



Molesey Boat Club Pre-season Junior Skills Camp: 16 – 20 August, 2010

From the 16th to the 20th of August Molesey will be running a pre-season junior skills camp. It's open to all juniors from J15 to J18. The camp will be run from 13.30 to 17.30. During the five days the juniors will take part in three sessions a day. The first session will be a tough endurance session, aiming to improve fitness and mental toughness. The second session will be a technical water session, focusing on activating the right muscles to produce an efficient and effective rowing stroke. The final session will be a conditioning circuit such as a core or fitness circuit. The emphasis on the final session will be to strengthen core muscles and improve stability. This combination of endurance, technical ability and core strength is the key to producing fast boat speed.

Throughout the week the juniors will also be assessed on flexibility, core strength and given individual exercises to improve muscle imbalances and reduce the chance of injury. They will also be given nutritional advice and guidance on how to prepare and recover for a training session.

	Monday	Tuesday	Wednesday	Thursday	Friday	Duration
13.30 - 13.40	Organizing Crews and Warm Up					10 mins
13.40 - 14.50	Circuit	Work Session	Work Session	Work Session	Work Session	70 mins
14.50 - 15.20	Break and Stretch					30 mins
15.20 - 16.30	Technical Water Session	Technical Water Session	Techniquial Water Session	Techniquial Water Session	Techniquial Water Session	70 mins
16.30 - 16.40	Break and Stretch					10 mins
16.40 - 17.20	Work Session	Trunk Circuit	Body Circuit	Field Activity	Circuit	40 mins
17.20 - 17.30	Pack Up and Debrief					10 mins

Camp Fee: £160 per person

This fee may be paid by cheque made out to Molesey Boat Club or by bank transfer. Please send an email to junior.coordinator@moleseyboatclub.org to obtain a registration form and instructions on where to send payment to reserve a place on the camp. Note that spaces will be very limited.