

# Greater Dayton Rowing Spring Adult Sculling Camp

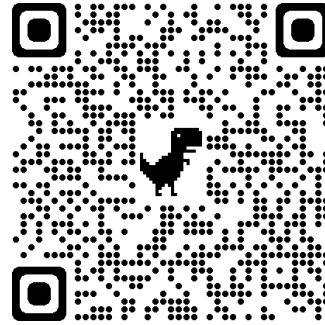
11 and 12 May 2024

Greater Dayton Rowing Boathouse  
Island Metropark  
102 E Helena St, Dayton, OH 45419

Saturday, 11 May 2024 8:30am to 5pm  
Sunday, 12 May 2024, 8:30am to 1:30pm.

Cost: GDRA members: Free  
Non-members: \$25

Register by 4 May 2024



Registration form:

<https://forms.gle/GGCvdcEpeW5Rdbfj6>

**Camp format:** We will row on the water, then meet on land to review video and discuss drills and corrections. Then we will row again. The goal is to row 3 times on Saturday and twice on Sunday.

This camp assumes the rowers will have a baseline fitness and ability to row. It's not a learn-to-row camp, and it won't be intense enough to improve your fitness. The camp will focus on technique and efficiency. The rows will be more technically and mentally challenging than physically challenging, but we will do some pieces at pressure.

Coach Ben's focus will be on improving racing and competition speed. Recreational rowers are welcome (but be prepared for Coach Ben to encourage you to race).

**Weather:** The camp is weather dependent. If weather looks bad, or the current is too fast, we will adjust or cancel the camp.

**Coach:** Ben Boehm began coaching in 1999, is a USRowing Level III coach, and has a USRowing Masters Coaching Certificate. Ben has been rowing and competing since 1995, has won 25 USRowing Masters National Championships, and medaled twice at the USRowing Club National Championships. He holds 17 American age-group records on the Concept2 rowing machine, including 4 world records. Ben has competed in multiple US national team selection events, including 2004 Olympic trials and 2003 and 2018 Pan-American Games trials.

Email Ben Boehm, [rowcoachben@gmail.com](mailto:rowcoachben@gmail.com) with questions or for more information.