about our plans for the camp.

-Gregg Hartsuff



ERG SCORE GUIDELINES

Here are some guidelines for those interested in applying to the camp.

We strongly believe in weight adjusted erg scores. This chart that can assist you in determining if your erg scores are in line with standards needed to perform well at U.S. U-23 Trials. If you pull a score under or close to these guidelines, we are interested in having you attend this

camp.

Weight	6K	2K
150lbs.	20:56	6:27.0
160lbs.	20:46	6:24.0
170lbs.	20:37	6:21.2
180lbs.	20:28	6:18.6
190lbs.	20:21	6:16.2
200lbs.	20:14	6:13.9
210lbs.	20:07	6:11.7
220lbs.	20:00	6:09.6



Having seen the erg scores submitted to ACRA for the All-American Team, we are confident we can produce crews from our club teams that are capable of winning medals at U-23 Worlds. We need the best of the best to throw their hats in the ring to do this; the erg scores of the best ACRA athletes hold the speed potential to do this under Coach Hartsuff.

SELECTION TO THE CAMP

In the coming weeks we plan to extend invitations to men based on weight-adjusted erg scores, previous experience and results, and coaches' recommendations. All men who attend the camp should be prepared to undergo a selection process that involves rowing in pairs. If you have sculling experience, that will be considered also. Please note this in your application. Single scullers will be expected to bring their own singles.

If you are not initially selected, we will take a look at all-comers. If you feel you have the right stuff, we will invite you to show up a day early and perform a time trial in a single, or a pair, or double with your partner. We have a straight and protected 1,000 meter course on which you can time trial in the direction of your choice. If you can row under 3:20 in a double, under 3:25 in a pair, or under 3:35 in a single you will be invited to stay.

You must be a U.S. citizen, have a passport or plan to get one, and you need to have been born on or after January 1, 1989. Additionally, if you have not become one, you should plan to become a member of USRowing.

CREW SELECTION PROCESS

The selection process will be fair and transparent. We will use multiple pieces of data to determine final selection. Athletes will receive a large variety of data about their performance, and the coaching staff will proved a lot of feedback on how individuals are doing. We will thoroughly examine the performance through the following methods:

- -Pairs Matrix Racing
- -Fours Matrix Racing
- -Traditional Seat Racing in Fours with direct switches
- -Practice Points
- -Ergometer Testing (ALWAYS weight-adjusted)

Additionally, we conduct individual meetings with athletes to discuss the team dynamics and how the individual is performing. Nearly every aspect of selection is revealed to the group. You will see all the data that we have produced. We cannot guarantee that you will like where you are selected, but we can assure you that you will feel the process was fair, and the coaching staff has a track record of selecting lineups that give us the best chance to win.

LINEUP PRIORITIES will depend on what combinations that emerge through the selection process. Chemistry is an intangible component to a crew's performance and we may find we have a quick moving four, or pair, or single. Speed of the various combinations will determine if there will be a priority. We expect all crews to be competitive and to take everyone to U-23 Trials. Having lightweight crews is a definite possibility.

CAMP CALENDAR

The camp will be run with a specific plan for getting us to the top of U.S. U-23 crews. With ACRA finishing up earlier than the IRA, we have a 10-day advantage over other clubs planning to prepare for U-23 Trials. We are planning to take a screaming fast group to U-23 Trials, hungry to make the team, and with extra time spent together, being able to jell the crews more.

REPORT TO CAMP: Wednesday, June 1, 6:00PM

Weeks 1 & 2 - Assessment and Posturing Lineups

Week 3 – Primary selection

Week 4 - Compete in U23 Trials and U.S. Nationals at Mercer Lake, NJ

Week 5 – Train

Week 6 - Train/Compete in U.S. Club Nationals in Indianapolis (depending how trials go.)

Week 7 - Train

Week 8 – Compete in U-23 Worlds (upon qualification)

Beyond this will depend on what has happened to that point. If the speed is good, we may go to either Senior Worlds Trials or Pan American Games Trials in early August. We do not intend to go to the Canadian Henley.

Ann Arbor

Ann Arbor is a fun city in the summer. Given the combination of people and the intensity of camp, you will leave here having had a memorable experience.

