



Coxswain Central

Overview

These camps are instructional with a focus on providing insight into what is required of our best rowers and coxswains and the tools to achieve success at the international level. Our national team coaches will work hard to demonstrate ways the athletes can improve and to help athletes discover that the junior national team is both attainable and fun.

Highlights of the ID Camp program include:

- * The Junior National Team -- who we are and what the selection camp and development camp are all about (open to parents and coaches).
- * The learning experience of the 2011 Junior World Championships with a question and answer session with a member of the 2011 squad -- where members are available. (Open to parents and coaches).
- * Expectations and things you can do to become a better coxswain including how to use audio tapes for feedback.

The Coxswain's Process

We use the ID Camp to evaluate you both on land and on the water (if possible). There is great deal of base knowledge that coxswains demonstrate on land with their interactions with the coaching staff, other coxswains, and their knowledge of both equipment and the rowing stroke. We will **attempt** to get all coxswains on the water for an evaluation of their basic boat handling skills.

Please note: We are looking for Coxswains who can comfortably manage the international racing weight standard of 110.2 for women and 121.5 for men.

After the demonstration of their basic skill set, coxswains need to submit audio to Laura Simon, our coxswain coach. Those seeking an invite to ANY camp past the ID Camp **MUST** submit audio for review, including coxswains who attended camps last year. Please click on [AUDIO](#) for submission instructions.

After review of all audio submitted, coxswain invites will be handed out based on where the coxswain is ranked in their YEAR OF BIRTH!

INVITES TYPICALLY GO OUT THE THIRD WEEK OF MAY FOR COXSWAINS.

Women's Camps:

Selection(Jr Worlds Team/Jr Worlds Development Team):

4 to 6 coxswains

Top 2 94's

Top 3 95's

High Performance Team:

4 coxswains

#4/5 1995's

Top 3 1996's

Development:

2 coxswains

Top 2 1997's or Top 1997/Top 1998

Men's Camps:

Selection (Jr Worlds Team):

6 coxswains

Top 4 of the 1994's

Top 2 of the 1995's

Development:

5 coxswains

#3 of the 1995's

Top 2 of the 1996's

Top 2 of the 1997's or Top 1997/Top 1998

Please note: if both 1995's from selection do not make it through Phase I of selection, they will be offered a spot at Development Camp, to continue training and developing for the 2013 Worlds Selection.