



**USRowing Annual Convention and Advanced Coaches Conference**  
 presented by  
**Sarasota World Class Rowing Venue**



**Wednesday, November 30 -- Registration**


4:00 PM-7:00 PM	<i>Attendee Registration Located on 2nd Floor</i>
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**Thursday, December 1 -- Coaching Certification**

	Marriott A	Marriott B	Marriott C	Marriott D	Marriott E	Capital 1	Capital 2	Capital 3
6:30 AM-5:00 PM	<i>Registration Located on 2nd Floor</i>							
7:00-8:00 AM	<i>Breakfast presented by Maxwell Medals and Awards</i>							
8:00 AM-9:20 AM				Level 2 Certification	Level 3 Certification			
9:40 AM-11:00 AM				Level 2 Certification	Level 3 Certification			
11:20 AM-12:30 PM				Level 2 Certification	Level 3 Certification			
12:30 PM-1:50 PM	<i>Lunch in Vendor Area</i>							
2:10 PM-3:30 PM				Level 2 Certification	Level 3 Certification	Level 1 Certification		
3:50 PM-5:00 PM				Level 2 Certification	Level 3 Certification	Level 1 Certification		



















**Friday, December 2 -- Coaching Certification**

	Marriott A	Marriott B	Marriott C	Marriott D	Marriott E	Capital 1	Capital 2	Capital 3	Meetings
6:30 AM-6:00 PM	<i>Registration Located on 2nd Floor</i>								
Workouts	Concept 2 Erg Workouts, Capital 3, Session 1: 6-6:30 AM, Session 2: 6:30-7:00 AM The Yoga Edge Yoga Workout, Marriott A, 6:30-7:00 AM								
7:00-8:00 AM	<i>Breakfast in Vendor Area</i>								
8:00 AM-9:00 AM			Rules of Rowing Clinic						
9:30 AM-10:40 AM				Level 2 Certification	Level 3 Certification	Level 1 Certification			
11:00 AM-12:10 PM				Level 2 Certification	Level 3 Certification	Level 1 Certification	ECAC/IRA 12:00 PM-4:00 PM		Referee Committee Conference Room 5 8 AM- 5 PM
12:10 PM-1:20 PM	 <b>Oklahoma City</b> Convention & Visitors Bureau <a href="http://www.visitokc.com">www.visitokc.com</a>								
	<i>Lunch and USRowing Annual Meeting Presented by the Oklahoma City Convention and Visitors Bureau</i>								
1:20 PM- 2:30 PM				Level 2 Certification	Level 3 Certification	Level 1 Certification			ACRA 1:30-2:30 PM Conference Room 4
2:50 PM-4:00 PM				Level 2 Certification	Level 3 Certification	Level 1 Certification	ECAC/IRA 12:00 PM-4:00 PM		Youth Committee 3:00-5:00 PM Conference Room 4
4:00 PM-5:00 PM				Level 2 Certification	Level 3 Certification	Level 1 Certification			
5:00 PM-6:00 PM	<i>Welcome Reception (Open Bar in Vendor Area)</i>								





**Saturday, December 3 -- Advanced Coaches Conference**

	Marriott A	Marriott B	Marriott C	Marriott D	Marriott E	Capital 1	Capital 2	Capital 3	Conference Room 5
6:30 AM-7:30 PM	<i>Registration, Located on 2nd Floor</i>								
Workouts	Concept 2 Erg Workouts, Capital 3, Session 1: 6:00-6:30 AM, Session 2: 6:30-7:00 AM The Yoga Edge Yoga Workout, Room TBA, 6:30-7:00 AM								
7:00 AM-8:00 AM	 <i>Breakfast</i> <i>Presented by Space Saver Rowing Systems</i> 								
7:45 AM-8:00 AM			Opening Address Kris Korzeniowski						
8:00-9:20 AM	Mike Teti "Simple Approach to having Fast Boats"	Tim McLaren "Coaching Small Boats the Australian Way"	Yan Vergerovskiy "Jr Technique at MRC"	Matt Weise "The Erg: A Major Factor in MSU Progress"	Rich Davis "Essentials for Successful Jr Programs"				
9:30-10:50 AM	Harry Parker	Steve Hargis "Preparing HS Athletes for the Next Level"	Matt Weise "The Erg: A Major Factor in MSU Progress"	Tom Terhaar "Training Plans and Ideas for Collegiate Programs"	Lori Dauphiny "Princeton U. Rowing Technique"	 www.regattacentral.com Business of Rowing Session 1	 Diversity Workshop 1		Basic Referee Clinic 9:00 AM- 11:00 AM
11:00 AM-12:20 PM	Tom Bohrer "Rebuilding BU Program"	Steve Gladstone "Building a Collegiate Program"	<u>Junior Day</u> Steve Hargis Jr. Nat'l Team Development Coach	Kevin Sauer "Creating a Culture for Success"	Rich Davis "Essentials for Successful Jr Programs"	 www.regattacentral.com Business of Rowing Session 2	 Diversity Workshop 2		Adaptive Clinic 11:00 AM- 1:00 PM
12:30-1:30 PM	 <i>Lunch</i> <i>Sponsored by America Rows</i> 							CRCA General Meeting Room TBD	
1:30 PM- 2:50 PM	Harry Parker	Tim McLaren "Coaching Small Boats the Australian Way"	<u>Junior Day</u> Gail Silberstein Rower's Edge "College Recruitment"	Liz Trond "How Little you Really Need to Win Races"	Kevin Sauer "Creating a Culture for Success"	 www.regattacentral.com Business of Rowing Session 3	 Panel Discussion		Referee Clinician Clinic 1:00 PM- 3:00 PM
3:00-4:15 PM	Mike Teti "Simple Approach to having Fast Boats"	Eric Catalano & Chris Chase "How to Build a Successful Jr Program"	<u>Junior Day</u> Meet and Greet 2011 USRowing Man of the Year Andrew Campbell	Tom Terhaar "Training Plans and Ideas for Collegiate Programs"	Lori Dauphiny "Princeton U. Rowing Technique"	 www.regattacentral.com Business of Rowing Session 4	 Movie: "Making Waves"		
4:30-6:15 PM	 <i>Discussion Group - "Making Waves"</i> <i>Starbucks Lounge</i> 								
5:30-7:30 PM	 <i>USRowing Annual Awards Reception (Capital Ballroom)</i> <i>presented by EMC Venues</i> 								



**Sunday, December 4 -- Advanced Coaches Conference**

	Marriott A	Marriott B	Marriott C	Marriott D	Marriott E	Capital 1	Capital 2	Capital 3
6:30-11:00 AM	<i>Registration</i> <i>Located on 2nd Floor</i>							
Workouts	The Yoga Edge Yoga Workout, Capital 1, 6:30-7:00 AM							
6:30-7:30 AM	 <i>Breakfast</i> <i>Presented by The Rowing Repair Center</i> 							
7:30-8:30 AM			Panel Discussion: "Small Boats in College & HS Programs"					
8:40-9:40 AM	Mike Teti "Simple Approach to having Fast Boats"	Tom Bohrer "Rebuilding BU Program"	Eric Catalano & Chris Chase "How to Build a Successful Jr Program"	Steve Gladstone "Building a Collegiate Program"	Matt Weise "The Erg: A Major Factor in MSU Progress:"			
10:00-11:15 AM	Tom Terhaar "Training Plans and Ideas for Collegiate Programs"		Steve Hargis "Preparing HS Athletes for the Next Level"	Liz Trond "How Little you Really Need to Win Races"	Kevin Sauer "Creating a Culture for Success"			