



Sculling Clinic at the Bair Island Aquatic Center

Sessions are designed to improve sculling technique for all levels of rowing - from those looking to be more comfortable in the boat to those wanting to gain more skill and speed. Each day starts at 8:00 am and finishes at 4:30 pm and consists of three on water sessions with video review and discussion of relevant topics. Topics include the importance of grip, balance, blade work, and the stroke sequence.

A one-day session includes on water instruction and video analysis of each individual's stroke while two-day sessions include both individualized coaching and a more comprehensive look at sculling.

When: Thursday and Friday August 13th and 14th (Two day)
Saturday and Sunday August 15th and 16th (Two day)
Monday August 17th (1 day)

Cost: 1 day: \$125
2 day: \$225

Where: Bair Island Aquatic Center
1450 Maple Street
Redwood City, CA 94063

Contact: Kristin.goodrich@gmail.com
(415) 505-1767

About the Coach: Kristin Goodrich



Kristin began rowing in 1994 at Cornell University. She rowed for the U.S. National Rowing Team in the single and in the double from 2001 to 2003. She has won 3 National championships and won the Head of the Charles in the Women's Championship single in 2003.

Kristin has been coaching sculling to high school boys for the past 4 years at NorCal Jr Crew. Under her direction NorCal has won regional championship titles in the 1x, 2x, and 4x. Most recently her Jr M2x finished 2nd and her Jr ML2x finished 8th at the US Youth National Championships. Her experience also includes coaching masters sculling at the Bair Island Aquatic Center and coaching at Craftsbury.