

# “The Big Picture”

## Developing Total Athletic Capacity

*Building a Comprehensive Annual Plan for College & Club Programs*

**Presented by Coach John M. Bancheri**

Critiques from Coach Mike Thompson, Coach Dave Kucik, et al.

Edited by Coach Costas Ciungan & Coach Evans Liolin

Atlantic City, February 2023

**RowCon2023**



# Introduction

- Coach David W. Kucik, Retired
- Director of Rowing Programs & Facilities at Purdue University. 1995 – 2021
- Head Coach of Men's Rowing at Cornell University 1988 - 1995
- Assistant Men's Heavyweight Rowing Coach at the University of Wisconsin 1979 - 1988



# Want to become great at something? Get a coach.

- [https://www.ted.com/talks/atul\\_gawande\\_want\\_to\\_get\\_great\\_at\\_something\\_get\\_a\\_coach?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/atul_gawande_want_to_get_great_at_something_get_a_coach?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

**“The Art of Coaching will evolve from your first coaching session to your last.”  
- Coach Dave Kucik**



# Program Planning

## *Keeping your eye on the Big Picture*

### The Coach as the Chef

“Don’t mess with his stew.” Geoffrey Sadek, GV ‘09



**“Just because you can read a cookbook does not make you Emeril Live!” - Coach Giovanni**

# Challenges of Varsity vs. Club Crews

“It’s what you do with what you have”



**“Stick to the fight when you are hardest hit.”**

- Coach Bob Garbutt, ACHS Crew 1973 to 1997

**“The Giant Killers”**  
**coined by Bart Gullong, Marietta ‘70**

# 2013 – 75<sup>th</sup> Annual Dad Vail Regatta

**GVSU wins Dad Vail Gold** (Eight walk-ons, and experienced cox)



<https://youtu.be/28ZI7TCNbmo>

# Pre-Season Preparation



# Prepare Facilities

- **Boathouse** (No Running Water)
  - Updated fleet and oars. Rig and prep launches.
  - Secure docks, etc.
  - Nine 8's, Seven 4's, Nine 2-'s, Eight 1x's
  - 10-minute walk from freshmen living centers
- **Rowing Training Center**
  - Renovated 2008-2009
  - 34 ergometers
  - Cipollone Entertainment System
  - Weight training equipment
- **Fieldhouse**
  - State of the art University facility
  - 6 Ergometers
  - Rowing Office in Rec. Sports



# Pre-Season Safety Check

“When in doubt, don’t.” – Coach Rudy Weiler

- **The Super Suit**



# Emergency Action Plan

- Communications/Phone Numbers
- Who is involved?
- Address of Accident
- Exact Directions to Scene
- Landing Location
  
- **Plan needed for:**
- Boathouse
- On the Water
- Campus Workout Area

# Grand Valley State University Rowing Club

## Inventory and Equipment Schedule

(Revised May 1, 2018)

							Value
<b>Rowing Shells</b>							
1	2016	Hudson 2016 S1. 31 Super Predator Single	Costas Ciungan'14	QVU131801616	\$12,000.00		
1	2014	Hudson 2011 S8.21 Hammerhead Super Predator Eight		John C. Schintzel	QVU82005a414	\$42,500.00	
1	2014	Hudson 2014 S8.31 Hammerhead Super Predator Eight		Don Lubbers	QVU83006a414	\$42,500.00	
	2014	Vespoli M2 EM Bow Coxed Four		Sarah Zelenka-McClDuff			\$24,000.00
<b>Motors, Motorboats, and Trailers</b>							
1	2017	Lowe 15 ft. 1648 - Aluminum	#2	LWC00644G617	4,500.00		
1	2017	Mercury 25 ELPT	#2	OR726766	5,000.00		
1	2016	MO 15-Shell Capacity Trailer	4 wheels	100BH4127GG004999	30,000.00		
<b>Oars, Rowing Machines, Miscellaneous</b>							
Oar Colors							
2	2016	CII PM2 Model E Ergometers		\$1200 per unit	2,400.00		
10	2016	Concept 2 Skinny Oars for Men	1 Blue	\$425.00	4,250.00		
<b>Speaker Systems, Cox Boxes and Megaphones</b>							
1	2015	Nielsen Kellerman Cox Box Rowing Amp/Timer			#2082130	\$700.00	
2	2013	Nielsen Kellerman Cox Box Rowing Amp/Timer				\$1,300	
<b>Rowing Training Center</b>							
1	2007	Panasonic 42" Flat Screen TV		MC 71100547	\$1,400.00		
1	2007	Sony Amplifier	HDMI STR-K7100	8807864	\$800.00		

# BUILDING A SUCCESSFUL COLLEGIATE CLUB ROWING PROGRAM

## *A How-to Manual by Coach Gregg Hartsuff, Michigan Men's Crew*

### THE ART OF RECRUITING

#### *GETTING THE RIGHT PEOPLE FOR THE JOB*

- BUILDING A GOOD TEAM STARTS WITH ONE CLASS; BUILDING A PROGRAM REQUIRES MORE THAN ONE
- FIRST STEP: BE READY TO COMPETE ON YOUR OWN CAMPUS
- YOU MUST SPEND MONEY TO MAKE MONEY: YOU MUST LOOK "VARSITY-LIKE".
- MESSAGE CONTENT
- AN OUTLINE OF OUR ANNUAL RECRUITING CAMPAIGN
  - Michigan High School ADs mailing - March or April
  - Campus Billboards – all summer
  - Postcards sent to homes - 2nd Week of August
  - Move-In Events – The Maize Craze
  - Rec Sports Day
  - Open Boathouses
  - Festifall
  - Boat on the Diag
  - Mass Meetings
- EFFECTIVENESS OF WORD OF MOUTH
- IT'S ABOUT THE "IMPULSES"
- Sources: <https://www.americancollegiaterowing.com/home-1#resources>



# Recruiting, Administration & Call-Out Meeting



## Recruiting Events

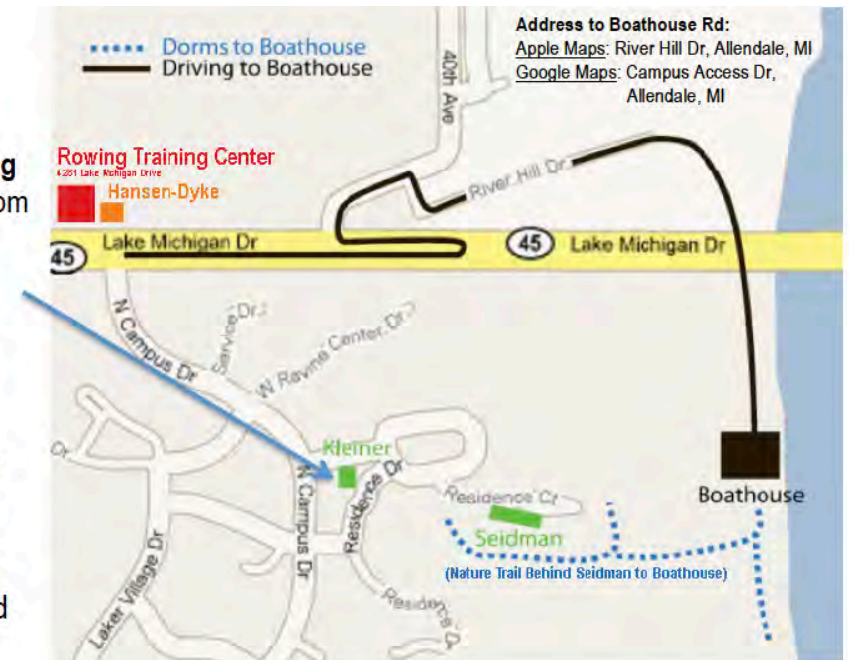
**AUGUST 29th: Novice Call Out Meeting**  
Holton-Hooker Living Learning Center 9pm

**AUG 30<sup>th</sup> & 31<sup>st</sup> : Captain's Crewz**  
Meet Outside Kleiner Commons 4-7pm  
and walk to the GVSU boathouse with  
crew members

**SEPTEMBER 5<sup>th</sup> : 1st Novice Practice**  
GVSU Boathouse

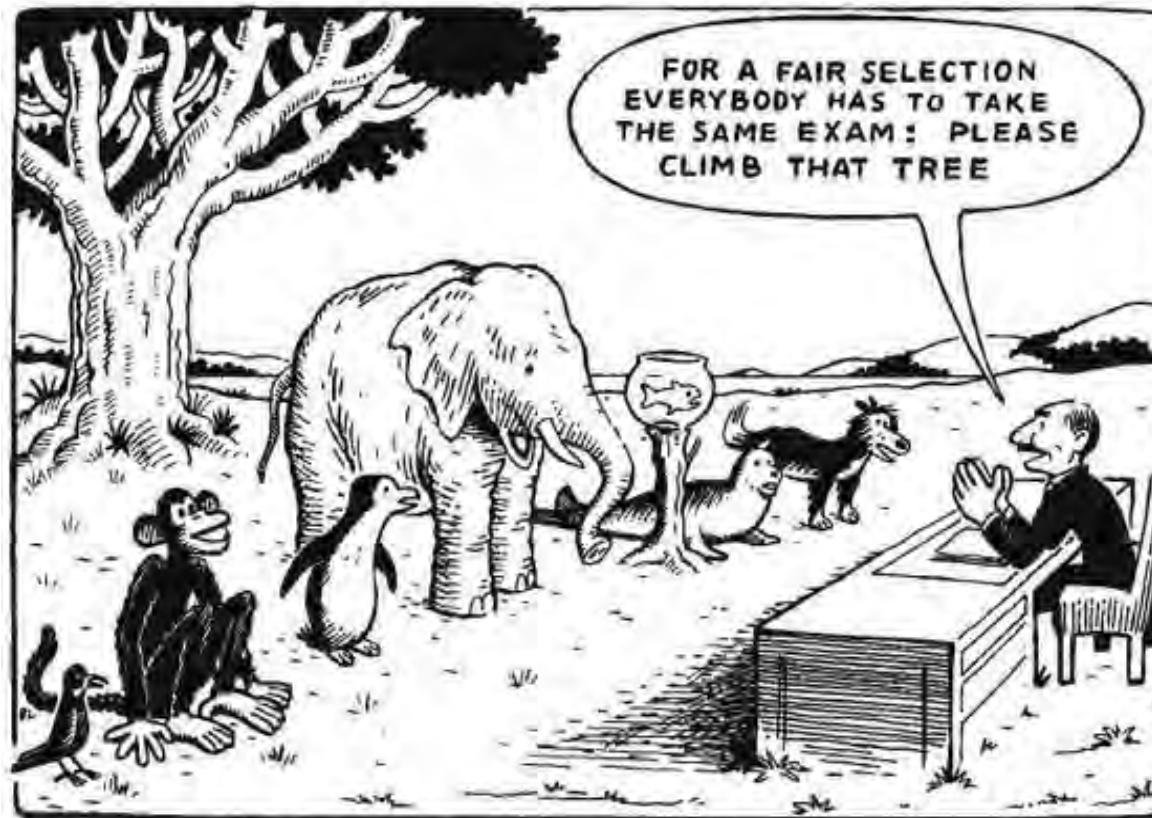
Visit [GRANDVALLEYROWING.COM](http://GRANDVALLEYROWING.COM) for  
more information on recruiting, dates and  
The Laker Navy

**EMAIL: [RECRUITING@GRANDVALLEYROWING.COM](mailto:RECRUITING@GRANDVALLEYROWING.COM)**  
**SIGN UP: [www.grandvalleyrowing.com/interests-survey](http://www.grandvalleyrowing.com/interests-survey)**



# *Recruiting, Setting Expectations & Base Testing*

**“Do you PULL from the top or PUSH from the bottom?” - Coach Chad Jedlic, GVSU 2000 -2004**



# GVSU Rowing Club

– an example of a Club/Varsity program.

**Goal:** attract experienced high school oarsman to compete as a varsity program & advance national standing

- Intercollegiate Club Sport – ACRA (75% walk-ons)
- Funded by University and Student Life / Rec. Sports
- About \$2000 per year to participate.
- No rowing scholarships. Dues are \$395/semester with co-pays for special trips (Charles \$100., San Diego \$200., Spring Training \$395.)
- **Rent-A-Rower** program to assist student costs. \$15/hour. All funds credited to athlete's account. "If you try, no one is left behind'.

**"Create traditions and have fun." Bob Stoll, GVSU Director of Student Life**



# Season Startup – The “Call-Out” Meeting

Introductions, video, “the pitch” and discussing costs w/ GVSU Team

- Costs---Dues are set at \$395 per semester. This offsets expenses. Team Travel Budget is \$125,000.
- Overall Budget of \$300,000 from all sources (Univ., Dues, Donations). Salary, truck and safety items covered by GVSU.
- Payable to: The GVSU Rowing Club - Can be paid by credit card as a donation to Crew Team Travel Fund. “Build a bank.”
  - You TRY and we will find a way to make it work within your means.



# Why do Students Play Sports?

## Discussing Team Expectations

- **FUN** competing at the highest level possible. Experiencing the process and culture, as well as travel. A memorable experience for ALL.
- **AFFILIATION** to be a part of something great. Your part in the program raises the bar for Grand Valley State University.
- **WORTHINESS** – active participation contributes to the greater good of the team regardless of an individual's ability.

**“It is of the greatest importance to get each oarsman to understand what rowing is, and to have the whole crew or club of one mind.” Steve Fairbairn**

# Fall Practice Schedule: Varsity Men & Women

Sunday	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday
OFF	Weights: 5:55am in FH •	OFF	OFF	OFF	5:30 - 7:15am “U-Pick- ems” or OFF	OFF
5:00- 7:30pm	3:30 – 5:30pm or 5:30 - 7:30pm As scheduled	3:30 – 5:30pm or 5:30 - 7:30pm As scheduled weights	3:30 – 5:30pm 5:30 – 7:30pm AT Ergo / BFE Tech.Row	5:30- 7:30pm BFE RACING Plus weights	Weights on own. Same as Monday Weights.	OFF

# The Bancheri Bowball Philosophy

## *Kaizen – Continuous Improvement*



**“Everyone is important to this team.” J. Robinson, Head Football Coach of resurgent Grambling U.  
“Bowball Plaque” Thanks to Coach Brian Easter, Alliance Rowing Club of Chicago**

# **GVSU Rowing Club - Team Dynamics**

***Desirable interpersonal relations and team dynamics (culture)***

**+**

***Ability among the athletes and technical know-how of the coach***

**=**

***EXCELLENCE in performance and satisfaction is attainable!***

- *ACEP – American Coaching Effectiveness Program*

# GVSU Team Goal Setting

**“The purpose of coaching is to improve athletic performance.”**

The Big Picture and Total Athletic Capacity

*\*Technical Skills / Athletic Fitness / Psychologic Factors\**

August: Initial Assessment

Short-Term & Long-Term Goals

Terminal Goal

*\*Commit to ENTIRE YEAR\**

# Season Startup

## *2018 GVSU Team Goal Setting*

Short Term Goals	Mid Term Goals	Terminal Goals
<ul style="list-style-type: none"> <li>-Recruiting and Retaining</li> <li>-Boathouse Preparation</li> <li>-Paperwork and meetings</li> <li>- Starting practice:</li> <li>- Team Safety Standards</li> <li>- Boatmanship - "Panache"</li> <li>- Four Points to Good Rowing</li> <li>- Posture</li> <li>- Timing</li> <li>- Control</li> <li>- Touch</li> </ul>	<ul style="list-style-type: none"> <li>-Here to Nashville</li> <li>-HOOCR</li> <li>-Frostbite</li> <li>-Winter Training</li> <li>-Spring Training</li> <li>-San Diego</li> <li>-Lubbers Cu p</li> </ul>	<ul style="list-style-type: none"> <li>Triple Crown</li> <li>- MACRA</li> <li>- DVRA</li> <li>- ACRA</li> <li>Men in 2018 -</li> <li>Greece/Henley</li> <li>Women in</li> <li>2019-</li> </ul>



