



Pocock/SPU – US Rowing Development Camp: A Lightweight Women's U-23 High Performance Camp

The Pocock/SPU U23 High Performance Camp is a highly selective U23 lightweight women's camp with a three-year history of national and international success. All camp participants will compete at U23 trials and at elite nationals at the end of June.

Camp Goals

- Prepare LW2x and LW1x to qualify for U-23 World Championships;
- Utilize a holistic approach to training and racing, which includes focusing on technical, physiological, nutritional, and mental training;
- Develop athletes' skills and abilities so they will be able to continue to compete on the national and international stage in the future.

Selection Criteria

- **Age:** Participants must meet the age requirement of being 23 years of age or younger.
- **Recent 2k Erg Score:** 7:25 or below at 135 pounds or below (weight at the time of erg score will be considered)
- **6k Erg Score:** No specific "cut off" will be used for 6k, but the information will be used to determine participants.
- **Coach's Recommendation:** one page letter describing technical ability as a rower/sculler, physiological abilities, and mental fortitude.
- **Weight:** All athletes MUST be able to arrive at camp at 130 and maintain 128 or below in a healthy and appropriate manner. This is an extremely important criterion given the brief time between the start of camp and trials.

Each invited athlete will also be asked to submit a video clip of herself rowing (preferable in a sculling boat or small sweep boat). Video should be from the side with just the athlete in the frame: 1 minute at a lower rate and 1 minute at a racing rate. Athletes can submit a DVD with a clip in AVI format or send the video tape itself.

Cost

The exact camp costs are TBD and will be between \$500 - \$600. This includes housing in Seattle but does not include the expense of travel to and housing for regattas.

Dates

Camp begins June 8 and ends with elite nationals (June 26-29) in New Jersey, if you are not selected to the U-23 team.

More Information

For more information and an application, please contact Jessie Pennington, Camp Administrator at jkpenn@spu.edu or 206-931-4549 by April 10.