

Proposal from Patrick Cody:

Atlantic Small Boat Performance Camp

What: An intensive two-day, high-performance training camp for competitive single and pair rowers from the Atlantic Provinces. Lectures will include topics on nutrition, sports psychology, physiology, optimizing boat speed and methods of performance monitoring. On-water sessions will include technical sessions, video analysis and time-trials.

When: June 9-10, 2007. A \$40 non-refundable deposit is due at the time of registration with the remaining \$20 to be paid upon arrival at camp. *Applications not accompanied by the \$40 deposit will not be considered.* Applications will be processed as received (limited to 20 athletes); registration due June 1, 2007. Late registration will be assessed a \$20 fee and only accepted as space permits.

Where: Fredericton Rowing Club, Fredericton, NB

Who: Competitive Junior, Senior, and Masters *athletes intending to race at the 2007 Royal Canadian Henley* from the Atlantic Provinces. Athletes must be identified by their home-club coaches as having appropriate small-boat (1x & 2-) handling skills and ability to be competitive at the 2007 Royal Canadian Henley. Camp will be coordinated and run by Patrick Cody (FRC – NCCP III) and include presentations by Anthony Landry (Mic Mac RC - NCCP II) and Tara Barnett (Mic Mac RC – NCCP II). Coaches are welcome to attend with their athletes at no extra charge.

How: Registration is limited to 20 participants at a cost of \$60 per athlete (\$40 with registration, remainder upon arrival at camp). Fees will be used to cover operating expenses (video tapes, photocopies, gas...) and coach's honoraria. Participants are expected to provide their own equipment. We will try to billet as many participants as possible on a first-come first-served basis.

For further information or to register, please contact:

Patrick Cody
721 Reid Street
Fredericton, NB
E3B 3V6
(506) 452-1113
pcodyca@yahoo.ca