# Season Startup

## GVSU Team Participation

- **ATTENDANCE:**
  - Team practice is mandatory.
  - Discuss exceptions with Captains prior to missing.
- **Varsity/Academic Conflict Policy:**
  - The Student-Athlete's first obligation is to his/her academic commitment.
  - In order to develop a successful crew everyone needs to be at practice daily and on time.
  - Please schedule academic obligations accordingly.
  - In the case of an academic conflict please give the coaches advance notice.
- **If you miss practice for an academic obligation**, you have three options with your coach's permission:
  - Complete the required workout.
  - 2 x 8K Ergo at "Hour of Power" pace (Cat V). Must be documented and submitted to captains.
  - *Statement on Priorities and Conflicts.*

# Annual Plan

## 2013 GVSU Periodization Plan

Armchair Coach John M. Bancheri



# THE CHART OF THE ANNUAL PLAN

# The Coach as a Cowboy on a Cattle Drive



**Terminal Goal – Chicago Stockyards**

**Intermediate Goal - Phase IV – Chicago – vs. fatigue and sickness**

- **Intermediate Goal - Phase III – St. Louis vs. the Mighty Mo. And Muddy Mississippi**
- **- short term goals**
- **Intermediate Goal - Phase II – Wichita vs. The Natives, Rustlers and finding water in the Flint Hills**  
**short term goals**
- **Initial Assessment - Phase I – Abilene, TX “Tornado Alley”**  
**vs. the bank, sellers, recruiting cowboys, insurance, planning of the drive. Etc. ad infinitum**

**“You can never plan enough, but you must adapt and be open to a changing plan.” J.B.**



# THE CHART OF THE ANNUAL PLAN

Michael Thompson / adapted by John M. Banchert

from: T. Bompa

PROGRAM	TRAINING OBJECTIVES					
from: T. Bompa	PERFORMANCE	WOMEN TEST STANDARDS/GOLD	PHYSICAL PREP	TECHNICAL PREP	TACTICAL PREP	PSYCHOLOGICAL PREP
		2km ERG - < 7:12 [1:48/500m]	develop core strength	improve velocity of leg drive	improve defensive racing in 3rd 500m	introduce 'Quiet Sitting'
		6km ERG - < 23: 24 [1:57/500m]	extend strength endurance	continue development of pivot/slide tran	extend start and transition to defensive	introduce 'Mindfulness'
		<b>MENS TEST STANDARDS/GOLD</b>	extend aerobic fitness	continue development of entry:	better utilize 1st 100m lead into 3rd 500m	improve relaxation strategy
		2km ERG - < 6:12 [1:33/500m]	extend aerobic fitness	improve velocity & precision of entry	improve tactical racing from 750m - 1250m	improve visualization strategy
		6km ERG - < 20: 24 [1:42/500m]				develop reframing strategies
						create optimum racing mindset pre-race sit

DATES	SEPT												OCT				NOV				DEC				JAN				FEB				MAR				APR				MAY				JUN				JUL				AUG			
	Week of:				Week of:				Week of:				Week of:				Week of:				Week of:				Week of:				Week of:				Week of:				Week of:				Week of:				Week of:											
	Week				Week				Week				Week				Week				Week				Week				Week				Week				Week				Week				Week											
	Phase				Phase				Phase				Phase				Phase				Phase				Phase				Phase				Phase				Phase				Phase															

CALENDAR OF COMPETITIONS	LOCATION	BEE Series Begins												Head of the Grand				Head of the Charles				Open Regatta				Frostbite Regatta				Thanksgiving Week				Phase II MEETING				Individual Meetings				FINAL EXAMS				Christmas Week				Spring Classes Resume				Individual Meetings				CRA S.H.G				Spring Training				Spring Training/Canal				San Diego Crew Classic				LUBBERS CUP				ACRA Duel				Final				MACRA				Grad				Dard Vail Regatta				ACRA			
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TRAINING FACTORS	General Preparation												Specific Preparation I												Specific Prep. II												Competitive Preparation																																			
	1												2												1												2												1												2											
	1												2												1												2												1												2											
	5												5												5												5												5												5											

LEGEND	PHYSICAL PREP												TECHNICAL PREP												TACTICAL PREP												PSYCHOLOGICAL PREP												TESTINGS LEGEND												MISCELLANEOUS LEGEND											
	CAT VI				CAT III				Send				Entry				Start				Trans Dr				Relaxation				Quiet Sitting				Medical				Time Trial				Proving Grounds																															
	CAT V				CAT II				Strikes				Feather High				Race Pace				Fin. Steps				Visualization				Mindfulness				RADAR				Travel				TEAM MEETING																															
	CAT IV				Core				Slowly Fwd				Stationary Dr.				Attacks				Defensive				Reframing				Post Race				Anaer. Thres				Spring Training Camp				Darth Vader Row				Docks Out																											

# Annual Plan

## Goal of the GVSU Periodization Plan.

- Represent GVSU at the highest level possible with focus on **“The Flagship.”**
- Build each athlete over time.
- Develop the fastest speed possible by the Dad Vail Regatta and peak at the ACRA.
  - “everyone remembers their last race.”
- Improve overall team performance over the spring season.
- Bad Day = Competitive
- Good Day = WIN
- From Day 1 - Build the greatest BASE possible.

**“Mileage Makes Champions”**

**\*Adapted from Coach Tom Tehaar’s presentation at the 2012 USRowing Convention\***

# Phase I – Establishing Training Categories

## The System of Training Intensity Categories

Intensity Category	Approx. Heartrate Range	Duration One piece (min.)	Ratio of Work: Recovery	Goals of the Training Intensity	Practical Examples	Lactate-Level (mmol/L)
<b>I</b>	Max. 180-200+	5-15	1:4-1:5	-maximize capacity -ability and feeling of start -start of speed -aggression	-1-4x200m (with start) -Interval training (piece) -pieces of 30-90 seconds at 2-3 min. -RR: 2-3 min RR	>10
<b>II</b>	Max. 180-200+	2-7	1:2-1:3	-max endurance -regeneration -improved feeling -max aerobic plan	-RACE OVER 1000-2000m -4x2 min. -1x1000m -1x1500m -RR: Race RR	8-14
<b>III</b>	Max. 160-200	6-10	2:1-1:2	-development of aerobic capacity -strength endurance -aerobic -technique	-4x7 min. -1x2000m constant speed -Strength endurance -water -RR: 2-4 min RR	5-8
<b>IV</b>	165-175	10-45	4:1	-development of aerobic capacity (aerobic threshold) -efficiency -strength endurance	-2x20 min. (with RR) -change -1x30 min (Circuit) -10% for free -RR: 3-5 min RR	4
<b>V</b>	150-160	30-90	-	-max endurance -regeneration -coordination of movements	-10-40 min (RT, RT) -RR: 10-15 min RR	3
<b>VI</b>	135-150	>45	-	-regeneration -coordination -coordination of movements -technique	-45-120min (T, FT, or low intensity) -RR: 14-20	<2

\*From: V. Nolte/H. Harrow/B. Marlow

\*\*Total % of Training Plan: 3% of Cat. I and II (includes racing); 7% at Cat. III and IV; 80% at Cat. V and VI



# Annual Plan – 5 Phases

- **Phase I- Transition Period – August to mid November**
  - Long distance rowing, running and introduction to weights with a strong emphasis on technique. Steady state rowing - maximum power rowing at low stroke rate. 14 - 22 spm.
- **Phase II- General Preparation – Mid November to March**
  - Max. strength development, general conditioning, further development of aerobic capacities and development of individual rowing technique.
- **Phase III- Specialization/Competition – March to May**
  - Middle Distance and Interval Training.
  - Endurance - VO2 Max, anaerobic threshold, transportation, mental preparation, and racing.
- **Phase IV- Peak and Taper - May**
  - Perfection of rowing technique - high speed (lactic tolerance) training, plenty of recovery time and psychological preparation for the championship races.
- **Phase V- Recovery and Relaxation** (Take a few weeks OFF) Summer – Row small boats if you can.



# PHASE I

# Phase I – Transition

- **Objectives: Build the Greatest Base Possible**

- Establish Goals and Tasks
  - **Goal oriented approach** - race to win; medals, shirts, boats, etc.
  - **Task oriented approach** - push puddles further, improve ergometer & strength.
- Establish a uniform stroke.
- Key Words and Phrases
- To row as many good strokes as possible (90 mins. Of H2O per day)
  - Low intensity rowing - rowing 8's by 6's, rowing pairs on alternate days.
- Make technical changes: re-introduce, re-establish, re-immense.
- Begin flexibility and weight training on land.
- Rebalance and physically prepare for Phase II
- Review safety procedures and yearly plan.

**“Sometimes you just have to trick them into it.” Coach Dave Kucik**

# Fall Highlights

- Rate Down, Power Up! – count ratio vs. stroke rate.
- “Chalk Talks” using the Ergo Arm or Boat.
- The Discovery Method (pairs and 1x) – Bart Gullong
- BFE/HOW Racing Series – small boats/Propulsion per Stroke
- Low weight, high repetition ‘coffee can’ weights.
- AT Weds Ergo– Build to 1 - 2 x 20’ @ R=24 + B.F.E.
- Beach Olympics
- Fall Mini-Camp
- Head Races (Grand, Charles, Hooch)
- Mondig Grande, Homecoming and Halloween Races
- Fundraising – R.A.R.- Stadium Clean-up, etc.
- Monthly Alumni E-Newsletters (Mon. at 11am.)



BFE Winners - Fall Pairs champions



Beach Olympics at Fall Training Camp





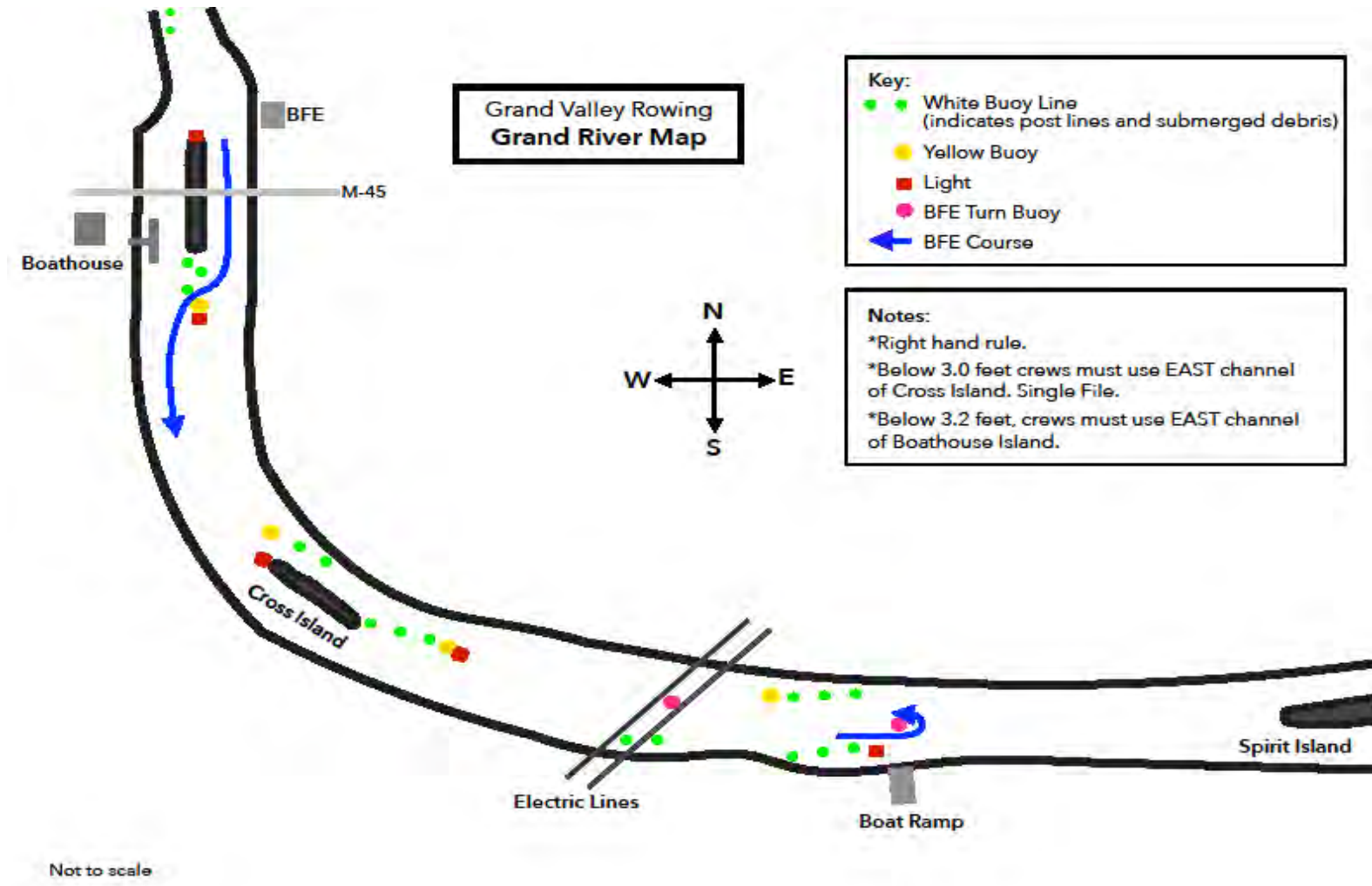
# Fall Highlights

## *The B.F.E. Racing Series – Pairs/Fours/6's*

**“The H.o.W. is bigger than winning the Head of the Charles.”  
-J.Palmer’02**



# Fall Navigation & BFE by Team Manager, Tyler Sellmer GV'12



## *All Sports are Dynamic... and all require...*

- **Posture** - “Poise is the foundation of timing.” Steve Fairbairn
- **Timing** - Timing can only be achieved by taking your time: hurrying is fatal. “All muscle groups overlap in sequential harmony.”
- **Control** - Keeping the body always braced firmly (stretcher and handle). “Suspension.”
- **Balance**- Keeping the boat level with even, controlled weight on the oar handle. “Blade balanced in the air on the sill of the oarlock.”
- **Touch** - Clean and accurate bladework. “Delicacy and cleverness in doing every act.”

- Coach Steve Fairbairn

# How to Make a Peanut Butter & Jelly Sandwich

- **Tell us how YOU make a sandwich!**
- Giving clear, concise instructions to others is an important skill for children to learn. In this game, students will practice using descriptive vocabulary, communicating ideas to others, recognizing steps in a process and recognizing the importance of the use of clear language.

