



Craftsbury

SCULLING CENTER

Camper Information

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Craftsbury

OUTDOOR CENTER

Welcome

Thanks for choosing Craftsbury! We've been sculling on Great Hosmer Pond since 1976, and have been a non-profit since 2008. The mission of the non-profit Craftsbury Outdoor Center reads:

- 1) to support and promote participation and excellence in lifelong sports with a special focus on rowing, running and nordic skiing;
- 2) to use and teach sustainable practices; and
- 3) to protect and manage the surrounding land, lake and trails.

The following pages offer information designed to help you get the most out of your Craftsbury Sculling Camp experience. More information is available online at www.craftsbury.com.

Please don't hesitate to ask questions of anyone at any time, and we always welcome your feedback and suggestions.

See you on the water,

-the Coaches and Staff of the Craftsbury Sculling Center

BEFORE YOUR FIRST ROW

General Advice for Camp

- Be on time, particularly for small-group sessions. Coached outings go much more smoothly when everyone hears the instructions, coaches don't have to repeat themselves, and scullers don't get separated from their groups (we call this the "lost sheep" phenomenon – it looks innocent enough, but finding and re-grouping wastes time that could be better spent on instruction).
- For instructional sessions, we ask that you leave your rowing electronics on shore. Paying attention to the split on your Speedcoach, your heart rate, etc. tends to distract from the learning process. Save these things for the afternoon free rows and/or the Head of the Hosmer, or better yet wait until you are back home. People went fast in sculling boats long before there were rowing electronics to lean on.
- Remember not to take yourself too seriously. Flipping and getting wet is part of sculling, and your loved ones will not think less of you if your sculling does not progress on the ambitious schedule you've set for yourself. As Associate Director Carol Bower is fond of saying, "Sculling is fun, all the time."

What to Wear

- Wear comfortable clothes that are not baggy or long. Avoid sweatshirts with front pockets that may catch your oar handles, and baggy shorts that may get caught in the seat wheels.
- If it is cold or raining, dress warmly. Extra layers can be removed while on the water and stored in the boat.
- If it is hot and sunny, wear a hat or visor, sunglasses, and sunscreen while on the water. **Note: Please do not wear a pink hat; pink is reserved for easy identification of coaches.**

What to Bring

- Hydration is important. Bring a plastic or padded water bottle (metal bottles scratch the cockpit). Your bottle can rest in the bottom of your boat when not in use.

Around the Boathouse and Boat Handling

Please observe the following when taking care of your equipment during camp.

- Take care of the equipment as though it was your own.
- Remember to carry your oars to the dock before fetching your boat.
- Carry your oars with blades in front of you.
- Avoid getting the grips or sleeves sandy or dirty. If they get dirty, rinse them off before using them.
- Carry your boat with a partner.
- Report breakage or boat damage to the boathouse. Stuff happens, but we need to know about it to ensure the boat is safe to use and fixed as soon as possible.
- When taking the boat in and out of the water, take care that the fin on the bottom of the boat does not hit the dock. **DO NOT** set a boat on the dock.
- When putting sculls into oarlocks, confirm that the oar number matches the set you were assigned. Before launching, please double-check that you are not taking anyone else's blades and that they are a matched set.
- Avoid tracking sand into the boat as it damages tracks and wheels. **Please remove your shoes before stepping into the shells and leave them on the dock. Please wear socks in boats equipped with shoes.**
- Boats go back into the boathouse stern first.
- Clean your boat thoroughly after each row. Wipe the entire hull after every row, paying special attention to the cockpit and decks.

Safety on the Lake

The lake is an hourglass shape, 2 miles/3000 meters long, with the "narrows" halfway down. Keep to the left side of the lake, as you sit in your boat looking backwards. Travel in a counterclockwise direction around the lake. (See following page for map of traffic pattern).

- When launching from the docks, stay outside of the orange buoys for the first 300 meters, away from the shore and summer cottages.

