

**Grand Valley Rowing Club  
Winter Technical Vacation  
December 29, 2011 – January 6, 2012  
Manatee River/Naples Bay/Intracoastal Waterway  
Manatee; Sarasota Counties, Miami Beach and Naples, Florida**

**Ft. Hamer Park, Naples Bay and Spanish Point Park**

**Trip Purpose:** To provide and immerse selected athletes with an intense technical training along with long, easy, steady state rowing. This camp will provide our athletes with the skills to improve their boat speed and reach a higher level among competition at the varsity level. The tools and methodology that will be used are focused one on one coaching in big and small boats (pairs, fours and eights).

**Varsity Participation Requirement:** This is a **voluntary opportunity**. Period! Those not attending will be required to submit weekly ergometer scores via e-mail to the coaches. They will be expected to train at the training camps equivalent. Simply, complete what their teammates are accomplishing in Florida. Everyone benefits!

**Selection:** 12 (top twelve) female varsity rowers, top eight female novice rowers, 5 developmental varsity male rowers (as identified by Coach B) and one manager (sculler). We will also invite the top 3 novice male rowers and 1 cox selected by Coach Sadek. Plus 4 coxies.

**Selection Criteria:** *Final* selection will be based on the 20 minute ergometer score. The test for selection will be on Saturday, November 19, 2011. Those not selected will be expected to continue to prepare for the spring season.

**Cost: is \$100.00 per athlete.** Must be paid in full by December 10th and can be made as a donation to: **Grand Valley Rowing, memo: Winter Training donation.** Rent-A-Rower funds may be used if fall obligations have been met in full. Cost includes, travel by van to/from Sarasota via Allendale and Ann Arbor, housing and fees.

**Air Travel:** to/from Sarasota, FL is voluntary and paid by the athlete. We will be able to offer rides to/from the St.Petersburg/Tampa (not TPA) airport. Allegiant Airlines has a good deal. About \$300. Total.

Departing Flights for Thu, Dec 29

**\$159.99** Depart:  
Arrive: **5:10 pm**  
**7:50 pm** GRAND RAPIDS, MI (GRR)  
ST PETE/CLEARWATER , FL (PIE) Flight 883  
Nonstop

Returning Flights for Fri, Jan 6

**\$94.99** Depart:  
Arrive: **8:30 am**  
**11:10 am** ST PETE/CLEARWATER , FL (PIE)  
GRAND RAPIDS, MI (GRR) Flight 882  
Nonstop

**Van Travel:** 1 – 15 passenger van will leave on the morning of **December 28, 2011 at 4:00am and return Saturday, January 7, pm for those who do not wish to fly.** We will stop for an eight hour rest break in Peachtree City, GA (Sellmer-Robben Home) where we will meet the trailer. If we must we will get a second van in GRR. If not, JB will p/u the 2<sup>nd</sup> van in FL.

**Meals:** Breakfast will be provided. Each athlete will be responsible for their lunch and dinner meals, as well as snacks. There will be a few meals provided by Alumni and Friends of GV Rowing.

**Housing:** in Sarasota with local families and at : **Bentleys Resort Hotel**  
1660 South Tamiami Trail, Osprey, FL 34229 (941) 966-2121  
Alumni and Friends Homes:  
Kasley Family (in Naples, FL)

<http://www.bentleyssarasota.com/#/bentleys-resort/4537168711>

**Free Time:** There will be opportunities during the trip to go to the beach between practice sessions.

**Tax-deductible donations** to the: Grand Valley State University Rowing Club are being accepted to assist with providing meals for the athletes.

Total Athletes and Staff:

20 Female rowers (12 varsity and 8 novice)

8 Male rowers (5 varsity and 3 novice)

5 Coxswains (Hart, Campbell, plus 3 Novice coxies)

3 Coaches

1 Manager

37 total

Housing: