



## Indoor Development Camp For

# Masters

**There is no limit to your potential -- let us help you realize yours**

Date: Saturday January 19<sup>th</sup> to Sunday January 20<sup>th</sup> Cost: \$175.00

Location: London Rowing Club - London, Ontario Canada

***First Come – First Serve – All Masters Welcome***

### About the Camp

From Saturday morning to Sunday afternoon, participants of the camp will enjoy a development-based experience including:

- Two ergometer sessions
- One indoor cross-training session
- Individual video analysis and athlete profile
- Two expert guest speakers
- Hudson Boat Works Factory Tour
- Lunch

The philosophy of the camp is to provide participants with direction, guidance, and ideas towards developing, improving and maintaining good training.

We hope that you will join **OARS Coaching** for this camp and allow us this opportunity to enhance your rowing experience.

Wishing you fast water,

~Dan and Chris

### About the Speakers



#### Dr. Volker Nolte

Former Canadian National Team  
Lightweight Men's Head Coach

Head Coach of UWO Men's Rowing  
Team

Author of [Rowing Faster](#)



#### Barney Williams

Former Canadian National Team member  
Olympic medalist (2004)

World Champion

2 time Boat Race winner (Oxford 2005,  
2006)



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### About OARS Coaching

**A** passion for rowing is something that you and the founders of *OARS Coaching* share. The coaches, Dan Bechard and Chris McCully, have accumulated years of coaching and rowing experience and want to share this wisdom with you. The purpose is to help you achieve your rowing goals, no matter what your skill level.

**D**an and Chris believe that by providing coaching support to any type of rower, you will realize your potential. *OARS Coaching* aims to help achieve your goals through well-organized, effective on-water and indoor training camps as well as providing individual feedback and personal goal-setting sessions. We will have considered our mission a success if we can provide you with life-long lessons to keep improving your skills long after you have attended one of our camps or sessions.

**C**heck out our website for more information on these services:

[www.oarscoaching.com](http://www.oarscoaching.com)



#### Dan Bechard

Dan has been coaching and rowing at all levels for 10 years. Starting in the Learn to Row program at the London Rowing Club, Dan joined the University of Western Ontario rowing team, competing 5 years as a varsity lightweight. Dan has coached since 2001 in Learn to Row, Recreation, Masters and is currently heading the lightweight men's program at Western. Dan holds a Master's degree specializing in rowing biomechanics and is currently pursuing a PhD at UWO.



#### Chris McCully

Chris has been coaching rowing at a competitive level for nearly 10 years. Currently he is the Assistant Coach for the UWO Men's Varsity Heavyweight crew and helped lead Western to OUA and CUR championships in 2006 and 2007. He was Head Coach of Team New Brunswick's rowing crew for the 2005 Canada Summer Games. Chris is also a boat builder at Hudson Boat Works.