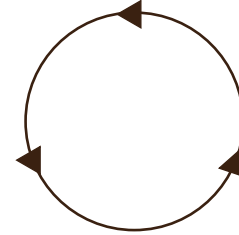
- **It is of utmost importance that you watch your steering and follow the traffic pattern to avoid collisions and injury.**
 - Do NOT stop or take race pace strokes in the narrows.
 - Follow the shoreline through the narrows to avoid getting on the wrong side and into the path of scullers coming from the opposite direction.
 - Remember to turn your head often, to both sides, to be sure your course is clear. The lake shore tends to “come out and get you” if you don’t pay attention.
 - If you see another boat coming toward you and in danger of colliding with you, call out to them loudly in case they don’t see you! Do not worry about seeming impolite!
 - If you see another boat about to hit the shore or another sculler, call out to them loudly! Do not worry about seeming impolite!
 - If you hear thunder or see lightning tell a coach at once. Attempt to get off the water as soon as possible. If you cannot get to the Center’s dock in time, seek shelter on land from a dock nearest you on the lake. Much of the lakeshore is soft so climbing up the shore is not always an option.
 - When returning to the docks, do not go past them; stay out of the small cove at the end of the lake as summer residents swim there. This is marked with red-orange buoys.
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Campers’ Checklist: 10 Things to know before you leave

1. **How to determine your optimal footstretcher setting quickly and easily in any sculling boat.** When you are getting in your single, ask the coach to help you determine the optimal position. This is the most basic and vital rigging adjustment for scullers and should be one of the first things you learn.
2. **The extent of your ability to self-rescue if you capsizes.** With this knowledge, you can better assess when and under what conditions you can safely row, and whether solo or accompanied. The “Flip Experience” on the first day of camp addresses this.
3. **Proper hand placement and the respective roles of the fingers and wrists.** This is a more nuanced topic than you might think. It’s not simply “left over right,” rather, the fingers should be nimble, holding the handles out from the palm.
4. **How to scull backwards, turn in place, and maneuver safely in tight quarters.** Spend some time on this every time you row.
5. **Why the traffic pattern is vital to everyone’s safety, and how to stay in it.**
6. **How to steer using a stern point, pressure, and when/how to turn and look over your shoulder.** Most scullers master these skills in theory long before they do in practice, and good scullers make it look easy. It is the project of months and years, but you should leave camp better at it than you were when you arrived.
7. **How to carry a shell properly** (and why a shell and a scull are not synonyms)
8. **What is meant by stroke rate, rhythm, and ratio and how these apply to your current sculling ability.**
9. **The Parts of the Stroke including how to perform each well** – in theory if not in practice - and how they relate to one another.
10. **What good sculling looks like** and which parts of your own sculling conform to it (the good), which aspects need improvement (the bad), and which aspects are superfluous and/or don’t look like sculling at all (the ugly).