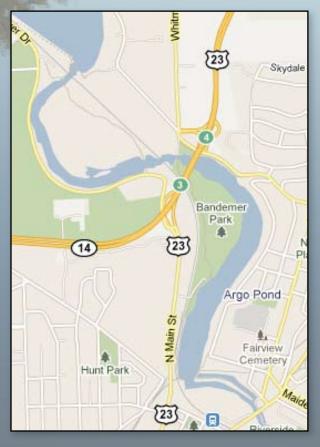


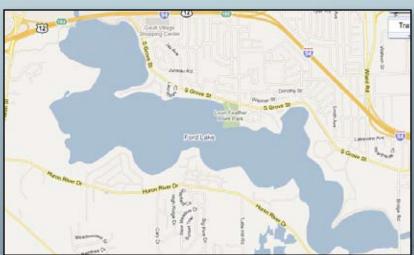
CAMP COSTS

We will keep costs as low as we can. Anticipated dues are \$300, with athletes covering their regatta competition costs. We have identified some decent and affordable sublets for camp participants. Keep in mind that if we qualify for U-23 Worlds, much of the cost of that trip will be covered by the athletes through fundraising.

EMPLOYMENT OPPORTUNITIES

Coach Christian Youngs has begun a development that will allow camp participants to be employed for \$10 an hour and work at times we are not training. The hours are flexible and will mostly involve reading, writing, and testing gaming models. Additionally, the Ann Arbor Rowing Club hires coaches for their masters and youth programs that pay at a good rate.





PRACTICE & TRAINING

We anticipate a twice-a-day schedule with the first practice from 7-9 am and the second practice from 4-6 pm. This could vary depending on what is being done. We will practice from two sites, our boathouse on Argo Pond in Ann Arbor and on Ford Lake about 20 minutes away in Ypsilanti.



Head Coach Gregg Hartsuff

E-mail Address: uofmcrew@umich.edu

Gregg Hartsuff begins his 19th year with the University of Michigan Men's Rowing Team, and his 18th as the Head Coach. Under Hartsuff, the Wolverines have been the most successful collegiate club rowing team since 1994, making him the all-time winning club coach in the history of college rowing. During that time, the Michigan Varsity 8 has had the highest finish at the IRA of any club team each year except two, and has been in the petite final in 5 of the last 10 years the Wolverines were allowed to compete in the IRA. Michigan Crews coached by Hartsuff have won 55 Dad Vail and ECAC medals, with 25 of them being gold. He is only one of two coaches to ever win the Dad Vail and ECAC Varsity 8 titles in the same year (2005). Additionally, Michigan has won two IRA medals, and has the

highest finish of a club team in an eights event at the IRA. Hartsuff has also coached at the Elite level, having coached several Olympic and World Championship athletes, and coached on the U.S. National Team himself. UM alumni who Hartsuff has coached and represented the U.S. in international competition included Josh Richardson '07 (U23, 2006), Tom Peszek '07 (U23, 2007, Stroke U.S. 8, 2010), Mike Perry (U.S. M1x, 2003), Olympian Steve Warner '00 (Stroke, Men's Lightweight Four, Athens) and Olympian Matt Hughes '04 (Men's Quad, Beijing). Hartsuff has coached numerous athletes in camps and clubs who have international accolades.

Assistant Coach Christian Youngs

Christian Youngs is finishing his third year as the Freshmen/Novice Coach for the University of Michigan Men's Rowing Team. In his first two seasons, Youngs lead the Freshmen 8 to gold at the ACRA National Championships in 2009 and 2010. In two seasons Youngs' crews have brought home 12 Dad Vail/ECAC/ACRA medals, 7 of which are gold. As the Men's Intermediate/Senior Coach for Pennsylvania Athletic Club, Youngs coached the program to win the Men and Team Point Trophy at the 2009 and 2010 USRowing Club National Championships. Youngs also assisted Penn AC in winning the Men's Championship 8 at the 2009 Royal Canadian Henley and in taking second to the Canadian National Team in 2010. Youngs rowed for Michigan from 2001-2005, winning two IRA medals, including silver in the 2002 Men's Freshmen 8.



COACHING

The primary coaching will be done by coaches Hartsuff and Youngs. Numerous coaches have expressed interest in guest coaching, and an invitation is extended to any coach of an ACRA program who has the desire to observe the camp. The methodology used in developing this group is open to anyone who wants to participate and learn. With the number of coaches attending this camp, the exchange of ideas should offer an opportunity to learn better ways in which to operate club programs.

American Collegiate Rowing Association 2011 All-Star Camp

Print last page and mail to the address below or email the following information to Coach Hartsuff.

APPLICATION TO ACRA 2011 ALL-STAR CAMP

Name		Program					
Email		Phone					
Birthdate	Height	Weight	Side: Port	Starboard	Sculling		
6,000 test score		2,000 test score					
Have you rowed a pa	ir before: Yes No	Do you have prior inter	rnational experienc	e: Yes No			
Other performances of	of note in your rowing c	areer list here:					



MAIL: Gregg Hartsuff Head Coach, Men's Rowing Team University of Michigan 606 E. Hoover Ave Ann Arbor, MI 48109-3717 EMAIL: Gregg Hartsuff Head Coach, ACRA All-Star Camp uofmcrew@umich.edu