**“A man can be taught a lot by being made to row in a wrong way, as an illustration of how not to do it. “ Steve Fairbairn**

- “New Way, Old Way” by Mike Thompson
- Reprinted from Boston Children’s Museum – Beyond the chalkboard

## Four Points to Good Rowing

- 1. Body Angles – “Posture Provides Power”**
- 2. Grip – Correct Use of the Hands**
- 3. Bladework – The Propeller**
- 4. Relaxation – Loosely Erect**

**“ The hallmark of a good crew is sharp clean bladework”.**

**“The hallmark of a good oarsman is a smooth and relaxed recovery.” Steve Fairbairn**



# USRA Coach Education Video by Coach Kris Korzeniowski and Narrated by Curtis Jordan

## Part I - Rowing Technique

- <https://drive.google.com/file/d/18CCPOV5Yih00ehNBjkhkWU3-QCfjyW6f/view?usp=drivesdk>
- **0:00 to 16:00**
- **Intro**
- **Body Position – Posture**
- **Bladework**
- **Grip**
- **Rhythm & Ratio**

# Four Points to Good Rowing - Body Angles

- **Every Crew that goes fast has certain basics:**
  - **GOOD POSTURE**
    - 1st thing a coach teaches in any sport is good POSTURE.
    - hands/foot stretchers/feet/seat/height.
    - LESS injury > better connection > **Free Power!**
- **“Posture Provides Power”**
  - “The taller you are the stronger you are”
  - Loosely Erect

# Technique – Body Angle Sequencing

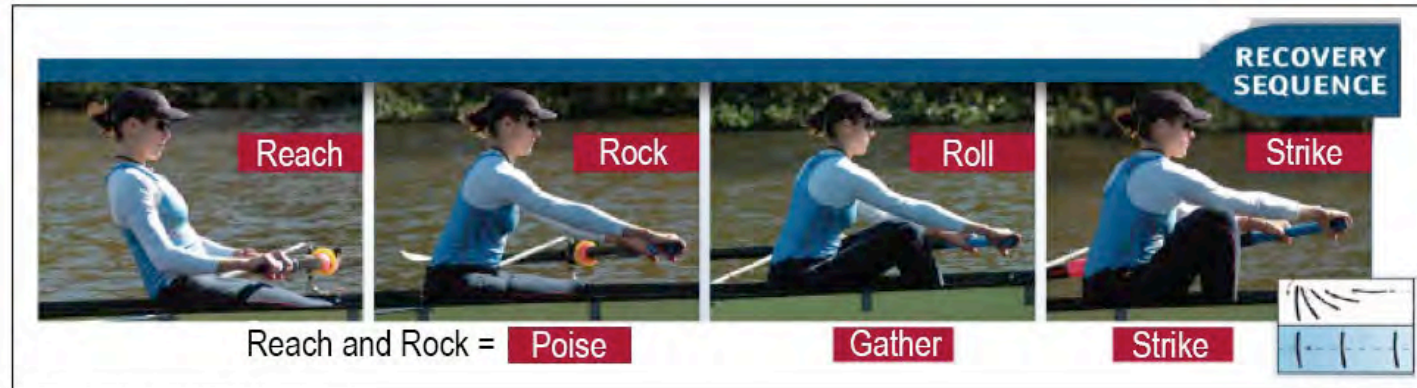
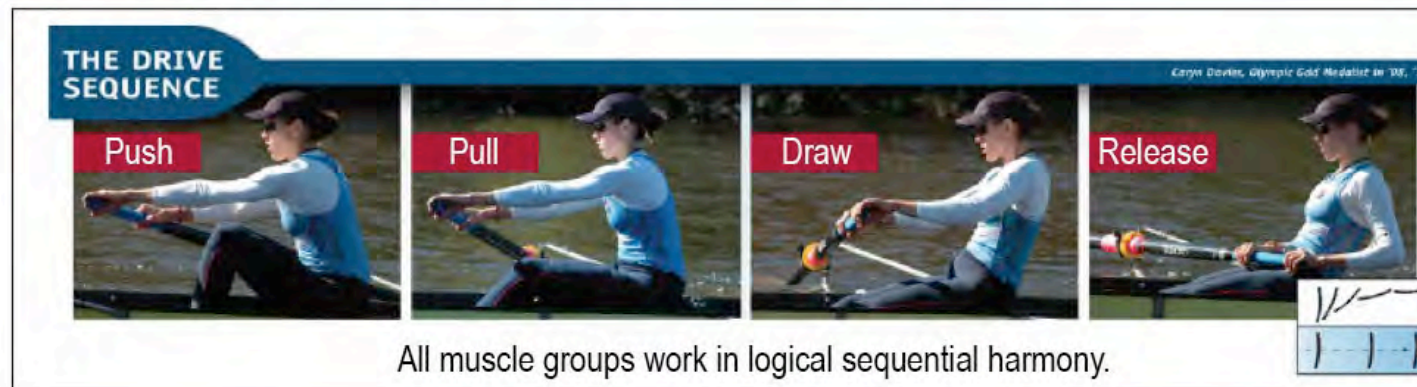


Figure 11. Recovery sequence

The recovery (see figure above) is when the blades are out of the water and the athlete is sliding forward towards the catch. It is defined by the sequence of the motion: **Poise, Gather, Strike.**



# Posture-Timing on the Recovery Sequence – “Reach, Rock, then Rolllllllllllll”



- -**REACH** n **ROCK** = **POISE** - pivot (Elbows over the knees) w/ "rollback", 15-degree forward body angle.
- **NOT** Rolling Rock. “Rock n Roll”
- -**ROLL** or **GATHERrrrrrrr** - w/upper body set, allow the slide to glide slowly forward. Ratio.
- **Note:** No use of SR. Just 4:1 and 3:1 etc. Cox uses audibles.
- -**STRIKE!** - the catch is part of the recovery. Reverse direction = seat/blade = “**Bell Note**”



# Four Points to Good Rowing – The Grip

- **CORRECT USE of the HANDS/ WRISTS**
  - From the 1st time they pick up the oar
  - Takes a long time to change the grip once it is learned.
  - The 1<sup>st</sup> 10,000 strokes.
- **“The Wheelbarrow Grip”**
- **“The Birdie Grip” photo credit– Thank you Coach Renee I. Adams, DWRC**

## Four Points to Good Rowing – Renees Birdie Grip





# Four Points to Good Rowing - Blade Work

Thanks Coach Spencer West GVSU '16/'19

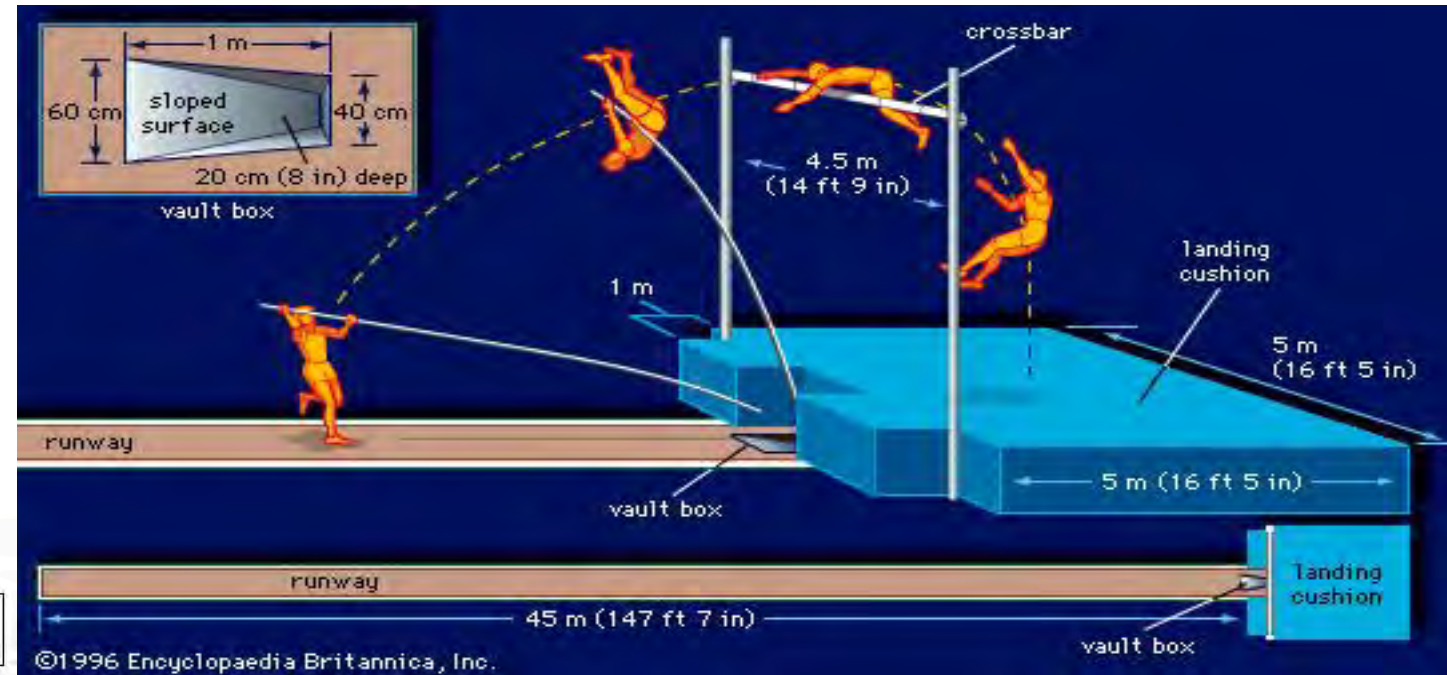
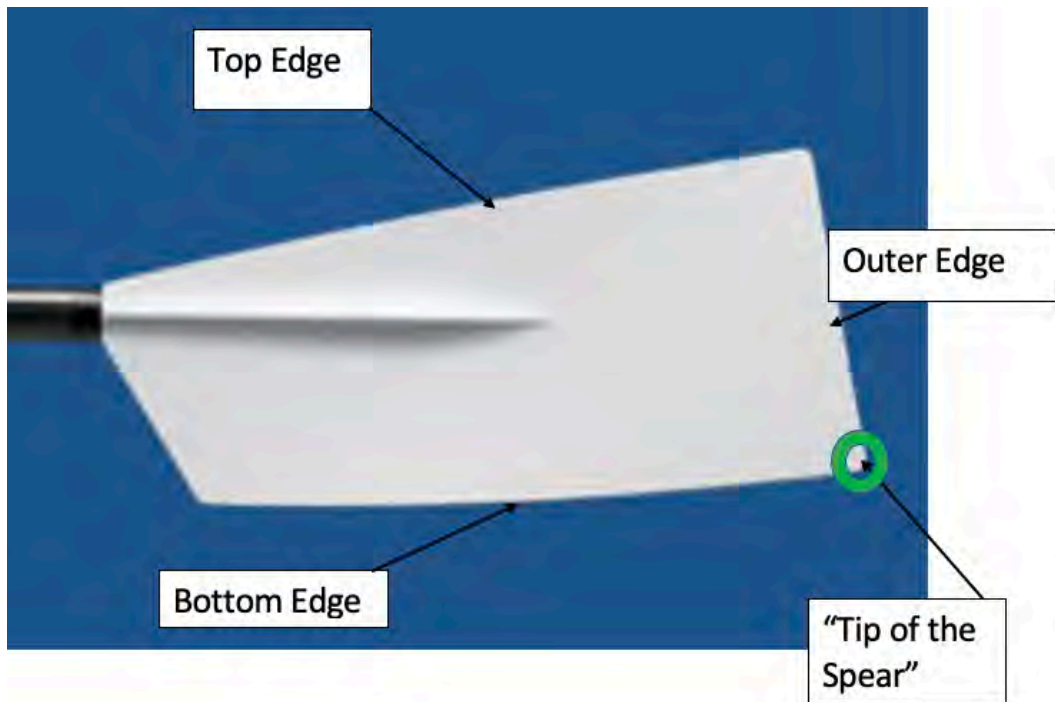


- **BLADEWORK**

- Most critical part of the stroke.
- The Blade is the propeller and propels the boat.
- Trace handle (“race-track oval”/”conveyor belt”/ “The Endless Chain”)
- The “Tip of the Spear.”

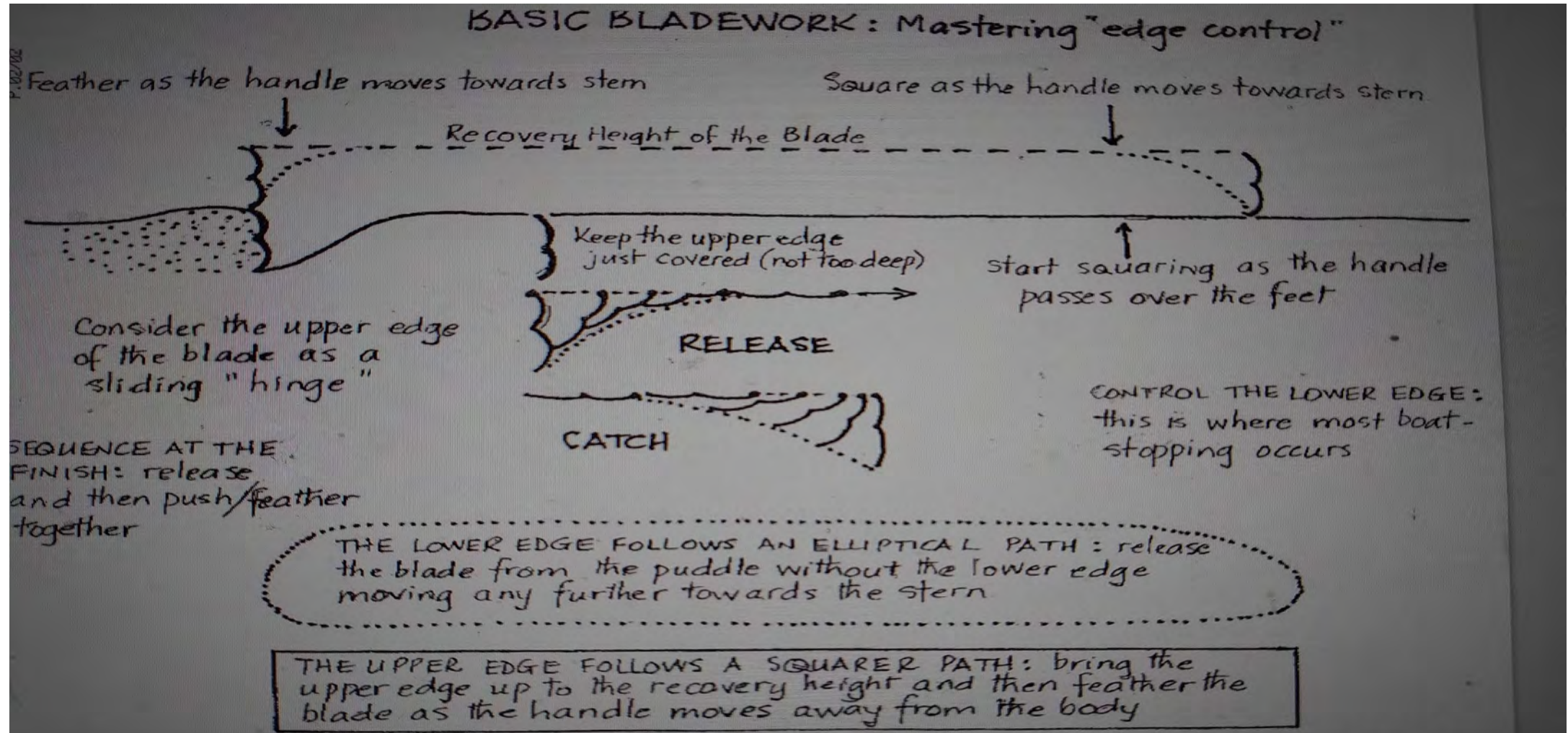
# Phase I – Four Points to Good Rowing - Blade Work

- Top Edge
- Bottom Edge
- Outer Edge
- “Tip of the Spear”
- “The Watermark”





# Blade Work - Mastering Edge Control



# “Rocky” Can Weights @ 3 and 2:1 ratio

<b>Weights:</b>	<b>Week 4</b>	<b>Family</b>	<b>Open</b>	<b>Grand</b>	<b>Charles</b>
Exercise	3 x Week 4	3 x Week 5	3 x Week 6	3 x Week 7	3 x Week 8
Jump squats	25 reps	30 reps	35 reps	35 reps	20 reps
Sit-Ups	25 reps	30 reps	35 reps	35 reps	20 reps
Cleans	15 reps	18 reps	20 reps	20 reps	15 reps
Bench Press	20 reps	25 reps	30 reps	30 reps	20 reps
Bench Pulls	20 reps	25 reps	30 reps	30 reps	20 reps
Squats	15 reps	18 reps	20 reps	20 reps	15 reps

\*Do in circuit format.





