

Lutherwood Performance Camp

Date: May 4-6, 2018

Departure Time: The team will travel to Lutherwood via bus, departing Langus Park at 3:00 PM on Friday, May 4.

Who: All Everett Athletes, Varsity and Novice *

Where: Camp Lutherwood, Bellingham, WA

Cost: The cost of this performance camp is included in the seasonal fees.

Venue: Lake Samish

Goals: The goals for this camp are to:

- Bring the team together prior to Regional Championships.
- Perform race pieces on still water to gauge improvement.
- Prepare mentally and physically to race at Regionals.
- Engage in Intra-squad competition and fun activities.

General Schedule:

- Friday afternoon: Rig boats, steady state row
- Saturday morning: AT work
- Saturday, late morning: Technical practice
- Saturday afternoon: Team "Ham'n'egger" short races.
- Sunday morning: 2,000 meter timed races (2)

Lodging: Athletes will stay in the single-sex cabins at the camp. Each athlete will have a bunk, and should bring sheets (or sleeping bag), towel, toiletries and plenty of training gear. Athletes should avoid bringing expensive electronics to the camp.

Food: Athletes will eat in the camp's Dining Room.

Chaperones: The coaches will chaperone the weekend. Athletes will not be permitted to leave the camp.

Code of Conduct: Athletes will be expected to abide by the Athlete Code of Conduct for the duration of the weekend.

Departure Time: The bus will depart Lutherwood mid-day on Sunday, returning to Langus Park.

*Any athletes racing at Opening Day will have a different schedule, which is TBD.