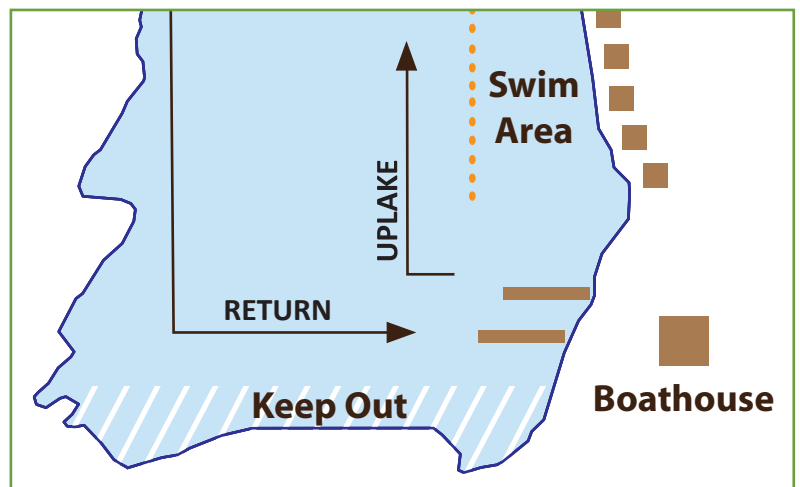
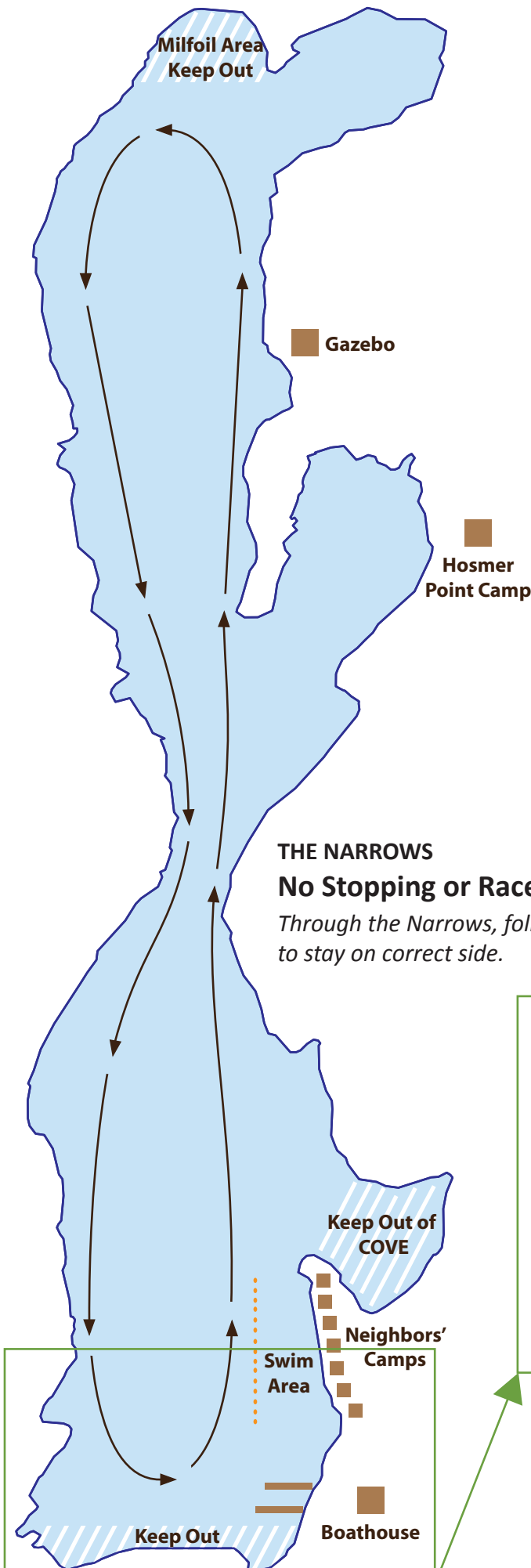
SCULLING TRAFFIC PATTERN

Big Hosmer Pond



To ensure safety of campers and equipment, TRAFFIC MUST MOVE COUNTER CLOCKWISE around the perimeter of the lake, or keeping the shore closer to starboard at all times.

→ Traffic pattern



HINTS FOR SMALL GROUP WORK

- Groups should launch together and stay in a tight group until under their coach's direction.
- The normal traffic pattern always applies. The best places for long stops and stationary work are as follows:
 - 1) Hosmer Point Cove
 - 2) Past Excalibur at the north end of the lake
 - 3) Around the finish line buoy.
- Groups being videotaped will usually circulate from the Point to the End or from the Dock to the Narrows. Other groups should avoid this area until taping has been completed (your coach will know).

Remember to Keep things Easy and Playful

One of the reasons that small children learn rapidly is that they approach novel situations with a non-judgmental spirit of exploration, rather than "I'm not sure I'm doing this right." Enjoy the process. Giggle when you fall. Be a good toddler.

Be On Time

Instructional time is maximized for everyone when activities start promptly as scheduled and coaches don't have to repeat information. "Please start without me" just doesn't work as well; if you'll be missing a session, let the coach leading that activity know.

