

Potomac Boat Club U23 Sculling Development Camp

Potomac Boat Club (PBC) invites applicants to our 2019 U23 Sculling Development Camp. PBC has a long-standing history of developing Olympians and internationally competitive athletes. Training times will allow for athletes to accept summer jobs in order to support life balance and career development.



Athletes will spend the summer developing in the following areas:

- Technical focus on boat moving, emphasis on building fundamentals
- Video reviews
- Weight room
- Core strength
- Race strategies
- Nutrition strategies
- Goal setting and mental skill sets
- Training as a full time athlete

Dates: June 10th – August 12th

Available spots:

- 8 Open weight women
- 8 Open weight men

Focus: The primary focus of this camp is sculling development in 2xs and 4xs. The U23 athletes will have opportunities to train alongside the High Performance Program athletes.

Regattas:

- Independence Day Regatta
- Canadian Henley
- Additional Options: U23 Trials and Club Nationals dependent on performance and interest.

Application Link: <http://goo.gl/2Jid4m>

Additional information may be found at <https://www.potomacboatclub.org> in the upcoming weeks.