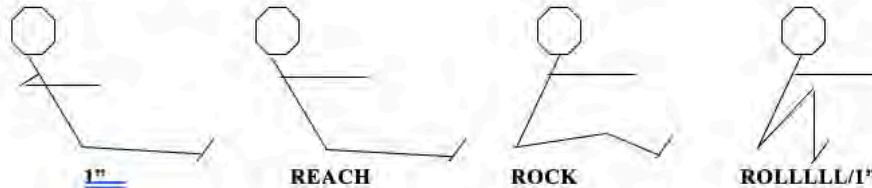
# Weekly Plan

GVSU Rowing  
Phase I, Week 6  
October 1 to October 8, 2017  
Music City Head Race

**FOCUS: The Release, "The Whip" and Strike to the Balance  
Balance and Bladework:**

**Balance = Keeping the blade balanced freely in the air on the sill of the oarlock.**

## The Recovery



**Drills:**

### **Reach, Rock & Roll**

- **Reach** forward to the stern while maintaining posture and a slight lean to your rigger/pin/oarlock
- Apply light downward pressure on the handle
- **Rock** forward by pivoting from the hips to transfer your body weight onto the stern edge of the seat
- Maintain light downward pressure on the handle
- Feel the seat roll slightly to the bow (1/4 turn of the wheel)
- Your body angle should not change after this point
- Allow the seat to move you into the catch
- **Roll** forward by bending/lifting the knees and allowing yourself to drift/float into the catch
- Lightly gather weight onto the foot stretchers
- Shoulders stay square to the handle, the inside shoulder is relaxed, the outside shoulder draws a circle up and around the pin, eyes looking out to the shore over the rigger

## **FOCUS: RELEASE to the/thru FINISH**

- Maintain lateral pressure leaning the inside shoulder to the bow. Utilizing your body weight and strong break of the arms to squeeze the button thru the oarlock.
- Remember, when the arms break the load is in the arms. Use the bodyweight with the arms.
- They must come in quickly to maintain the pocket; assisting releasing the blade over the puddle.
- The "release" is when the blade leaves the water. Bottom edge releases to the bow.
- The hands move at a constant speed (conveyor belt) around the turn thru the release to the finish.
- Posture is critical for balance at this point of the stroke.
- Feathering the handle as it moves toward the stern.
- Sequence at the release: release and push/feather together.
- The shoulders follow the oar handle out of the bow.
- The appearance is that of the oar handle pulling the oarsman out of the bow. "CONTROL"
- The pivot is when you shift your body weight from the back to the front of the seat, onto the feet.
- The feeling is that of a stretch in your hamstrings and lower back, which causes the seat to roll to the bow. We call the "rollback".
- The "finish" is the result of the rebound from the energy of the drive.
- The point of the pivot is the "Finish" which we call "POISE"
- The "GATHER" / "recovery" starts when the slide reverses course and you are allowing the feet to come to the seat. The feel of the body weight on the balls of the feet regulate the speed of the seat.
- This is where negative force starts and where slide control is critical to maintain boat speed.

**DRAW/ACCELERATE** as the handle passes over the knees the shoulders continue to pry to the release and handle maintains speed through the release to the pivot. ----- Maintaining lateral pressure.

- "Once the elbows break the load is in the arms."

- "Try to push your button through the rowlock (oarlock) at the finish, throwing your full weight at the rowlock" Fairbairn.

**ReDirect** the energy created on the Drive into the recovery. Endless Chain, Reverse C.

"In the finishing whip round the turn lies the chief point. Work at this and all will come. When you feel you have thrown the boat away (Send) and at the same time pulled the body into a forward float (Pivot) on to the stretcher you will have got the hardest point of all". Fairbairn

### **"The Whip!"**

"In the finishing whip round the turn lies the chief point. Work at this and all will come. When you feel you have thrown the boat away (Send) and at the same time pulled the body into a forward float (Pivot) on to the stretcher you will have got the hardest point of all". Fairbairn.

**Drills:**

Weekly Drill Menu:

A. "Swing Pick" and ¼ slide then stroke length pyramids

- Back and arms – no slide.
- The shoulders swing until the blade leaves the water.
- Relax the arms and the grip. Allow the body weight to do the work
- "A smooth relaxed recovery is the hallmark of a good oarsman"
- Circles, keep the hands moving on two level planes. "Race Track Ovals"

B. Stationary Drills:



## Daily Practice Plans

- e-mailed Daily by Noon; Weekly by Thursday pm.

- **Practice Plan: Tuesday, August 28, 2017 @ Grand River**
- **River Level: 3.1 ft at 1.3 kcfs**
- **Weather:** A chance of showers, with thunderstorms also possible after 2pm. Mostly cloudy, with a high near 74. East southeast wind 11 to 13 mph. Chance of precipitation is 30%.
- **FOCUS: POSTURE**
- **THIS WEEK: TIMING/BODY ANGLES on the RECOVERY. Maintaining POSTURE.**
  - **“Timing can only be got by taking your time” with relaxed posture.**
- Poised and patient on the recovery.
- Focus is on Body angles and posture.



# End of the Fall - Frostbite Regatta

**The rule of 7 Thank You's.** Thanks Asst. Coach Costas Ciungan GV'16

**"Nothing made me madder than not winning one of those oarlock trophies." Pete Gasiorowski MC'98**



# PHASE II

# Grand Valley State University Winter Training



The Time When Champions Are Made  
**Grand Valley Rowing**

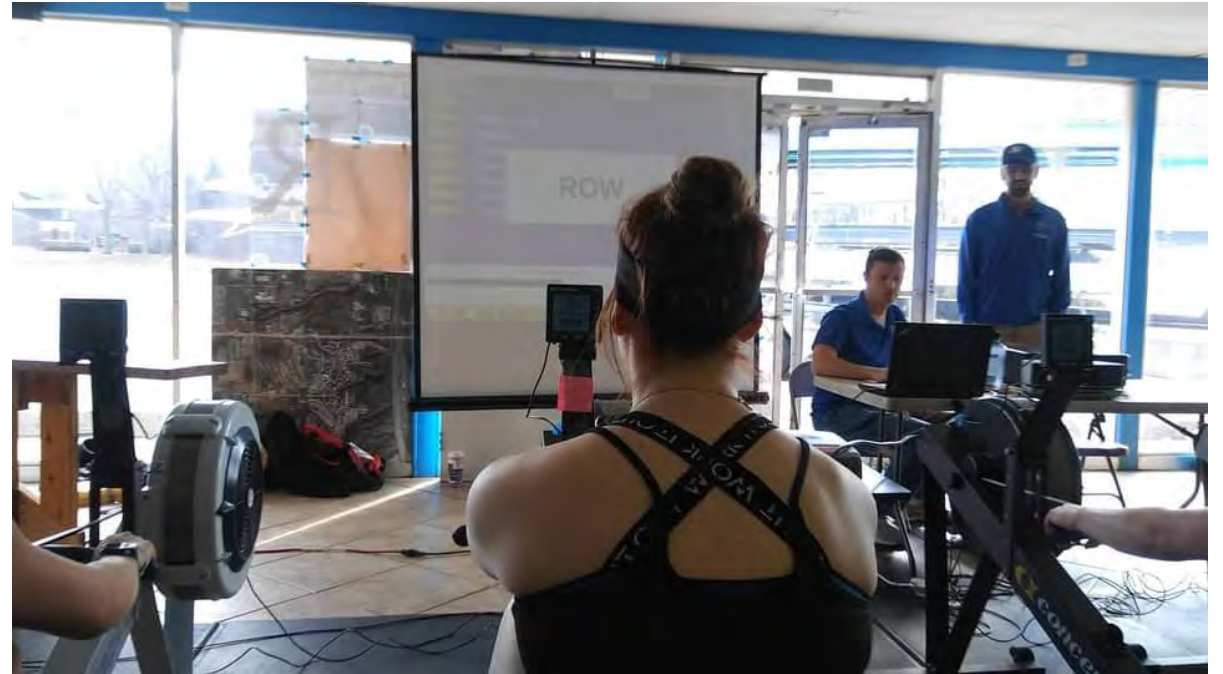
*A Sporting Tradition Since 1964*

Photo Credit: Bob Stoll, Director of Student Life



# Highlights

- - Individual Meeting/Training Plan
- - Begin Cat V Hour of Power at 22spm
- - Captains Million Meter Challenge
- - Continue Strength Training Program
- -Welcome Back “H.o.P.” (1<sup>st</sup> Mon. back)
- - Aerobic Sledding
- - Nothing less than 10’ in January (Nolte)
- - 20’ **“Engine Test”** (last Sat. of January)
- - 2000 Meter **“Engine Test”** C.R.A.S.H.-G (Saturday before Spring Training). Seat Race matrix



**C.R.A.S.H. G – Indoor Sprints  
Varsity Women’s Grand Final**

# Fundraising

*The Rule of Seven Thank You. Bob Monaghan, GV '67*

- **Phone-A-Thon/ Letter Campaign**
- **Stadium Clean-up/ Physical Plant chores**
- **Campus Snow Removal**
- **Rent –a-Rower – Flyers in every faculty/staff mailbox on campus**
- **Off Campus Rent-A-Rower - Referrals make more money\$\$\$\$**
- **Monthly Alumni E – Newsletters**
- **Senior Spotlights on website**
- **Winter/ Spring Training Appeal Letter. Each athlete sends to 25 friends/family.**
- **Facebook posts followed by the ask.**
- **Thank You Postcards**

# Example of a Fundraising Appeal



16 May 2018

Dear Friends and Family of GVSU Crew,

I hope this letter finds you well, and that you and your family are enjoying a happy spring. Although classes have ended, the Laker Navy is just beginning its most exciting part of the season – championship racing. After racing our local competition at the MACRA regional championships, we are heading to Philadelphia, PA to go up against Division I crews, and then to Gainesville, GA to compete in the ACRA club nationals.

Our continued success on the racecourse, however, would not be possible without the truly incredible support we receive from the university, our alumni, and you, our friends and family. This spring has seen its share of unexpected hurdles; yet, the Laker Navy steams on, through "hail and high water," because of the generosity of those around us. We would not be able to maintain a nationally competitive program, as we now do, if not for you. Thank you.

While my current focus is on preparing for the Dad Vail and ACRA Championship regattas, this summer's Henley campaign looms just over the horizon. With our success so far this spring, I am confident that my teammates and I will turn in memorable performances in Kassandra, Greece and at the U.K.'s Henley Royal Regatta this summer. With that said, the opportunity to compete at such prestigious international regattas comes with a significant financial burden for each of us. All told, each oarsman and oarswoman is responsible for over \$3000 out-of-pocket, which includes airfare, meals, housing, in-country transportation, equipment rental, and regatta fees.

Through fundraising, university support, and other contributions, we have so far managed to reduce the cost for each of us to about \$2600. I am hoping you would be willing to help me further defray the cost of my trip. Rowing has been a big part of my life as it has constantly pushed me to improve. I have been looking forward to this trip ever since I joined the Laker Navy. We are also selling commemorative t-shirts as an additional fundraiser and will send one to each of our supporters who donates \$200 or more. I greatly appreciate your support and will keep you informed of our progress this summer.

Donations can be made by check to the "GVSU Rowing - Head for Henley" or online by clicking on the "Donate Today" link on our website ([grandvalleyrowing.com](http://grandvalleyrowing.com)). If you're mailing a contribution, please send to:

Grand Valley State University Rowing Club  
c/o Head for Henley Fund  
1 Campus Drive  
D-139 Recreation Center  
Allendale, MI 49401

To donate online, follow these steps:

1. Go to <https://www.gvsu.edu/giving/give-online2.htm>
2. Choose "Other Fund"
3. Search for and select "Head for Henley Club"
4. Type in the amount you are donating
  - a. If you are donating on a specific rower's behalf, note the rower and seat number in the "Additional Information" section.
  - b. Women's Varsity 8 spare\_#\_coxswain\_seat
5. Follow the rest of the prompts to complete the transaction

Thank you again for all of your support. We would not reach the level of success we currently do without our friends and family. With your help, we are sure that our crews will make their mark at the 2018 Henley Royal Regatta.

Sincerely,

[Student Athlete]

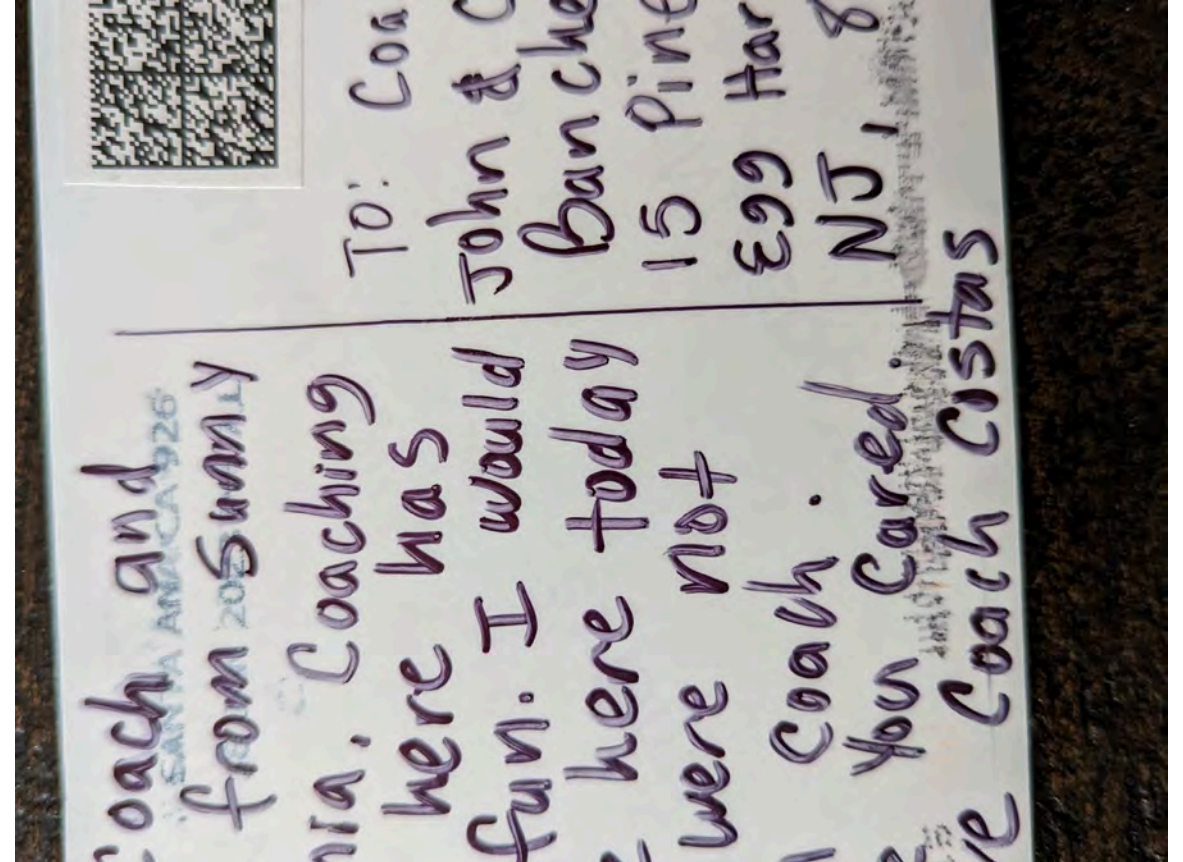
Women's Varsity 8 spare\_#\_coxswain\_seat

p.s. Please sponsor my seat by writing "Women's Varsity 8 spare\_#\_coxswain\_seat" on the memo line.



# Thank You Postcards

Can be used for donors, parents, recruits, etc.



# ***PST- Psychologic Skills Training***

Here are some Lunch Questions to ponder over the next few days:

“Coach a man to coach himself.”

“FIRST A MAN must understand thoroughly what rowing is. It is no use going down to row at all until a man understands what it is.”

READ AND THINK ABOUT ROWING WHEN OUT OF THE BOAT.” (You have it hear on a silver platter. Read a few bits every day and you will improve in every way.”)

“It is a very good thing for the oarsman to read notes on rowing, and read them frequently, to get the constant repetition of principles which makes the book like a rowing-coach.”

Team Culture: “It is of the greatest importance to get each oarsman to understand what rowing is, and to have the whole crew or club of one mind.”

“It is by confidence alone that one will become a good oarsman, and confidence can only follow knowledge.”

“The race is merely an illustration of the amount of thought and care one has given to practice.”

What is this formula for success in the sport of Competitive Rowing?  $L + P \times R = S$

- Can you explain its concept step by step?

