

# SUMMER ROWING

HIGHLY COMPETITIVE DEVELOPMENT PROGRAM

This development program is designed for those rowers with the potential to compete at national and international regattas and will include sweep rowing and sculling. It is structured for experienced rowers who wish to achieve peak performance and race successfully at the highest level that time and skills allow, and for rowers who are focused on technique and fitness. It is also open to new rowers who need to learn the basics of rowing, stroke, proper care and use of the equipment and preparation for the fall season.

## The ideal participants

1. High School Students
2. High School Graduates starting college in the fall
3. College Students who row competitively at school and live in Connecticut during the summer

## Program Dates and Times

The program will run from June 6 through August 12, for 10 weeks. Practice will be Monday through Friday, twice a day, mornings 9:00 a.m.–11:00 a.m. and afternoons 4:00 p.m.–6:00 p.m. There will be an optional Saturday practice from 9:00 a.m.–11:00 a.m.

## Structure

Juniors and college athletes will go through technical and physical evaluation. Coaching assignment to specific boats will be based on:

1. Technical skills
2. Physiological capacity
3. Physical capabilities
4. Experience
5. Performance on the water
6. Erg result

## Race Schedule

July 1-3 Independence Day Regatta, Philadelphia, PA  
July 31-August 7 Canadian Henley, St. Catherines, Canada

## Optional Regattas

June 21-22 Festival Regatta, Lowell, MA  
July 10 Cromwell Cup, Boston, MA  
July 16 Philadelphia Youth Regatta, Philadelphia, PA

## For More Information

Contact Yuri Kolomiets, Head Coach at Norwalk River Rowing Association, (203) 866-0080 x11 or at [info@norwalkriverrowing.org](mailto:info@norwalkriverrowing.org).



**Contact Coach Yuri today to sign up and row!**

## Coach Yuri Kolomiets

has been involved in the sport of rowing for over 30 years.

His rowing experience includes 9 years as a competitor in 2+, 2-, 4- and 8+. He was a member of the National Team of the Ukraine and was selected to represent the USSR in the 1980 Olympics. Athletes coached by Yuri have achieved both all-Soviet Union and all Ukrainian championships and were members of the USSR National Team. He provides a personalized, knowledge-based program based on science and years of experience.

## Costs

This program costs \$120 per week with travel expenses to regattas additional. Please note that those athletes attending the Canadian Henley Regatta will need a current passport.

