



Spring Training Camp

March 1 – March 11, 2012

Manatee River/Benderson Park/Intracoastal Waterway
Manatee and Sarasota Counties, Florida

Ft. Hamer Park, Benderson Park and Spanish Point Park
www.sarasotarowing.com

Wednesday, February 22

JB leaves for Indy/Florida to work w/ IRC who is renting GV equipt. At the Sarasota Intl. Regatta

Wednesday, February 29

Scour the BH/RTC and bring equipment needed to RTC that is going on bus or vans.
Secure Docks!

Thursday, March 1

3:00pm – Advance Team Leaves from Lot D5. **DO NOT PARK IN FRONT OF RTC** (or you WILL be towed)
3 – 15 passenger vans (Mr. Gaiglas, Coaches Saladino and Sadek) 18 athletes.

Friday, March 2

Bus leaves the GVSU Kirkhof Center circle at 3:15pm (please have luggage ready early).
Advance Team Arrives in FL. – Rig all equipment. Dinner at Woodys. <http://woodysriverroo.com/index.html>

Upon Arrival: Check into hotel –

Ramada Limited Ellenton, FL
5218 17th St E, Ellenton, FL, 34222
866-539-0036

1:00 PM – The Darth Vader Row on the Manatee River.
Manatee County – Fort Hamer Rowing Facility
1600 Fort Hamer Rd, Parrish, Florida

Saturday, March 3 POSTURE

9:00am Coach Arnold arrives via SRQ.
10:00am Bus arrives at Fort Hamer with Team
AM2/PM1 – 1 x 30K+ Technical Rowing “Darth Vader”
9:00pm – Team Meeting Room – “Captains Meeting & Sr. Rules Cmte. Instructions”

Sunday, March 4 TIMING

AM1 - 1 x 20K Following Row, Position Equipment at Benderson Park –
Equipment = “Keeler”, “Quantum” “Alexandra” and 6 racing pairs.

Nathan Benderson Park Race Course
102 Manatee Avenue West, Bradenton, FL

AM2 – Vans available for Church

PM1 - 90’ Cat VI “Technical Drills at Benderson Park

Monday, March 5

POSTURE/TIMING

7:00 AM – At Benderson Park

Nathan Benderson Park Race Course
102 Manatee Avenue West, Bradenton, FL

8:00 AM – 60–80’ stationary and circle drills.

40’ steady state/Cat VI

3:00 PM – The Woody’s Balloon Bowl Cat V

7:00pm Senior/Alumni Night at Woody’s

<http://woodysriverroo.com/index.html>

Tuesday, March 6

TIMING/CONTROL

8:00 AM1 – 1 x 20K at Spanish Point on the Intracoastal Waterway (ICW)

Lunch at Sweet Tomatoes. Varsity and novice.

Beach Time at Siesta Key.

4:00 PM2– 90’ Total Technical Rowing at Benderson Park.

40’ stationary and circle drills

50’ speed work as scheduled

Wednesday, March 7

CONTROL/BALANCE

8:00 AM1 – 1 x 20K at Spanish Point on the Intracoastal Waterway (ICW)

Lunch at Sweet Tomatoes (Varsity Only). Novice at Hotel.

Beach Time at Siesta Key.

4:00 PM2– 90’ Total Technical Rowing at Benderson Park.

40’ stationary and circle drills

50’ speed work as scheduled

Thursday, March 8

BALANCE/TOUCH

Block#1

Practice I – ALL ST. ST. and then Starts – Benderson Park

Begin loading small boats and launches

11am – OFF for afternoon – Beach or Busch Gardens in Tampa, FL

Friday, March 9

06:00–9:00 AM

Long Pre–race fartlek at Benderson Park Followed By Breakfast

9:00–11:00 am

Load Eights on Trailer

11:00a–12:00 pm

Checkout, Depart By Noon

12:00 pm:

Bus & Boats Depart for Lake Lanier (16 Rooms;15–Doubles, 1–

Single)

12:00 pm:

Vans Depart for Robben/Sellmer Residence

8:00 pm

Vans Arrives and bed down for the Night

9:00 pm

Bus and GMC arrive at Gainesville, GA

Hotel: Sun Suites Of Suwanee (15 doubles and 1 single)

95 Gwinco Blvd, Suwanee, GA 30024
(770) 614-0890

Saturday, March 10

5:30am Vans Leave Peachtree City for Lake Lanier
6:30am Bus Leaves Hotel for Lake Lanier
7:00am Entire Team Arrives at Lake Lanier, Rigged
7:30am Lake Lanier Scrimmage Regatta Begins. With U. of Penn. And Ga.
Tech
Late check-out.
11:00am Lake Lanier Regatta Ends.
11:00am Load Trailer
Noon Leave for GVSU

Sunday, March 11

1:00am Bus Arrives in Allendale
3:00 am Vans and Trucks arrive in Allendale
5:00 pm Put docks in, rig as needed

Mon. March 12 OFF/ weights on own
Tues. March 13 Resume water practice...

NEED TO BRING: \$375. Per person must be paid to travel.

Water Shoes or Sandals (NO Aqua socks or flip flops.)

Money for 12 meals name (7 Lunches, 5 Dinners)	Rowing clothes	Water Bottle w/
All weather gear	Extra socks and underwear	
Sunscreen	Hat	Sunglasses
Books to study	Toiletries	Snacks
Band aids	Unisuit/Racing shirt	Winning Attitude
Alligator Repellant	Beachwear	"Minnie" treats

*******1 bag per person plus a small carry-on.*******