Stay Close

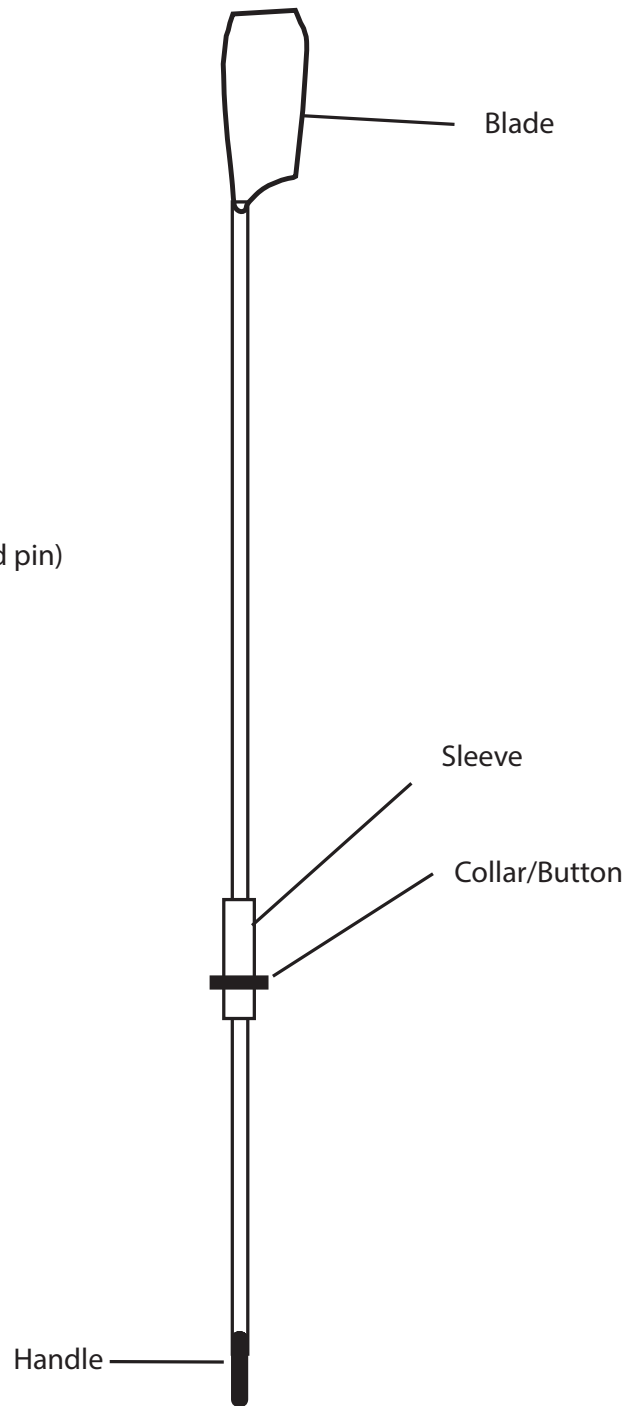
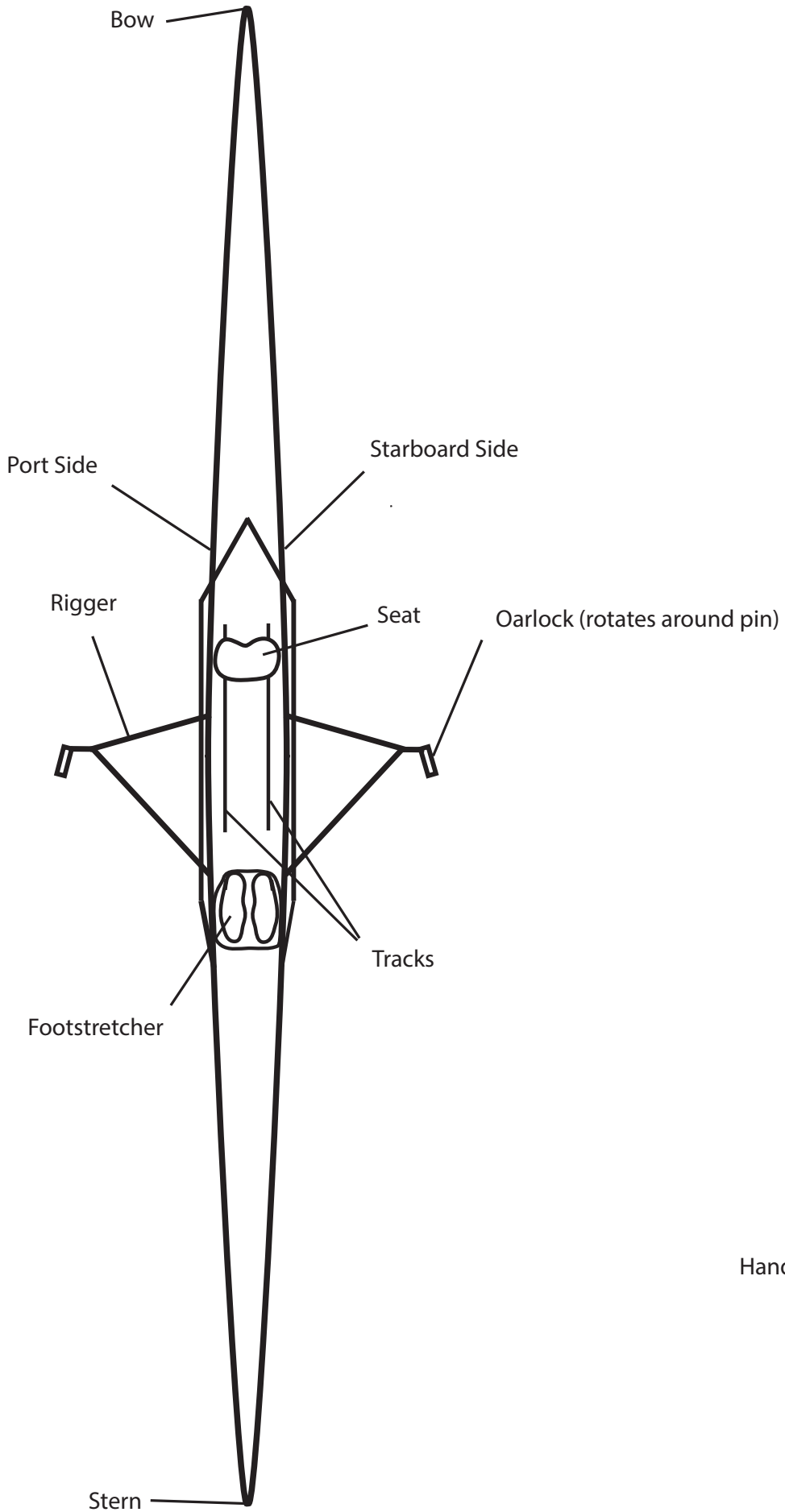
Small Group Sessions work out best when each group launches together from the same dock and the scullers in the group stay near one another and to the coach. It helps a great deal if you know who else is in your group and who your coach is. Do your best not to be the straggler or the lost sheep.