# Individual Meetings

## Grand Valley Rowing – Fall 2017 Effective Learning and Effective Coaching Survey

**Athlete:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Acad. Year:** \_\_\_\_\_ **Major/Minor-** \_\_\_\_\_  
**Scheduled Meeting Day/Time** \_\_\_\_\_

**1 -How is it going academically? Are you making academic progress toward your degree?**

**2 Are you scheduled for spring, are there any scheduling conflicts and how many credit hours?**

**2 - How much do you feel you have improved your Total Athletic Capacity since September 1, 2017.  
(Please add 1 or 2 facts as you know them).**

**Total Athletic Capacity =**

- a. Technical Ability in your sport**
  
  
  
  
  
  
  
  
  
  
- b. Physiologic Fitness for your sport-**
  
  
  
  
  
  
  
  
  
  
- c. Psychologic Factors (Sport and Life- ie; academic balance, family, work, participating, etc.)**

**3 - How do you feel the team has progressed this semester?  
(Please add 1 or 2 facts as you know them).**

**4 -What do you feel you have done well in assisting the development of your squad?  
(Please add 1 or 2 facts as you know them).**



# Individual Training Plan

## Individual Training Plan

Athlete \_\_\_\_\_ Ht. \_\_\_\_ ' \_\_\_\_ " Wt. \_\_\_\_ lbs.  
2K PR \_\_\_\_ / \_\_\_\_ 20' \_\_\_\_ / \_\_\_\_  
Goals: 20' split = \_\_\_\_ 2K split = \_\_\_\_  
Cat. VI Pace = \_\_\_\_ Cat. V Pace = \_\_\_\_ Cat. IV Pace = \_\_\_\_

### MAX STRENGTH TESTING:

EXERCISE	Max.	Dec.	Jan.	Feb.
Squats				
Power Cleans				
Bench Pulls				
Bench Press				

**Maximal Strength Training lasts 12 Weeks November to February**

**4 exercises per session 2 weight training workouts per week (Mon.am/Thurs.pm)**

-Weights program in the am and Cat VI erg or run workout on your own w/ partner.  
Three (3) four (4) week blocks are required to see maximum results in this phase. Each week the goal is to increase weight lifted as to improve your maximum strength. Suggested CAT VI workouts are highly suggested second workouts to complete on top of the training plan. Goal is to increase weight each set, each week, each block. Build your strength! Continue to improve your muscular and cardio endurance.

#### Block 1:

Transition 5, 3, 1, Max. 1RM max (November 7 and Nov. 10)

Week 1 is 4x6 (Nov. 14 and Nov.17)

Week 2 is 4x5 (Nov. 21 and Nov. 24)

Week 3 is 5x4 (Nov. 28 and December 1)

Week 4 is 5, 3, 1, Max. (Dec. 5 and Dec. 8)

#### Block2:

Week 5 is 4x6 (Dec. 12 and Dec. 15)

Week 6 is 4x5 (Dec. 19 and Dec. 22)

Week 7 is 5x4 (Dec. 26 and Dec. 29)

Break Week (January 2 and Jan. 5)

Week 8 is 5, 3, 1, Max. (Jan. 9 and Jan. 12) "Welcome Back Week"

#### Block3:

Week 9 is 4x6 (Jan. 16 and Jan. 19)

Week 10 is 4x5 (Jan. 23 and Jan. 26)

Week 11 is 5x4 (Jan. 30 and February 2)

Week 12 is 5, 3, 1, Max. (Feb. 6 and Feb. 9)

**10' WARM-UP RUN/ROW and STRETCHING IS REQUIRED BEFORE AND AFTER EACH SESSION!**

# Captain's Handbook

- The objective of this handbook is to pass on the lessons I've accumulated over the past five years of rowing. These thoughts have been forming, crystallizing, breaking down and reemerging through my experiences rowing at Forest Hills Northern, Grand Rapids Rowing Association, Grand Valley, Vesper Boat Club and through various books and articles. The immediate intention is to share my opinion on the qualities of a successful student-athlete and oarsman. But it is simply that: an opinion. I encourage you in advance to expand on this as much as you can, to find what helps you achieve your personal best.
- This handbook is NOT about winning a race. It is not about a points trophy, a regatta, a season or forming a dynasty. This is not about winning a seat race or making a line-up. It is not about a university. Nor will it give technical advice or long-term training programs, as those are developed and modified over time and between coaches. The intention is to explore the potential of the individual - to master ourselves and become the best we can. All other success follows this self-discipline.
- John Wooden, the coach of the UCLA basketball dynasty, defines two overarching rules for reaching our potential:
  - 1. Never try to be better than anyone else.
  - 2. Always try to be the best you can be.
- Athletic success is not about a race, but about pushing ourselves to be our best. We cannot alter the speed or outcome of the race the opposing crews, nor should we try. All we can do is focus on our own performance and improve ourselves with every opportunity. Also, when pursuing our best, realize that there is always room for more improvement. Even the best athletes in the world practice and train for long hours just to shave that hundredth of a second or make a small improvement in a skill.
- Please treat the following as a guide. I do not claim that I have the final answer on any of the subjects covered; these are simply observations on the important aspects of improving as an oarsman and an athlete. Geoff Sadek, '09

# General Preparation

- Mid November to February
- Phase II begins the first Monday following the final fall regatta
- Continues for twelve weeks
- The emphasis is on
  - Maximum strength development
  - General conditioning
  - Further development of aerobic capacities
  - Development of individual rowing technique



# General Preparation - Objectives

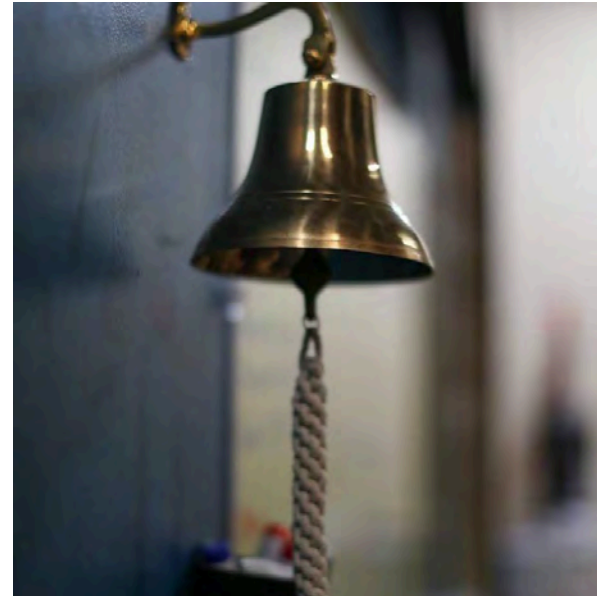
- To develop a strong aerobic system through a variety of training methods
- To prepare all muscle groups, tendons, and joints for higher intensity later in Phase II.
  - *This is very important so as to prevent injuries in the future.*
- To improve individual rowing technique through ergometer and tanks rowing with concentrated coaching.
- To develop maximum power and muscular endurance through max. load and moderate load weightlifting three times per week.
- To improve flexibility in all joints, especially in the ankles, hips and lower back.
  - *Develop flexibility in all ankle joints so you can fully compress and your heels on the footboard.*
- To strengthen the lower back muscles. Very important as they are often overlooked.
- To develop relaxation and breathing techniques through group PST sessions.

# The GVSU Men & Women had a big 5K PR Day! Earning the honor to ring the bell.

Thanks [Austin Gentry](#) '16.

<https://www.facebook.com/john.m.bancheri/posts/pfbid0PXgXyUC2XciDY2D6UjqmEz78ySBiWzrtjFRpg9UGom4X1X82bTZHEpxenkKFCfcJl>

"Whoop Ass Wednesday" AT Day. 3 x2 0:00 R = 5' of 4(4:45 on/ :30 off). S.R.=26 or below.  
100% p.r. Everyone earned the right to ring the bell.



# Length of Recuperation after Different Types of Training

<b>Training Types</b>	<b>Aerobic Training (Cat. IV-VI)</b>	<b>Combined Aerobic/ Anaerobic Training (Cat. III)</b>	<b>Anaerobic Training (Cat. I and II)</b>	<b>Strength Training</b>	<b>Neuromuscular (Speed) Training</b>
<b>Process of Recuperation</b>					
<b>Continuous Recuperation</b>	Possible After 60-70% Intensity (Cat. VI)	Not Possible	Not Possible	Not Possible	Possible After Very Short Sets (~15 sec.) And Long Rest
<b>Immediate (But only partial) Recuperation</b>		After Approximately 1.5-2 hrs.	After Approximately 2 hrs.	After Approximately 2-3 hrs.	
<b>90-95% Recuperation (Incomplete)</b>	~12 hrs. After 70-90% Intensity (Cat. V and VI)	After Approximately 12 hrs.	After Approximately 12-18 hrs.	After Approximately 18 hrs.	After Approximately 18 hrs.
<b>Complete Recuperation (Increased Fitness)</b>	~24-36 hrs. After 70-90% Intensity (Cat. V and VI)	After 24-48 hrs.	After 48-72 hrs.	After 72-84 hrs.	After ~72 hrs.

\*According to: Keul/Kindermann/Martin; using the categories of intensity

# 2005 Training Goals

## 1. **Weight goals – 1RM**

- Bench Pulls- Body weight + 10%
- Squats- 2 x Body weight
- Cleans- Body weight
- Bench press- Body weight

## 2. **Ergometer goals**

- 2k goal- 2-4% improvement over previous year
- 20 min. goal- 3-5% improvement over previous year
- 2k team goal- 2-3% improvement over previous crew
- “Million Meter Challenge”

## 3. **Team goals and culture.**

- “Kaizen”
- Try to get an oar in their hands a few times a month. (Mini camp, Tanks, etc.)

# Million Meter Challenge

- **The 2014 Million Meter Challenge** The MMC is designed to improve aerobic capacity, to increase capillary and mitochondrial density and to economize muscle utilization in the rowing stroke. This increase in training volume will result in lean bodies (assuming healthy eating habits), and increased oxygen delivery to working muscles. The lifting program is designed to complement this cardio work, to build muscle, then train that muscle to delay fatigue. Think of the body as a sports car, the lifting builds the horsepower, and the cardio increases the MPG.
- **Rules: *Meters are earned on the ergometer or on the water.***
- ***The following conversions will be allowed: HR MUST exceed 120***
- 10k = 40' Water practice, 60' cycling, 40' swim, 40' XC Ski, 40' Run
- 12k = 40' Hill run, 50' Hard bike
- 15k = 60' Water practice
- 200K – Winter Training Camp
- *Scheduled lifting sessions (see Strength packet) will count as 5k per session.*
- **Dates: *Monday, November 18 through Saturday January 18, 2014. All logged meters are due by Monday, January 20, 2014, for the earned reward.***  
***Nine Weeks = 110K+ for Women and 120K+ for Men per Week .***

***Credit: G. Sadek'09/GV Captains***

# Technical Goals

- **Master the stroke cycle. Focus on correct body angles and hand levels.**
- **Summary:** The long-term objective is the mastering of good technique. This will be achieved when the stroke cycle demonstrates:
  1. Consistent pattern and length
  2. Good blade depth
  3. Firm, direct and consistent action of the blade
  4. Relaxed, controlled body movements during the recovery
  5. Powerful, but fluid body movements during the drive

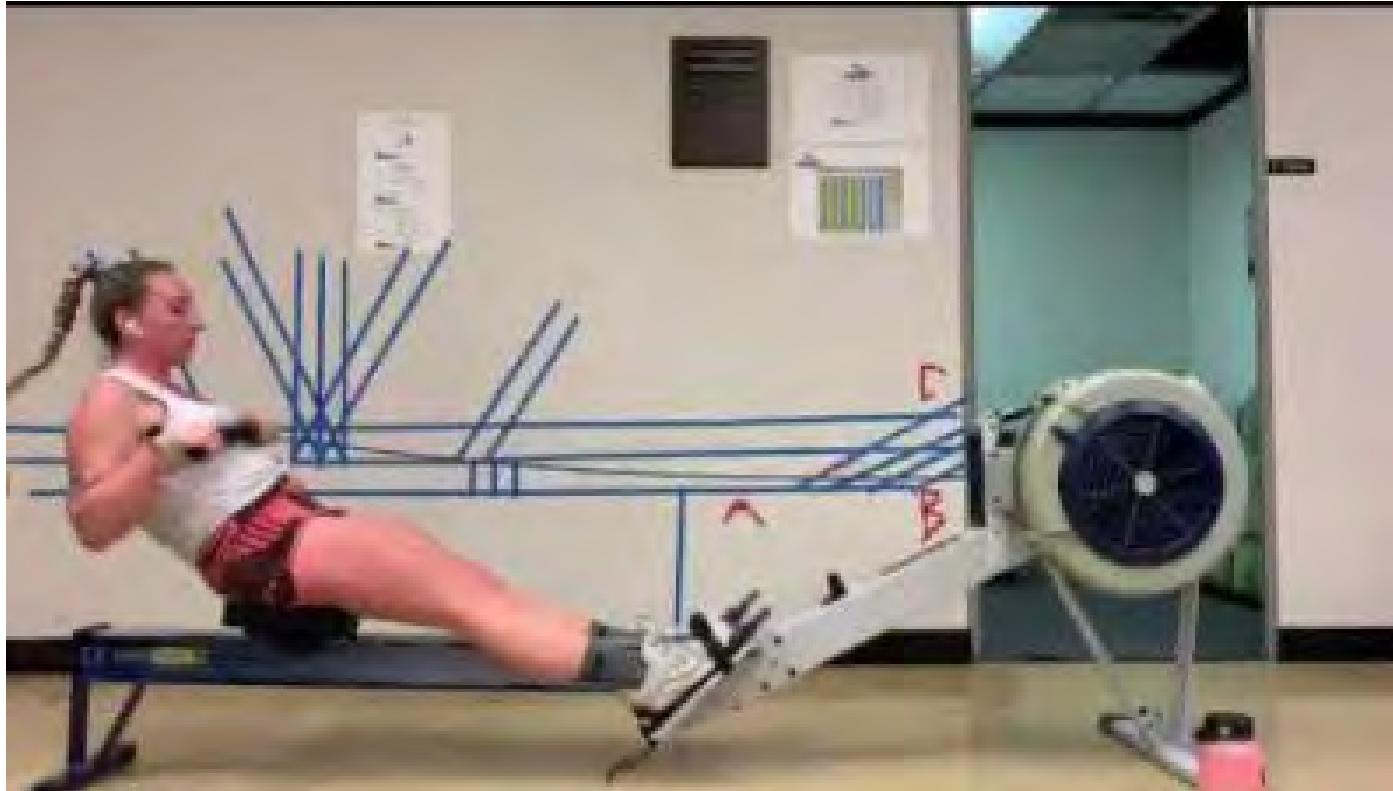
**“Row the Erg like you row the boat” -Stan Bergman**



# Body Angles – Hand Levels and A,B,C's

A, B = "The 4"/1", C = 7 pounds off the seat.

Thanks Coach Bill Manning for your "Jackson Five Drill"



**"GOOD, Better, Best!"**

Thank you to future Master Coach, Emily Culmone, Stockton U. '23

<https://youtu.be/xWFGU4oQrjU>

# Suspension using the Erg / 7 lbs. off the seat

Coach Mike Thompsons "Old Way, New Way"



**Good, BETTER, Best! By Michael Thompson**

**Thank you to future Master Coach, Emily Culmone, Stockton U. '23**

[https://youtu.be/Yxiz\\_eyZQY4](https://youtu.be/Yxiz_eyZQY4)

# Body Angles – Release

“Good, Better, BEST!”

