

2006 SPRING KAYAK RACING TRAINING CAMP

COACHES	Ben Lawry and Holm Schmidt
DATES	Camp will start at 9am on Friday March 17th and end approximately 4pm on Sunday March 19th, 2006.
AUDIENCE	Aimed at enthusiastic recreational racers and serious racers.
LOCATION	Palm Key Resort, Knowles Island, SC
COSTS	<p>\$500 – this includes all classes, accommodations, and registration fees for the River Quest Kayak and Canoe Race. This is a multi-day course and no discount will be given if you are unable to attend all 3 days.</p> <p>Rooms will be available from Thursday 4pm through Sunday morning. Prices are based on double occupancy.</p>
MEALS	Meals are not included in the course fees. You may collaborate on meals as a group, or choose to cook individually.
TRANSPORTATION	<p>Transportation is not included in the camp fees. The closest airports are Savannah/Hilton Head Airport (SAV) and Charleston (CHS).</p> <p>We will coordinate transportation to the River Quest Kayak and Canoe Race.</p>
EQUIPMENT	<p>Equipment costs are not included in the camp fees. We have a limited number of boats for rent for \$45 for the weekend. If you need a boat, please let us know.</p> <p>Remember to bring a PFD and appropriate paddling clothing.</p>
ACCOMMODATION	<p>Palm Key Resort 330 Coosaw Way Ridgeland, South Carolina 29936 http://www.palmkey.com/</p> <p>Participants will be housed in cottages at Palm Key Resort. There will be 2 participants per bedroom. Each bedroom has 2 queen beds. All cottages are equipped with full kitchens, modern appliances, and all the comforts of home except television and telephones.</p> <p>Roommates will be assigned unless you have a preference. If you do have a preference, please note it on your application form.</p>
CLASSES	<p>Forward stroke theory and practice with video analysis, weight training theory and testing, wake riding, race starts, fitness theory, time trial, and participation in the River Quest Kayak and Canoe Race.</p> <p>The River Quest Kayak and Canoe Race is a 3 or 8 mile race held Mar. 18, 2006 at 10am. More information on the race can be found at www.highergroundofthelowcountry. The race entry fee is included in the course fee and we will try to coordinate transportation to and from the race.</p>
WEATHER	Air temperature in March is normally between 60 and 70. Water temperature will be in the mid to high 50s.

REFUNDS/CANCELLATIONS We are committed to the lodging, coaches, and race folks so we are unable to offer full refunds. Therefore please contact us with any questions prior to committing. If you cancel prior to Feb 15, 2005, you will receive a 50% refund, minus a \$50.00 administration fee. You will not receive a refund if you cancel after Feb 15. In the unlikely event we cancel for any reason, we are happy to offer a full refund or reschedule the cancelled event.

You may want to consider travel insurance to cover the cost of your trip. If you get a policy with trip cancellation coverage and buy it before you send your check, it will cover you in case of sickness, etc. Travel insurance is pretty reasonable. Check out insuremytrip.com.

HOW DO I REGISTER

Please apply early as space is limited to 15 participants and is based on a first-come, first-served basis. Register by emailing your completed registration form to christarotolo@yahoo.com. Your spot will only be held once full payment is received. A confirmation will be emailed to you upon receipt of payment.

Please make checks out to Christa Rotolo and mail to:

Christa Rotolo
225 West Park Ave
New Haven, CT 06511

The Coaches

Holm Schmidt

With a distinguished record of racing and coaching experience, Holm began his training in 1979 when he earned 1 of 7 treasured positions in an East German sports school. As a member of the renowned East German kayak program, Holm's achievements included:

- 4x National Champion as a juvenile/junior
- Winner of the Dresden Sprint Challenge K1 and K2
- Eighth place overall at Junior Team Trials in 1982 - as a Juvenile in a Junior competition
- Medal winner at international competitions

He began coaching in 1992, and since has helped developed many world-class athletes at home and abroad including medal winners in the last world championships. As a coach, Holm enjoys helping all athletes -- no matter their paddling experience or level -- realize their highest potential.

Holm now lives in Charleston, SC where he works in the building industry. While no longer a full time coach or racer, he still is very involved in the racing community both as an athlete and coach. You'll frequently find Holm on the water with his wife, Melissa, an accomplished racer herself. Whether working one-on-one with elite racers or providing guidance for a group of masters paddlers, he enthusiastically shares his impressive racing background and training.

Ben Lawry

Ben played international hockey until the age of 19 when he dedicated himself to paddling. He has been paddling for over 25 years, and teaching for over half of that. He has taught paddling on four continents and competed on three. Presently he works as a factory rep for P&H kayaks and is co-owner of BEAKayaking with his wife, Elizabeth. He has competed in slalom, rodeo, marathon Kayak (K1 and K2), outrigger, surf ski, marathon canoe, and wild water. Ben was a member of the US Wild Water team for both 1997 and 1998. He competed in Europe both years including the World Championships in Garmish, Germany in 1998.

Ben has taken coaching from over 10 international coaches for forward stroke alone and has trained with national team members in slalom, rodeo, wild water, surf ski, and marathon kayak here in the US and throughout Europe. He loves to share that knowledge and teaches classes and clinics all over the US.

In 2001 he won the Open Sea Kayak Class of the Rum Runner, a three day stage race held in the Florida Keys. In 2002 he paddled C-2 with Rusty McLain, in the General Clinton, a 70 mile canoe marathon, and they won their class. That same summer Ben competed in the Blackburn, a 20-mile ocean race off the coast of Massachusetts, and won the surf ski class and was second overall to Greg Barton. In 2003 he followed it up with a 1st overall and 1st in the surf ski class. In 2003 and 2004 he competed in both the Spring and Summer Ski Series in Durban and in the DUSI. In 2003, with over 1100 boats entered, Ben finished in the top ten in his class. In 2005 Ben had the fastest K1 times at the Clinton sprint race, 12 miles, and the Run of the Charles whilst paddling a touring class boat. Whilst at the World Masters Games in Edmonton finished with 3 silvers, 3 bronzes and 4 fourth places finishes various K 1, 2 and 4 races, from Sprints to Marathon.