The Coaches

Tom Webb
Head Coach
University of Wisconsin, '07
Coaching Experience: Skidmore College, SUNY Geneseo, Pittsford Crew, Brighton Rowing Club

Lisa Saladino
Head Novice Coach & Recruiting Coordinator
University of Rochester, '07
Coaching Experience: Grand Valley State University, Brighton Rowing Club, Genesee Rowing Club

Audrey Strasenburgh
Assistant Coach
St. Lawrence University, '13

Erica Chetwin
Assistant Coach
St. John Fisher College, '14

2015
High School
Sweep Rowing Technique
Clinic
Hosted by:

St. John Fisher College Rowing
3690 East Avenue
Rochester, NY 14618-3977

Sunday, February, 1 2015
9:00 am - 1:00 pm

Pittsford Indoor Rowing Center
2800 Clover St., Pittsford NY 14534

Open to all 10th, 11th and 12th graders
The Clinic

St. John Fisher College rowing will host a rowing clinic designed for 10th, 11th, and 12th grade boys and girls that wish to enhance their technical rowing ability in order to become more efficient boat movers. We will talk about the importance of the recovery phase of the stroke as well as emphasize the technical components of the catch and drive phase. Technical teaching will be done through demonstrations, ergometers and the rowing tanks. The clinic will also include one video analysis of each rower.

What to Bring

- Water Bottle
- Sneakers
- Workout clothes
- Small snack
- Clinic payment
- A good attitude and an open mind!

The Facility

The Pittsford Indoor Rowing Center is a 5100 sq. ft. indoor rowing tank facility located on the historic Erie Canal in Pittsford, New York. It has a capacity of 32 rowers at a time rowing in four “mini-canals”, each with moving water. Water speed, stretcher position, and height are all adjustable. In addition, the PIRC also houses over 20 ergometers.