Thank you to future Master Coach, McKenzie Sandel, GV. '22



# Sample Program adapted from USRA

## November-December Training Program

Day	Program	HR	SR	Distance
Sunday	90-120' Rowing or CAT VI ergo. Or OFF and do on Friday.			20-30K
Monday	A) Warm-up:	120 - 150	-	2K
	B) Rowing 2 x 8-10K CAT VI sliders	120 - 150	16-22	20K
	C) Weights: Strength Training			
Tuesday	A) Warm-up:	120-150		2K
	B) Rowing 3 x 19' PYR24 CAT V	150-165	18-24	16K+
	C) Weights: Strength Training			
Wednesday	A) PST			
	B) Warm-up: Rowing	120-150	-	2-4K
	C) Rowing 2 x 20 CAT IV	165-180	24-28	SCORE
	D) 5K CAT VI Cool-Down	150-100	22-13	5K
Thursday	A) Warm-up: Rowing	120-150		2K
	B) 3 x 25' CAT VI	120-150		20K+
Friday	OFF or same as Sunday			
Saturday	A) Warm Up: Rowing or Running	120-150		2K
	B) CAT IV 1 x 10K or 3 x 5K	165-180	24-28	10-15K
	C) 10K CAT VI	120-150		16-22

Warm-up before and stretch after each workout. A proper cool-down along with stretching after a workout enhances flexibility and recovery.

# Sample Winter Trip Program

## Grand Valley State University Rowing Club

Winter Technical Training Camp  
December 12, 2014 – December 22, 2014  
Stewards Foundation on the Hillsborough River  
<http://rowtampa.com/visiting-teams/>  
Tampa, Florida

**Trip Purpose:** To reach a higher level of competence in the skill of moving a boat while developing a broader aerobic base while rowing in the boat. The tools and methodology that will be used are: one on one coaching in big and small boats (pairs, fours and eights); to provide and immerse selected athletes with intense one on one coaching; utilizing video sessions, on-land discussion, on water technical training, along with long, easy, steady state rowing.

**Cost:** is \$325.00 per athlete. (this cost is the equivalent of 1 round trip plane ticket from GRR).  
Must be paid in full by December 10th and can be made as a donation to:  
Grand Valley Rowing, memo: Winter Training donation.

**Air Travel:** to/from Tampa (TPA), FL is voluntary and paid by the athlete. The coaching staff will arrange to pick up/ drop off anyone who chooses to fly at no additional cost.

**Bus Travel: Great Lakes Motor Coach/**

1 – 55 passenger bus will load at 12:30pm and will leave December 12, 2014 at 1:00pm

Return Sunday, December 21, 2014 at 11:00am.

- The bus will stop and drop-off in Brighton, MI at 9:00am on the 22nd for “east siders”.
- Arrive back in Allendale on Monday, December 22, 2014 at 11:00am

**Meals:** Breakfast (by the team at the hotel) and lunch (by the team at the rowing venue) will be provided. Each athlete will be responsible for their dinner meals, as well as snacks.

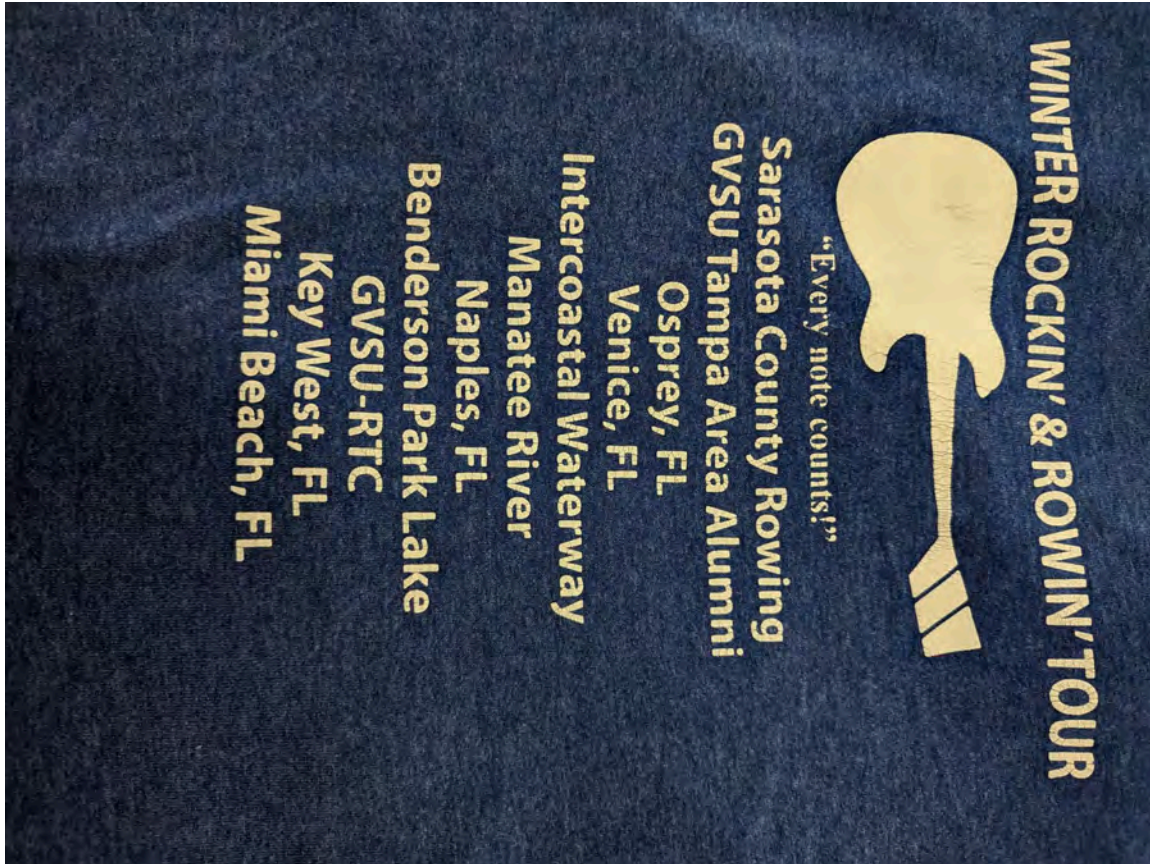
The University of Tampa Dining Hall (5 minute walk from the boathouse/hotel)

Guest Prices: Breakfast: \$8.70; Lunch/Brunch: \$10.25; Dinner: \$10.95



# Winter Training – Team Tank Top

- earned after the “Darth Vader”





# Phase II – Winter Training in Florida – Bowl Season



**Gulf of Mexico Bowl – 8 x 500 Meters @ 2:1 turn and drill back to the start.**  
**Minnie the Moocher Bowl – Least number of strokes between the bridges.**  
**Maria's Paella Bowl – least strokes 360\* in 2's. Thank You Maria and John Reichner**



# *Winter Training “Technical Vacation” – Manatee County Boathouse*

*Thanks Coaches Trish Jackson and John Reichner*



# Winter Training Camp

– Compliments of the Wyandotte Boat Club  
-(rig too low)



# Spring Training 2018 - TN

*Chalk Talk with Coach Matt Collins GV '19. Filmed by Coach Costas Ciungan.  
Special thanks to Coach Allen Eubanks and East Tennessee Rowing*



<https://youtu.be/Kzr4hpzLVGQ?t=15>



# PHASE III

# GVSU Rowing 2009-2010 Schedule

**September 12—GVSU Rowing Team Beach Olympiad (Kirk Park, Grand Haven)**

**October 3—Grand River Regatta (Grand Rapids, MI)**

October 16-18—Head of the Charles Regatta (Boston, MA)

**October 17—Homecoming and Alumni Row (GVSU Boathouse, 9 a.m.)**

**October 17—GVSU Intramural Championships (GVSU Boathouse)**

October 18—Head of the Grand Regatta (Lansing, MI)

October 31—Head of the Eagle Regatta (Indianapolis, IN)

November 1 – BASF Fall Rowing Festival at the WBC (Wyandotte, MI)

November 14—Notre Dame Frostbite Regatta (South Bend, IN)

December 30 -January 8—Winter “Technical Vacation”—Invitation Only (Orlando, FL)

February 13 - C.R.A.S.H.-B World Indoor Rowing Championships (Boston, MA)

March 5-March 14—Spring Break Training Camp (Oak Ridge, TN)

March 27-28—San Diego Crew Classic (Men’s and Women’s V8s) (San Diego, CA)

**April 3—Don Lubbers Cup on “America’s Other West Coast” Regatta (Spring Lake, MI)**

**April 3—GVSU Crew Spring Banquet (Grand Haven, Michigan) (RSVP at team website)**

April 16-18—SIRA Championship Regatta (Oak Ridge, Tennessee)

May 1—MACRA Championship Regatta (Athens, Ohio)

May 2-5—Road to the Dad Vail Training Camp (Atlantic County, NJ)

May 6-8—The 72<sup>nd</sup> Dad Vail Championship Regatta (Philadelphia, PA)

May 22-23—ACRA National Championships (Oklahoma City, OK)

June 15-July 6—Henley Royal Regatta (Men’s and Women’s V8s) (Henley-on-Thames, UK)

# Spring Schedule

*Remember the Rule of Seven Thank You's*

“You know you’ve made the boat when you push off of the dock!”

- Austin Burriss, GV'15 V8 Stroke

**Grand Valley Rowing**



**Spring 2011 Campaign**

Dec 31 (10')- Jan 7	Winter Training Camp	Sarasota, FL
Mar 4-11	Spring Training Camp	Melbourne, FL
Mar 12	Keuper Cup Regatta	Melbourne, FL
Mar 13	GA Tech Scrimmage	Gainesville, GA
Apr 2	Lubbers Cup Regatta	Spring Lake, MI
Apr 2	Team Banquet	Grand Haven, MI
Apr 9-10	Knecht Cup Regatta	Cherry Hill, NJ
Apr 30	MACRA Championship	Indianapolis, IN
May 7	OSU Scrimmage	Columbus, OH
May 7-11	Dad Vail Training Camp	May's Landing, NJ
May 12-15	73rd Dad Vail Regatta	Philadelphia, PA
May 26-29	ACRA Nat. Championship	Gainesville, GA

# Grand Valley State University Rowing Club

## Travel Schedule for Spring 2014

- **Spring Training Camp**
- Feb. 28-Mar 8.
- 1 Bus - 2 Vans (Advanced team will leave Thurs. at Noon, the 27<sup>th</sup>)
- *^Need to know who is available to leave on the 27<sup>th</sup>, must not have a class Friday, Varsity have priority.*
  
- **Bucknell Invitational**
- Mar. 21-23
- 1 Bus - Leave the 21<sup>st</sup> at 9:00pm; return the 23<sup>rd</sup> at 11:59pm
  
- **Notre Dame and Penn State Scrimmage**
- Mar 29. – All day
- Drive personal vehicles
- 
- **San Diego Crew Classic – Varsity 8's**
- April 3-7
- Leave the 3<sup>rd</sup> at 3:00pm; return the 7<sup>th</sup> at 3:00pm
- (Class letters will be sent out with excuse for your absence.)
  
- **Cincinnati Invitational - (Non- SDCC)**
- April 4-5
- 4 vans
- Leave Friday the 4<sup>th</sup> at 3:00pm; return the 5<sup>th</sup> at 11:59pm
  
- **Dad Vail Regatta**
- May 7-11
- 1 Bus (Leaves the 7<sup>th</sup> at 9:00pm; return the 11<sup>th</sup> at 7:00am)
- 2 Vans (1V8's - Advanced team will leave the 7<sup>th</sup> at 6:00am; return the 11<sup>th</sup> at 6:00pm.)
  
- **ACRA Championships**
- May 22-26
- 6 Vans
- Leave the 22<sup>nd</sup> at 6:00am; return the 26<sup>th</sup> at 1:00am

# *Specialization/Competition*

- Mid February to Mid April
- Phase III focuses on VO2 Max, anaerobic threshold, transportation, mental preparation, and racing.
- **Objectives:**
  1. To prepare mentally through concentration, visualization, and relaxation exercises
  2. To increase endurance at or above VO2 Max
  3. To increase anaerobic threshold endurance
  4. Strategy development and racing experience
  5. Practice a soft and/or a fast start every time you turn. (Bergman)

Favorite workout to coach in this phase. **Leap Frog**

With the “Leapees” @ 4:1 (Recovery) and “Leapers” @3:1 Drive. Pass in least strokes.

**“You can learn to row by racing, but you cannot learn to race by rowing” (Fairbairn)**



# Spring Training 2013 – Weekly Plan

- Day One – PM Welcome to Spring Training Camp
- Darth Vader- 24 - 32K L.A.S.S, by 4's and 6's on the square.
- Line-ups are:
- Day One – PM 90' Cat VI
- Focus: High Release – release/feather the bottom edge of the blade to the bow.
- Pause Drills.- Focus on blade (height and depth) as it relates to the body angles.
- Water Practice: (in fours)
- 90' by 2's (men and by 4's (women) on the square at 4:1 and 3:1 ratio.
- 
- Day Two – AM in 4's by pairs or 8's by 6's- Same Line-ups as Day 1 PM
- Focus: Feather High = Rounded Releases w/ Level Hands
- Race Track Oval - Explain ratio =
- PM1 in 4's by pairs or 8's by 6's
- Focus: CA/PRESS! and The 4/1.
- PM2 in small boats
- 60' in pairs
- 1<sup>st</sup> 20' Circle
- 2<sup>nd</sup> 20' Stationary Drills
- 3<sup>rd</sup> 20' Placement and Drive drills on own
- Technical Focus: “Propulsion per Stroke”
- 
- Day Three – AM in Fours and pairs
- Focus: POWER SEQUENCE
- Practice I – Seat Racing and Pair Group in Circle Drills-
- 30' w/ Drive and Stationary Drills and 30' ST. ST. all in Circles

# Spring Training 2008

## *Pair "Circle Drills" at Benderson Park*

Thanks Coach Bob Whitford, Joe Dobson plus Guest Coaches John Reichner and Kit Bennett





# Spring Training Photo – Canal 54

- Last day tradition at training camps. Send a Postcard!

Thanks Coach Tom Lange and Crew, Adam Thorstad, Bart Gullong and Guest Coach Jim Razlavsky



# Sample TAC Training Plan in Phase III

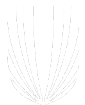
- **Drills this week:**
- - **Stationary Drills with Feet Out.**
- - **Recovery Sequence.**
- - **1 Drives – “Edge Control”= front edge of the seat w/ the bottom edge of blade.**
- 
- **Monday, March 25, 2013** Cat VI
- *AM – Done at the RTC or FH Before 10am*
- 15' Warm-up and Stretch (No calisthenics)
- **Circuit Weights** 2 sets at 35-40%
- 1 – Spring Squats – 2 sets of 25 for a total of 50 (= 1 circuit).
- Spring Squats (spring balls of feet 1/2” off ground)
- 2 - Sit-Ups 40 with 10 – 25 lbs. on chest.
- Sit-ups w/ load of 10 – 25 lbs. Full Range.
- 3 - Bench Press 30
- 4 - Cleans 35 - Cleans / Rhythm Composites (elbows up, finish on toes/ bar to chin).
- 5 - Bench Pulls or Bent-Over Rowing 30
- **\*Done in Circuit format – each exercise done all at once alternating w/ partners**
- **PM - 100' Cat VI**
- 1<sup>st</sup> 50' x 6's with bungi cord.
- -10' Warn-up
- -40' with (8'2') Drills
- On square.
- 2<sup>nd</sup> 50' w/ feather.
- 2 x 25' Cat VI SR = 13 – 18 working on the Recovery with rhythm and ratio.
- **Tuesday, March 26 - Cat V**
- **PM** –Meet at RTC warm-up on ergo, stretch, then run to BH. On water by 6:00pm.
- 5:30pm Varsity: Meet at RTC/ Warm-up on ergo/Stretch and run to BH
- 2x (5x[3'/14, 2'/16, 1'/18, 10 strokes at 28]) then add 2 strokes each set.
- 1<sup>st</sup> set done by 6's, switch every 4 minutes.
- R = 8 minutes with Technical Drills.
- **Wednesday, March 27 Cat IV**
- **AM**
- 6:00 or 7:00am – at RTC on the ergo. 60 Minutes Total.
- 20' Cat VI warm-up.
- 2 x 11' Ergo (Cat IV = 1” slower than fastest Weds. Avg.)
- SR = 26 R = 8' Drag = 130 – 120 Cool-Down = 8'
- **PM**
- In Fours and Eights:
- 5:15pm Varsity Meet at RTC/ Warm-up on ergo/Stretch and run to BH
- 4 x11 minutes R = 8 - 10' w/ Recovery Drills (Feet Out)
- SR = Start plus 5, shift + 5'/24 + 5'/26 + 1'/28
- (PpS = Propulsion per Stroke vs. SpM = Strokes per Minute).
- “Anyone can swing, few connect!”
- **REMEMBER: A FAST Men's crew sends the bows puddle past the stern at a 28! Women past the Coxswain.**
- Plus 30' (VI) Technical Rowing



# Lubbers Cup - No Docks, No Problem!

Floating the docks to the Lubbers Cup with Tucker Anderson'15  
and my boys, Patrick and Salvatore.