Engage

Open Rows (i.e. not in small groups) are most productive when both scullers and coaches are actively looking to engage with one another. Seek out the pink hats and don't hesitate to wave a coach over when you have a question, concern, or just haven't talked to one in a while.

Video Review Sessions

When watching your own sculling, do your best to set aside self-consciousness and just observe without judging. Each video review is an opportunity to see the difference between what you are trying to do and what you are doing, and to enhance your mind's eye's version of what good sculling looks like. Understand, too, that there is as much to be learned from watching others scull and hearing the reviewer's analysis as there is from your own video.



Diversity of coaching styles

At Craftsbury, you'll often be receiving coaching advice from several different coaches during each on water session. Our coaches bring a wealth of rowing experience and knowledge to the Center, and for this reason they may not all have identical views on some of the finer stylistic points of sculling. This is healthy, and indeed representative of the "real world" of rowing.

As you learn to row, or work to improve your rowing, it can be very helpful to have the same thing said in several different ways. One coach's metaphor that may not resonate with one camper may be the key to correcting a bad habit for another. Use your Craftsbury session as a time to absorb as much information as you can about sculling and take the coaching advice that works best for your current level of experience and fitness. **It is helpful for many campers to take notes after sessions.** Much of what you hear at Craftsbury will be forgotten as time passes. Written reminders can bring your Craftsbury experience back to life months or years later.

