

# 2009 USRowing Annual Convention

December 2-5, 2009  
Daily Schedule



## Wednesday, December 2<sup>nd</sup>

Registration	3:00pm-6:00pm	Conference Center Lobby	Sponsored by Concept2
Moonlight Kayak Trip on Tempe Town Lake	5:00pm-7:45pm	Main Hotel Lobby – Shuttle will take you to Town Lake	Limited to 15 people – Cost \$15. All equipment provided. Dress warmly!

## Thursday, December 3<sup>rd</sup>

Concept2 Workout	6:00am-8:00am	Coronado	Coached Workouts or Solo Row
Registration	6:30am-5:00pm	Conference Center Lobby	Sponsored by Concept2
Continental Breakfast	6:00am-8:00am	Fiesta Ballroom 1 & Outdoor Promenade	Sponsored by RegattaCentral
Boat Repair with The Rowing Repair Center's Tim Searles	7:00am-8:00am	Redrock	Sponsored by The Rowing Repair Center
USRowing Collegiate Championships	12:30pm-1:30pm	Encantada 1&2	Learn More about the Collegiate Championship
Vendor Reception	6:00pm-7:00pm	Conference Center Lobby	All Welcome! Hors d'oeuvres & drinks. Sponsored by Nielsen Kellerman
CRCA Board Meeting	6:00pm-7:00pm	Redrock	CRCA Board Members
Tempe Town Lake 10 Year Birthday Celebration and USRowing Convention Reception	6:45pm-9:30pm	Tempe Town Lake	Buses leave hotel every 30min. No Cost. Hors d'oeuvres, beer and wine. Dress warmly.

	Level 1	Level 2	Level 3	Advanced
	Encantada 1 & 2	Redrock	Fiesta Ballroom 2	Fiesta Ballroom 3
8:00am-9:15am		Sean O'Connor Teaching	Gavin White Training	Justin Moore Cross Training for Rowing
9:35am -10:50am		Mike Irwin Equipment	Kevin Sauer Skills/Tactics	Kris Korzeniowski Peaking for Major Events
11:10am-12:30pm		Gavin White Training	Sean O'Connor Teaching	John Fuchs Building Team Chemistry
12:30pm-1:30pm	<b>Lunch – Fiesta Ballroom 1 and Outdoor Promenade</b>			
1:30pm -2:45pm	Ed Maxwell	Kevin Sauer Skills/Tactics	Mike Hughes Growth & Development	Oklahoma City Pre-Elite Development
3:05pm- 4:25pm	Ed Maxwell	Mike Hughes Growth & Development	Bill Zack Risk Management	Michiel Bartman Entry & Drive Phase
4:45pm-6:00pm	Ed Maxwell	Bill Zack Risk Management	James Antony Psychology	Tom Terhaar Periodization and the Annual Plan



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## Friday, December 4<sup>th</sup>

Concept2 Workout	6:00am-8:00am	Coronado	Coached Workout or Solo Row	
Hike Through South Mountain Park	6:15am-8:15am	Main Hotel Lobby	Cost is \$5. Limited to the first 15 participants.	
Registration	6:30am-5:00pm	Conference Center Lobby	Sponsored by Concept2	
Continental Breakfast	6:00am-8:00am	Fiesta Ballroom 1 & Outdoor Promenade	Sponsored by RegattaCentral	
Boat Repair with The Rowing Repair Center's Tim Searles	7:00am-8:00am	Redrock	Sponsored by The Rowing Repair Center	
USRowing Referee Committee	8:00am-5:00pm	Boardroom	USRowing Referee Committee	
CRCA General meeting	10:15am-11:15am	Coronado	CRCA Members	
ACRA	10:30am-12:00pm	Encantada 1	ACRA Members	
USRowing YAC Meeting	10:30am-12:00pm	Mesquite	YAC Members	
USRowing Annual Awards Reception	6:00pm-8:00pm	Encantada Ballroom	Sponsored by Boathouse Sports, Empacher and RegattaCentral	
Night on the Town! – Pub Crawl	8:00pm-10:00pm	Main Hotel Lobby – Bus provided	No Cost for Transportation – Resp. for own food & drink	
	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Advanced</b>
	Galleria Ballroom			
8:10am-8:30am	Glenn Merry, CEO USRowing			
8:30am-10:00am	Dr. Richard Lapchick			
	Galleria Ballroom			Fiesta Ballroom 3
10:15am-11:15am	Rules of Rowing	Rules of Rowing	Rules of Rowing	Tim McLaren Program Development Leadership (College Coaches)
				Fiesta Ballroom 2
				Tony Brooks Incremental Steps to Success (HS Coaches)



