



## Sculling Clinic at 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 looking to gain more skill and speed. Each day starts at 8:00am and finishes at 4:30pm and consists of three water sessions with video review and discussion of relevant topics. Topics include the importance of grip, balance, blade work, and the stroke sequence. The group is limited to 6 people.

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: Wednesday, August 25<sup>th</sup> (1 day), 2010  
Thursday and Friday August 26<sup>th</sup> and 27<sup>th</sup> (2 day)  
Saturday and Sunday August 28<sup>th</sup> and 29<sup>th</sup> (2 day)

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

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

Contact: Email: [Kristin.goodrich@gmail.com](mailto:Kristin.goodrich@gmail.com) Phone: (415) 505-1767

About the Coach: Kristin Goodrich

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



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