“There isn't enough ice to make a martini” Parent Jim Beebe am of regatta.



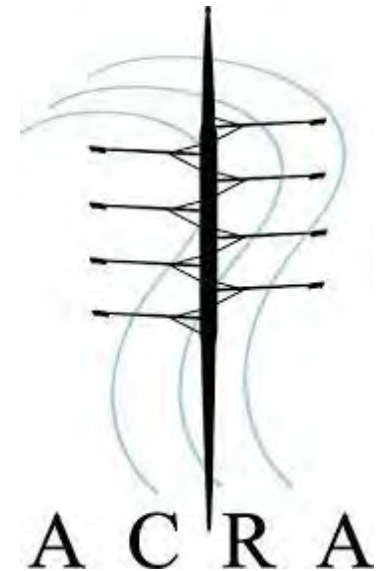
# PHASE IV

# Phase IV- Peak and Taper

“The Triple Crown” = MACRA, DVRA and ACRA

- Late April to Mid May
- Phase IV focuses on the perfection of rowing technique, high speed (lactic tolerance) training, plenty of rest and psychological preparation for the Dad Vail.
- Peak training to “Mike’s Favourite Workout.” 10 days before championship.
- **Objectives:**
  1. To perfect the rowing technique, both with the individual and the crew as a whole
  2. High speed training and sprint ability lactate tolerance
  3. To taper with short, efficient workouts and plenty of rest
  4. Mental preparation for terminal objective
  - Use of the “The Proving Grounds”

“Practice a start every time you turn.” -Stan Bergman



# by Sergei Beliaev, Ph.D., President of Super Sport Systems

## *Peak & Taper*

- The following variables are commonly considered critical in the design of a taper strategy. In general, these considerations are the same for both classic and contemporary season design.
  - 1. Duration of optimum taper phase
  - 2. Reduction of training volume (as % from peak loads achieved prior to taper)
  - 3. Intensity, amount, and frequency of training exercises during the taper
  - 4. Training frequency (number of weekly sessions during taper)
  - 5. Character of load reduction
  - 6. Expected Gain (as % from previous best results/speed achieved during pre-taper)

# Sample TAC Training Plan Phase IV

- **Monday, April 29** **Cat VI**
- **PM - Technique and ST. ST.**
- 10' Warm-up w/ 5x5 full slide of straight and w/arms. Focus on quick reaction.
- **Not Hard/ Quick!**
- 35' rowing at 4:1 ratio Technique and Review as needed!
- 3 x 15' of PYR/CAS 24/6 R = 3'
- P1 = 15' of PYR 24 at 1' intervals
- P2 = 15' of PYR 24 at 3' intervals
- P3 = 15' of CAS 26 at 1' intervals
- **100' Water Time**
- 
- **Tuesday, April 30** **Cat VI**
- **AM-**
- Technical Drills as scheduled by crew. On water or on ergo/
- 1 x 12k ST. ST. easy.
- 
- **PM-** **Cat II**
- 4 x 1k at race pace R = 12-15' active recovery
- Race Pace = 36spm+
- 
- **Wednesday, May 1** **Cat II**
- **AM-**
- 5 x 750m at sub-race pace (faster) R = 10' active
- 
- **PM-** **Cat II**
- 7 x 500m at sub-race pace (faster) R = 7' active
- 
- **Thursday, May 2**
- 
- **AM-** **Cat VI**
- Technical Drills as scheduled by crew. On water or on ergo/
- 1 x 12k ST. ST.
- **PM** **Cat V**
- 10 x 300m of "Builders and Blasters" at much below race pace
- (5 x starting 35 strokes; 5 x 10/10/10 lifting each 10 one beat). Start at 18spm.
- **Friday, May 3** **Cat VI**
- 10' Pre- race Warm-up w/ some Rev-ups and builders (low intensity/mental prep)
- 20' Cat VI Technical Rowing w/ moving drills. Watch your blade.
- 20' of Stationary Drills
- **Stationary Drills:** Varsity Crews: Try **With your feet out of the stretchers.**
- 1. Equilibrium Drill: eyes open and closed. Patting the water lightly.
- 2. Posture: "Bobs" at the Release and Catch. 5 each.
- 3. Strike to the Balance. Arms only.
- 4. 2 pauses: Release to pivot (elbows over the knees) and slide.



# Phase IV – Peak and Taper

## *Proving Grounds – 2K Gold Standard Saturday*



<https://youtu.be/C-joUOFAPvE>

500 meters with “Full Stroke Start”

# ACRA Men's Grand Final 2015



[https://youtu.be/i\\_zKmTggv80?t=64](https://youtu.be/i_zKmTggv80?t=64)

# 5<sup>th</sup> ACRA Team Points Trophy

Remember the rule of seven thank you'se guys.





# Peak and Taper

## Henley Quarter Final vs. Durham University

“One Stone Under”: Coach Donnie Jensen, GV and Port Rowing  
Remember the rule of seven thank you's.



# PHASE V



# Rest & Transition



**Mid May to Mid August**



**Make Money, Travel and Have Fun (don't forget to send a postcard).**



**Phase V is characterized by rest and recovery**



**Followed by a return to:**

**long distance rowing, running, and cross training**



**Maintaining basic fitness through summer vacation months.**



**Great time to work on the beach muscles.**

## *Some Favorite Quotes*

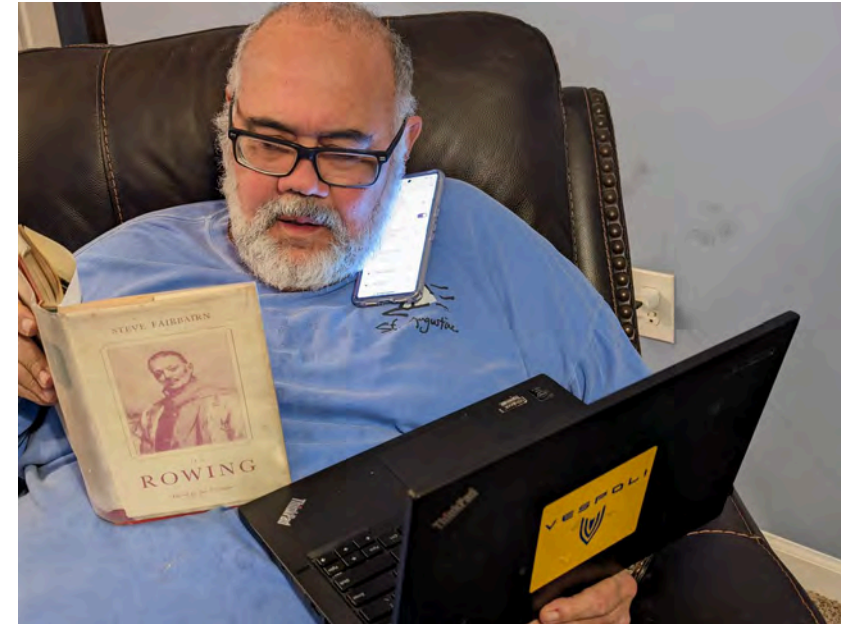
- “A good coach is a good thief.” - **Coach Larry Gluckman**
- “Teach them to master the toothpick”
- ” The important thing in reading about rowing is not to swallow everything as though it were gospel truth. - **Coach Steve Fairbairn**
- “Differences in methods of teaching are merely relying on different points to attain the same object. It is like two men climbing a tree from opposite sides. Let them both go on climbing.”
- “The beginning of the movement of getting the hands away is to start turning the blade on the feather just before the finish of the stroke.”

**“Mileage Makes Champions.”**

# Warranty Information

## *ACRA Armchair Coaches Corner*

- John M. Bancheri. E-mail: [Allenatorejmb@gmail.com](mailto:Allenatorejmb@gmail.com) (also on Facebook)
  - David W. Kucik. E-Mail: [dwk1973@gmail.com](mailto:dwk1973@gmail.com)





# Questions?



**ROW FOR THE  
LAKER NAVY**



# Thank You!





# In return for the free manual I ask you donate

- [Donate to Hurricane Ian Rebuilding - Cape Coral Rowing Club \(gofundme.com\)](#)
- You're supporting **Hurricane Ian Rebuilding - Cape Coral Rowing Club**
- Your donation will benefit **Caloosa Coast Rowing Club, dba Cape Coral Rowing Club**

# Manual/Book Material

- The following slides are for the upcoming Book/Manual

# They Paid Me to Drive a Motorboat

by Coach John M. Bancheri

# In Closing

I have come a long way from WSU to MC.

Thank You Coaches Calvin Cupp, WSU and Greg Myhr, MC.



From a Dirigo in 2010 to Empacher in 2021

# Coaching loudly on the Grand River



Coach John M. Bancheri, Retired and  
Co - Founder of the Armchair Coaches Corner

Stockton University. 1995 – Head/Varsity Women’s Rowing Coach  
2019 - 2022

Men’s & Women’s Rowing Coach - Grand Valley State University  
2005 – 2019

Men’s Varsity Rowing Coach – Marietta College – 1994 – 2005

Men’s & Women’s Rowing Coach – Wichita State University  
1987 - 1994

Varsity Women’s Coach – University of Charleston 1984 – 1987

Rowing Club Coach - West Virginia University 1982 - 1984



# Peer/Mentee Review

- In my third year of coaching, I had the opportunity to join John at Marietta College as his graduate assistant. Over my two years coaching under him, I earned a master's degree from the college in education, but I received a master's education in coaching rowing from John. Over the years since then, John has been a valuable resource and mentor. He has been there to share the knowledge of the sport and talk shop. I have instilled much of the training and technical philosophies I learned under John's tutelage in my own teams training over the years and it has helped pay great dividends. It takes time and a bit of feeling out to tweak for specific situations/locations, but the meat of it is all there for building a successful program. I have done as John taught me and changed little bits and pieces here and there, and "borrowed" ideas from other coaches over the years, but the core essence is all there from John. There are no shortcuts to getting faster, whether you call them miles or meters, you want to get as many of them in as you can, and as technically proficient as you can.

Coach Adam Thorstad, Varsity Women's Coach at Florida Tech

# Peer Review

- I met John Bancheri in 1994 when he took over the rowing program at Marietta College. I was his first team captain. That year he took a group of former lightweights all the way to the Dad Vail final of the men's varsity heavyweight 8+...a feat that had not been accomplished at Marietta in a very long time. I've grown to admire and respect all of his accomplishments since then. After graduation I moved to Florida and started coaching juniors. I immediately began using what I would call the Bancheri System to create an organized training plan which immediately improved the overall competitiveness of the team. This presentation is an excellent overview of the Bancheri System. It's a clear and concise recipe for success with a huge attention to detail. John is an excellent teacher of the sport. He has a knack for breaking down difficult concepts to make them easy to understand. In my current role as Sales Manager and Southeast Rep for Vespoli USA, I spend a lot of time in all sorts of coaching launches. Once in awhile, I do a bit of guest coaching and I immediately refer to John's vision of the rowing stroke, his training plan and his many chalk talks to help athletes improve. With this presentation, you've got all of that in one place. **Coach Jeff Border**

# Peer Review

- I rowed collegiately at Grand Valley just after it was dropped as a varsity sport in the 1980s. In hindsight, we were trying to figure out how to best operate a collegiate club program and find our footing, so we could be more competitive like the more established collegiate club teams at the time, such as Kevin Sauer had built at both Purdue and Virginia. A few good coaches came to GVSU after I graduated, but it wasn't until Coach Bancheri's arrival fifteen years later that the potential that existed at Grand Valley was finally realized. In this presentation he lays out the framework for how his accomplishments were built. I wish this roadmap had existed while I was a student-athlete there, and then later when I was a young coach just starting out at Michigan. Not only does this presentation provide a way to operate your club, but it provides a basis for being competitive on the water, as competitive results are tied to administrative performance.

**Coach Gregg Hartstuff**

# Peer Review

- John quickly became a coaching mentor as I coached for the next 13 years with Huron High School, Ann Arbor Rowing Club, and Washtenaw Rowing Center. I found myself using many of John's coaching prompts and other unique "Bancherisms" throughout my coaching career. John likes to use the Larry Gluckman quote "A good coach is a good thief". I like to say that I never had an original thought in my head and I borrowed liberally from Coach B. and his 40+ years of coaching experience. My middle son went on to row for John at Grand Valley State University and I was fortunate to be invited to join the Grand Valley Rowing Club winter conditioning trip to Florida in 2014. I have frequently reminded my son that I have never felt overwhelmed or discouraged during difficult situations at work or in my family in the past 40 years because "I rowed for Coach B." and I can get tolerate anything that comes my way. -Ted Deakin, WVU '85

# Peer Review

- The GVSU Rowing Team was the most formative part of my collegiate experience. I joined as a true novice freshman where I was thrust into a world of all new terminology and athletic movements. Our novice squad was fortunate to be guided by Coach Mark McIllduff with the oversight of Coach Bancheri. Coach Bancheri's infamous "chalk talks" are where I learned the most about how to perfect the rowing stroke. He is a elite educator of the sport and can teach any athlete how to effectively move a boat. Over his coaching career, Coach Bancheri has honed and refined his blueprint so that any coach to be successful by following his plan.
- Throughout my four years on the team, I was able to improve from a physiological perspective through the yearly periodization plan and the various micro and macro cycles. Coach Bancheri's detailed weekly training plans and daily practice plans that he sent in advance allowed us to be mentally prepared for each practice and maximize our gains from each session. I went from a tall, skinny high school golfer to a true power endurance athlete that the sport of rowing demands. I was fortunate to have success at national regattas including a Gold and Bronze medal in the Men's JV Heavyweight 8 (gold as a lightweight crew racing in the heavyweight race), Gold (lightweight 4) and Silver (JV 8) at the ACRA National Championship, one gold (lightweight 8) and two silver (novice 8 and varsity 8) medals at the SIRA Regatta, 2nd place at the San Diego Crew Classic, 3rd place at the Head of the Charles in the varsity 8, and advancing to the Round of 16 at the Henley Royal Regatta in the varsity 8.

**-Mike Stoll, Senior Academic Adviser, GVSU**



# Peer Review

- Tried and true is really the best way for me to summarize my thoughts on Coach B's training plan and presentation. As a direct product of his work as an athlete and now on the coaching side, this plan is something that I turn to time and time again. Coach has always done a wonderful job at taking bits and pieces from his mentors and that's what a great coach does. They take the time to listen, learn, put it to work, then reflect back and tweak when necessary. During my time at Grand Valley, though we were a 'club sport' we all knew the team mentality was of the varsity level. This roadmap made us feel that we could compete out on the water and that's just what the team did. Coach's plan created a team that was just built different, that was gritty and could compete even with limited resources as a club sport compared to varsity programs. The proof is in the results both on land and the water, and also the number of rowers that have turned into coaches after working under Coach B. This training plan, if you stick to it, doesn't just make rowers, it makes students of the sport.

**-Victoria West, University of Minnesota Novice Coach**

# Peer Review

- Coaching a crew to be fast, and building a program to be successful, are different endeavors.
- Watching Coach Bancheri build the Grand Valley program after my departure was an absolute pleasure. John grew the team, adopted rituals & traditions, recruited donors & supporters, injected life into the facilities, and ultimately saw sustained success on the water in all boat classes.
- John's success at Grand Valley, as you'll see in the presentation, came from a training plan based on an exceptional technical & physiological understanding of the sport, coupled with decades of continual refinement and experimentation, mixed with fantastic storytelling, relationship building, care for athletes and a deep love of the sport.
- I strongly encourage you to attend this session and listen to the thinking behind the plan. It is a plan you can trust. It will be more than you can absorb, so I also advise you make John your friend & mentor.