Above all, if you're confused, ask a coach. You are in a unique position of access to high level coaching during your stay at Craftsbury. If you don't understand something on the water, find your coach at dinner, at a video session or just around campus – they love discussing the finer points of rowing and will be happy to sit with you and work to remedy whatever issues you're running into.

Video

With respect to video analysis, should you wish a copy of your video we will provide you access to your video while at camp or via Dropbox after camp, up to 4 weeks after your program. Email video@craftsbury.com.

Getting back into the boat from the water

Note: you will have the chance to practice this skill in your first on-water session at camp. The following notes may be more helpful after you've tried this once!

With few exceptions, most single scullers fall out of their boats at some point during the course of their rowing careers. Collisions, breakage, catching a crab, or losing an oar can all be reasons. If you are just learning to row a single, tipping out of the shell can be a common event. Knowing how to get back into your boat is important.

First, if you tend to scull alone on a body of water whose shores don't allow easy boat re-entry - the skill of climbing back in can be an important safety skill. Second, knowing you can handle yourself in the event that you do flip builds confidence that will help you become more comfortable in your boat so you can relax and learn technique better. Third, if you row in cold water, being able to handle yourself and the boat quickly can prove critical in a dangerous situation.

Here are suggested steps to get back into your boat from the water:

1. Hold onto the boat once you are in the water. Never leave your boat and try to swim. The boat and oars will act as your floatation device. Come up near the rigger.
2. Stay relaxed; breathe.
3. Make sure that the boat is righted with the seat up. To right an upside down boat from the water, press down on the rigger nearest you to begin to roll the boat, then reach across and pull the other rigger down towards you so the boat will be upright.
4. The oar closest to you should be all the way into the oarlock and the blade flat on the water so it can support you. Hold this handle down in the boat with your hand nearest the foot stretchers.

5. Next, you need to get the other oar handle so you can hold both handles in the bottom of the boat. You may need to jump up or reach to get the other handle, but you must get both handles together in one hand before you can continue.
6. Push your seat towards the bow.
7. Hold both handles in your hand closest to the foot stretchers, and with your other hand reach across to the gunwale. You will need to keep pressing on the handles.
8. Kick and jump into the boat as if you are getting out of a swimming pool onto the deck of the pool. You need to be focused on getting the weight of your hips over the boat and into the seat deck. Avoid trying to pull yourself into the boat.
9. Once your hips are out of the water, you are stomach-down, kick again, turn and sit, letting your legs remain dangling over the side of the boat. Don't let go of your oar handles.
10. Raise your oar handles up to level the boat, making sure both blades are flat on the water to keep the boat stable.
11. Swing your legs into the boat and get your feet situated in the foot well. Raise yourself up slightly and scoot back onto the seat.
12. Put your feet back in the shoes.
13. Now you're ready to row - or practice flipping again.

Note for owners of boats with backstays:

Re-entering boats with backstays can be more complicated because of the additional hardware around the splashbox. For boats with back stays, some scullers carry a terry cloth wrist band on their oars and can use it to hold the handles together in the event that they need to straddle the boat and get back into the seat deck from the bow. Whichever method you choose, feel that you know what to do in case you go in the water. If you do not want to practice in your own boat, use a training single or a more stable boat to learn on.

I can't get back in my boat - now what?

The most fundamental thing to remember in the event of a capsize is that **the boat is your flotation device**. If you flip, don't panic; in all but the most extreme cases, the boat will remain afloat and able to support you. Stay relaxed and breathe deeply. Should you flip and not be able to re-enter the boat during a camp at Craftsbury, a coach and launch will be with you quite shortly.

Should the same incident occur on your home waters or while sculling solo, stay with the boat and dolphin kick or paddle the boat like a surfboard to the closest land, dock, shore or beach. Stand up, empty out your boat, make any necessary adjustments (e.g. getting the sculls run out to the collars), and then relaunch from there.