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Friday (Continued)	Level 1	Level 2	Level 3	Advanced
	Redrock	Tempe	Fiesta Ballroom 2	Fiesta Ballroom 3
11:30am -12:45pm	Ed Maxwell	James Antony Psychology	Mike Davenport Equipment	Bob Kaehler Structural Imbalances & Strength Training
12:45pm - 1:45pm	<b>Lunch – Fiesta Ballroom 1 and Outdoor Promenade</b>			
1:45pm -3:00pm	Ed Maxwell	Adrian Spracklen Injury Prevention	Mike Davenport Professional Dev.	James Antony Leadership Development for Coaches
3:20pm- 4:35pm	Ed Maxwell	Tracy Davenport Professional Dev.	Dr. Kate Ackerman Injury Prevention	Jim Dietz/Mark Wilson Sculling in a Sweep World
4:45pm-6:00pm	Testing (4:45pm- 5:15pm)	Testing (4:45pm- 5:15pm)	Testing (4:45pm- 5:45pm)	Izzie Brown Nutrition for Winning

## Saturday, December 5<sup>th</sup>

Concept2 Workout	6:00am- 8:00am	Coronado	Coached Workout or Solo Row
Registration	6:30am- 3:00pm	Conference Center Lobby	Sponsored by Concept2
Continental breakfast	6:00am- 8:00am	Fiesta Ballroom 1 & Outdoor Promenade	Sponsored by Powerhouse Timing
USRowing Regional Referee Meeting	8:00am- 12:00pm	Coronado	USRowing Referees – Regional Representatives
USRowing Board Meeting	8:00am- 5:00pm	Boardroom	USRowing Board of Directors
USRowing Referee Clinic	9:00am- 12:00pm	Redrock	Open to Attendees Registered for Clinic
USRowing Annual Meeting	5:15pm- 6:00pm	Encantada Ballroom	Open to all USRowing Members

### Open to All Attendees

	Sunrise Patio	Tempe	Fiesta Ballroom 2	Fiesta Ballroom 3
8:00am-9:00am		Richard Butler Diversity Task Force	Justin Moore Cross Training for Rowing	Tim Searles Advanced Boat Repair
9:10am-10:25am		Izzie Brown Nutrition for Winning	Bo Hanson Winning Strategies for Coaching	
10:45am-12:00pm	Concept2 Oar Repair	Matthew Goetz Dev. Urban Programs	Dr. Kate Ackerman The Female Athlete Triad	Michiel Bartman Entry & Drive Phase
12:00pm-12:50pm	<b>Lunch – Fiesta Ballroom 1 and Outdoor Promenade</b>			
12:50pm -2:05pm	Concept2 Oar Repair	Steve Lopez IT Solutions for Regattas & Clubs	Fuchs/Brown/Ackerman Proper Nutrition & Your Team	Tim McLaren Program Development Leadership



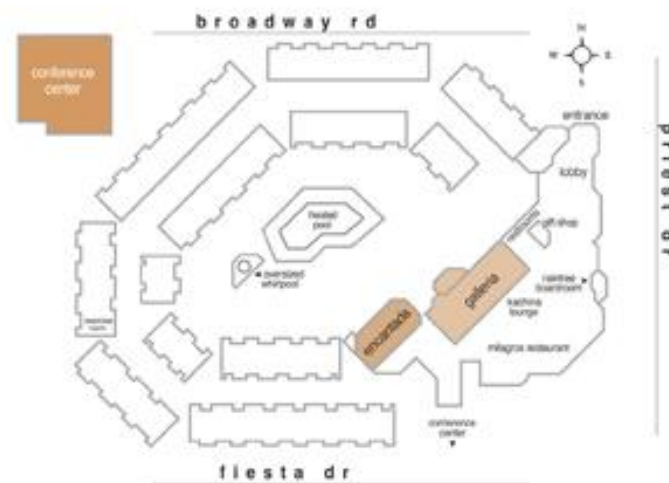
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Saturday (Continued)	Sunrise Patio	Tempe	Fiesta Ballroom 2	Fiesta Ballroom 3
2:25pm-3:40pm		USRowing Registered Regatta Workshop	Laura Simon Coaching the Coxswain	Kris Korzeniowski Peaking for Major Events
4:00pm-5:00pm		Alex Berlin Easy Money –How to Maximize Money & Support	Jim Dietz/Mark Wilson Sculling in a Sweep World	Tony Brooks Incremental Steps to Success

## Fiesta Resort Conference Center Map



### CONFERENCE CENTER

- Site of Convention Registration
  - Vendor Displays
  - Site for Breakfast and Lunch
  - Fiesta Ball Rooms 1,2 & 3
  - Boardroom, Coronado, Redrock, Sunrise Patio and Tempe
- Site of USRowing Annual Awards Reception (**Friday PM**) and Annual Meeting (**Saturday PM**)
  - Site of Dr. Lapchick's Address **Friday AM**