**- Chad Jedlic, GVSU Head Coach, 2000-2005**

# Peer Review

- Coach Bancheri's presentation is a winning cheat sheet for anyone who wants to build a successful rowing program. With humor and wisdom that draw from popular culture, his homegrown A.C. roots, and treasured historical sources, he presents proven solutions to common problems that will help seasoned coaches grow and beginning leaders avoid known pitfalls. A master teacher for the ages, Coach Bancheri's devotion to the art of coaching, built on a foundation of current science, has helped him mentor novices and Olympic champions alike. Any conference participant who taps into his organizational mind, will relax into their role and better serve their team as a result. **Coach Evans Liolin**

# Peer Review

- Follow the Plan – My time at Marietta College from '01-'03
- My time in Marietta College with John Bancheri was a unique one, full of highs and lows, but bookended with incredible success. Of all of John's Assistant Coaches, I had to have been the most raw and untrained. My journey started with a phone call from my former undergrad coach who wanted to know if I had a job or Grad Assistant position yet. It was August, and almost all the positions had been filled, but she said this guy at Marietta was looking for a GA and she thought I might be a good fit. So with nothing to lose, I drove out to Marietta, stayed at the "prestigious" Lafayette hotel, and met with John, Luke Agnini, Ming Tran, and a few members of the team as they had already arrived on campus. I loved the campus, the athletes I met, and the history of the program. John seemed like a lot, but I figured what the hell, it's only a year.
- Two days later I showed up at Marietta, ready for my crash course in coaching. A brief background – I went to school at Robert Morris University. Halfway through my freshman year, I was coerced into starting a men's club rowing program at Robert Morris with about 12 other guys who had never touched an oar. We only got into a boat about 15 times that year, but the next year we had a solid Frosh 4+ that competed all spring and came in 5th at the Dad Vail. I rowed the next year in a pair without much success, and mostly coached the freshman team my senior year. I also helped coach freshman girls at North Allegheny High School. Through all of this, I only learned how to coach through osmosis. No training, no classes, no training plans, no mentors. I had to figure it out on my own.
- So I take all of that, and a lot of drive and ambition, and roll into Marietta. John's first words of wisdom to me were "just follow the plan." I was in charge of the walk-ons and in theory the freshman, but in reality, I got the leftovers. And if you have coached under John before, I'm sure this sounds familiar. He sees where the talent and potential is and focuses on them. So John usually took two or three Varsity 8's and the Freshman 8, and I got whoever was left. Sometimes we would be short a rower so John would say, "Chad, I need you to row in the 3V boat today."
- While I could have been offended by being kicked out of the coaching seat, I kind of enjoyed the challenge of showing the guys my ability while also getting to understand John's coaching from the other side, and I think that was his goal. Of all the things that I took away from John, his desire to teach others is what stuck with me. John wasn't a coach, or a director, or a dictator, or an administrator. He was a teacher. We wanted the rowers to not just do what he said, but to understand why they were doing it. He didn't want his coaches to follow the training plan, he wanted them to understand how it was created. It takes a while to see this as a newcomer under John, especially after his "just follow the plan" statements, but if you stick around long enough, it starts to come clear. From his daily teaching, to sending his coaches to conferences, to taking his sport psychology class, to helping them get their rowing coaching certifications, he wanted his coaches to learn.
- I knew I was in for an education when John asked me if I knew how to rig a boat a few weeks into the season. As I had taken apart and put back boats back together through college, I said "Yes!". But I was wrong..... So wrong. John says - "How do you like to check seat height." My answer.... No clue. So John set off of an hour long crash course in seat height 101. And not just him talking, but me doing it, while he guided me. His delivery was a little brash, his tone was often very harsh, his patience ... well... we will just say it was there somewhere, but his intent was always clear – I want you to learn and be good at this. And if he didn't totally piss you off, you could learn a hell of a lot!
- And learn I did, and John gave me a group of novices to work with all by myself. I was to use his training plan (which I was gifted in a beautiful 3 ring binder) under the command that I could not take it when I left Marietta (which I did anyway). I took my novices out on my own and sometimes some leftover guys and followed John's plan. Some days I would cut an interval out or a few minutes out of a workout to which I was met with a small tirade from John who would lay into me for not "following the plan". I also learned while joining John in his beloved Boston Whaler as he coached the Varsity guys and I watched him run the drills. He would point out flaws in rowers strokes to me, helping me develop my eye. And through all the technical stuff I learned, the most important, and hardest thing to learn was to how to identify the cause of the problem .... and try to fix that. Not to try and fix the flaw itself. It is a lesson I have used for 20 years in coaching Elementary Phys Ed. and I believe to be the ultimate sign of an effective coach. Most coaches can see the problem, but only the best can identify the cause. It's not what they are doing wrong, but why is that happening. Why is their catch off? Does it start from their recovery? Or is it flexibility, strength, seat height, reach, rigging, illness, or injury?
- Once acclimated, I began to realize how talented and deep of a team we had. Between looking at erg scores and watching the guys on the water. I was a bit in awe of what I walked into. We easily fielded five 8's in the spring with the Varsity 8 hanging with the likes of Navy and Temple. Meanwhile the Freshman and JV 8 seemed like they couldn't lose. John would occasionally send me out with the top guys, to which I would just sit in the launch trying to find something to say, but these guys were mostly upperclassmen with way more experience and talent than I had. Those days I was a glorified water boy.... mostly an escort that blew the whistle for intervals. But it was those seniors who had started as freshman with John, that followed his plan, bought into the system, and set the standard for the team of expectations for work ethic and dedication. And those standards led to incredible success and more talent coming in.
- The one thing John gave me full run of was recruiting. This time I couldn't "follow the plan" because there was nothing there. Luckily, I had done enough recruiting in my time to know how to sell some walk-ons into the program. We also needed recruits with rowing experience, and through a few visits of possible recruits, got the jist of where our rowers were coming from. I got some ideas from John, then took off onto a mad dash of recruiting anyone – and everyone – to Marietta College. To me, it was the easiest sell out there. If you are looking for a small school, one who can give you lots of attention, with an incredible history of rowing with miles of flat water, Marietta should be your choice. In addition, we were becoming the best small school rowing program in the nation. It's easy to sell the best of something, and I believed we were it. I also realized it was a numbers game. So I typed a generic email, and I sent it to everyone. At that time, row2k had their own recruiting page with names, emails, 2k scores, SAT scores, and High Schools. I emailed EVERY SINGLE KID on that page. 880 SAT? Sure. You live in Greece? Sure! 5'2? SURE!! You row a boat fishing in your pond in rural Ohio? SURE!!! And that combined with John's closing ability on top guys, we had two of the best recruiting classes ever at Marietta College. Two Frosh 8 victories at the Dad Vail combined with a Varsity 8 victory for those guys as seniors proved my "plan" worked pretty well. (By the way, those 4 recruits all ended up graduating and winning the Dad Vail Varsity 8)
- Even better was the success these students had off the water. So many athletes thrived in the culture created under John. At a school of 1000, having 10% of the male population on the rowing team is amazing. They joined because they wanted to be part of the team and enjoyed the exercise, but they stayed because of the comraderies, the culture, the relationships, the structure, and the fun they had. These pieces were all laid out in the plan. Whether it was the House of Wines rows, the welcome back from Winter break fitness test, the spring break trips, trips to the beach, hanging out with alumni, or the annual alumni vs Freshman race, the culture was polarizing. It helped keep kids on the team and in school. There were guys we recruited that we pleaded with the admissions office to get in, and many of them not only graduated but became very successful after college.
- But of course, the success on the water was amazing. From top down, the program was amazingly successful. The eyes all go to the Varsity 8, which although we couldn't take down Temple, was dominant those 2 years. One of my favorite races was watching them at the IRA heats go balls out on the start and hold a lead over Cal-Berkley (full of 5 or so Olympians) for 500m. Though the SIRA Heavy 8 sweep was also impressive, my favorite claim to fame is the Dad Vail team points champion. For years, the team points champion was won by huge programs at huge schools who fielded teams of over 100 rowers. In 2002, Marietta won that trophy with multiple boats in the finals and victories in the JV and Frosh 8.
- Despite the success, there were a few plans that didn't go as designed. There was that trip back from Maine that the women's assistant coach and I took where the trailer slid off the road in West Virginia, snapping the ends of a rental Resolute 8 and a new 4. That was a fun phone call to make to the boss. Or the time we had to answer to campus police for one of the guys climbing to the top of the crane on campus. Or the time we decided to go on the Ohio River and a storm kicked up, swamping the boats in the middle of the river. The blizzard of 2003 was amazing to see, but the flood after messed up a lot of downtown, the boathouse, and really put a damper in our training.
- All in all, my two years in Marietta were amazing. I walked in without a plan for what to do, bought in to what was going on, followed the plan designed by John, and was part of one of the most dominant small school rowing programs in the nation. I learned an incredible amount beyond my Master's degree about coaching, teaching, raising young adults, building relationships, and most importantly, how to design and implement ..... A PLAN.

- Chad Oliver,

# Athlete Review

- From my perspective, when I wasn't good to when I became good a lot changed. I got put in bad boats to help them improve, you forced the best boats to realize that even if they didn't like me as a person, I was what they needed for the race. I know that in the longer races a good cox can be very helpful or can really hurt. I feel like as a coxswain, I get forgotten a lot. I'm not that important but when I was bad, I was not used and they hated getting me. When I got good you could tell the difference between me and the other choice. For example, when I got taken out of the V8 for Dad Vail my senior year, I was not happy but I also was at the point in my life where complaining wasn't going to get me anywhere so I just did the best I could for the boat that I was in. I hope I helped them get a better place than what they would have gotten if I wasn't there. I never understood until last year why I was taken out of that boat only to be put back in for the last race. Thanks for finally letting me in on that secret, though it was kind of satisfying to watch the V8 lose so badly to Michigan without me in it. I definitely hoped that it was because of me not being in the boat that they didn't do as well. If that is the case, then a good cox definitely has something to do with the outcome. I didn't do all the physically hard work that the rowers did but don't forget about us little guys who do help when the coach is not there. Most people talk about the rower aspect of the sport but from what I can tell, the cox is almost as important plus I think it was you that said I'm the only person who has to go over the finish line lol! Also, it took a good stroke seat to help me improve. I wasn't getting the sport from you, you have so much knowledge to share but for me I had to know what worked for the individual rower as well as how things actually felt to them. Once I was assisted by the stroke and the other guys in the boat, I could finally understand what you were saying. As someone who never knew what rowing felt like, it was kind of hard to help you help them. Once I had the help, I could come up with something or a few somethings to help them get to what you were looking for. I know it's a lot to ask but to have a good cox, I think they need the experience as a rower, they don't have to be good or compete, but just have the knowledge of the feeling would be nice. Another thing that helped me was when I could get out of the boat and see the rowers from a different perspective.
- From my experience how to make a good cox is, having a stroke that will help make you into the cox they want and need, watching and learning from different angles outside the boat and to be able to feel what it is that you are teaching the rowers.
- Besides the few times that I got to row a single which was so much fun and I wish I got more opportunities to do so, I had never sat in a rowers seat until I was at Grand Rapids Rowing for the 2 years I stayed. It turns out I have very good form, I'm not big and not meant to be a competitive rower but I have amazing form and that means I learned how to have amazing form without actually rowing. Look at me being smart. I'm sure you could get similar thoughts from both Kyle and Spencer since they switched positions when they went to college. I can't say that I'm right but I have a feeling that if more coaches pay just a little more attention to the cox, the competition would get even stronger and you might not have to look so hard for little people to stay. I know it can be hard to find people to cox but making them feel important might help them stay longer. I'm too nervous to coach but I think it would be beneficial to a team if their coach was a cox not a rower, my team would definitely have a stronger group of coxswains. Think of it like pushing from the bottom, yes the weaker rowers are the bottom but so are the coxswains, you raise the coxswains up and the only thing you can say about losing is that the rower themselves were not strong enough, the stronger the cox the better the stroke of the rower and then all that's left to win is strength. Just some thoughts about the forgotten ninth seat.. Becca Mier GV'16



# Peer Review

- I enjoyed reading through your presentation, and I think the conference attendees will really benefit from your many years of wisdom. I think your title—“The Big Picture”—says it all. It’s easy to get lost in details or to drift to extremes (treating a club or high school program like an elite development camp on the one hand, or like an afternoon daycare on the other). One thing I always admired about your coaching was your ability to hold it all together while “keeping the main thing the main thing” so to speak. As a result, you produced many fine crews and helped develop many more good people.
- Hugh McKeegan, Trinity College and GV Asst. ‘15 – ‘18

# Peer Review

I look back on my years working with John fondly. I joined his staff as an assistant out of college, fresh off besting his top boat, the V4, at the Dad Vail in 2006. He was determined to build a top tier club program, and I was happy to move to west Michigan having grown up near Flint. I quickly learned working with John would be a high stress, high expectation, and high reward environment. We both wanted to win and would put in long hours to achieve success.

John had a system and plan; I simply fell in line and supported him as best I could. We did achieve success early and often, and grew the program to new heights year over year. I left GV with a master's degree and increased confidence in my abilities to lead a team. I've since moved on to leadership positions in healthcare consulting and reflect on the lessons John shared with me often. In a nutshell: have a plan that's well thought through, work hard and execute to the plan, be flexible (and aware) enough to adapt on the fly, and never give up as you chase your definition of success. Most of all, allow yourself to have fun and a period of reflection as you achieve each milestone. Life and work is a long-term investment, I'm lucky to have learned from John for for years.

"You have to eat the dream

You have to sleep the dream

You have to dream the dream

You gotta touch

You have to see it when nobody else sees it

You have to feel it when it's not tangible

You have to believe it when you cannot see it

You gotta be possessed with the dream" - Meek Mill, Wins and Losses

by Mark McIlduff, Dayton '05 and Asst. Coach GV '05 –'10

# Athlete Review

JB,

This is exceptional! Anyone that comes to hear this presentation should consider themselves the luckiest because they will have hit the jackpot with this amount of high-quality coaching information. Thank you so much for sharing it with us.

I used so much of what you taught me when I coached at Louisville. You really helped set me up for an amazing national team run and I am forever grateful for all my experiences rowing at Grand Valley (Under your coaching), and beyond.

The best coaches never stop learning and you taught me to always be a student of the sport! A Valuable lesson that has served me well in my life. I'm sure every coach that hears your lecture at RowCon2023 will be so grateful for the knowledge presented.

I'm working on the page for your book! I'll be in line for one of the first copies!!!!

- Sarah (Zelenka) McIllduff, GV '09; 2012 Olympian, Asst Coach U. of Louisville

# Peer Review

Hi John,

Thanks for sharing your PowerPoint presentation. There is a lot of great information in there. I read through the entire thing twice. And I'm sure I will continue to reference it throughout the season.

Thank you for your vision and leadership on helping grow the Stockton program and the summer program In AC. You see the big picture and I appreciate that. I really wish I had gotten more time in a launch with you, but of course your heart and your health always come first. Hopefully, there will be other opportunities in the future.

Thank you for recognizing that I did my best to keep the summer rowing program going in AC.

Thank you for keeping me in the loop of your prestigious group coaches. Also, for believing in me and seeing something in me that most others miss. I strive to be dedicated, practice humility, and give my whole heart to this sport. But you of all people understand it takes a physical and emotional toll. No one likes feeling chronically under appreciated and overlooked.

We coach because we love the sport. So, I will continue to be proactive (knowing what I want, focusing on the goal, driving results) but also be receptive (open to new ideas, new situations, and new opportunities.) Hopefully, this mindset creates some forward progress in my career as a coach and ultimately the highest good for all concerned.

I appreciate your wisdom, expertise and dedication to the sport of rowing. As Coach Garbutt would say, you have been "fighting the good fight" for a long time. I look forward to seeing your presentation in a few days at the convention.

Thanks Coach! For all you do and continue to do. Stay safe and healthy!

~Bernadette Ritzel Poyas



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