

### Alumni Banquet

#### 5 Coxswains Growth 2 Women's 8+s 2 Men's 8+s & 1 Men's 4+ 4 Coaches 37 athletes. Only 7 CWRU varsity sports are smaller.

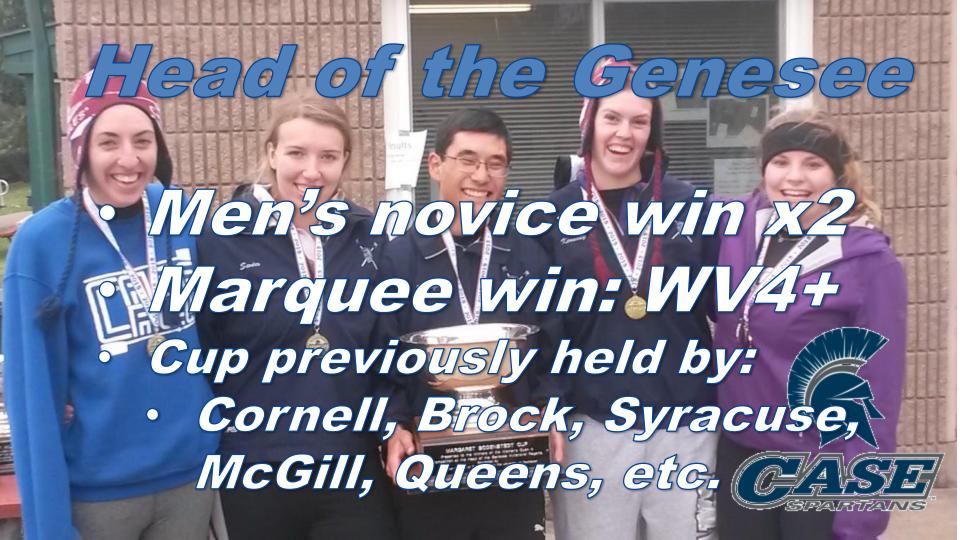
## Performance Blood lactate testing

- · Individualized H.R. training
- · Weight regimen
- Visualization exercises / guided meditation
- · Nutritional Supplement

### New Challenges

- · Head of the Genesee
- Head of the Hooch
   Don Lubber's Cup





# Head of the Hooch Men's Varsity 84:

Women's Varsity 8+:

Second largest head race in the world



Coach Aaron,

Truth is I was very impressed with what CWRU has accomplished thus far; this year. It is an "epic flood" watermark compared to past years.

CWRU was the lowest seed. Our oversight!

You and your team deserve a MOST IMPROVED Lubbers Cup performance. PLEASE share that sentiment with your coaches and athletes.

Your student-athletes helped make this a better event and we hope you return in force next year.

I expect you will continue to improve speed with water time. "Mileage Makes Champions"!

Your colleague,

John

John M. Bancheri, Head Men's and Women's Rowing Coach Grand Valley State University Rowing Club



ac Week 42/43 October 15-28 2007

November 12 - 19 2007

1@ 40+

OUBC Training Programme Week 47/48 November 19 - December 4 2007

day 19 Active Recovery/Streeching

worday 20 I OmegaWave Testing Ergs 76 min A.est 2 in 18.

2 Row IS kes A sat 2/Technique.

Wednesday 21 1. Ergo 60 mm A ext 2 @ 18-20 sliders

Row 20 km A est 2 @ 18

Thursday 22 1. Weight Training 45 mm plot poll ups. 20 Regu

2. Row 20km sac 2 x 3000m sg 20

23 I Ergo 60 min A. est 2 (8) 13-20 sladers.

Row 16 km include 4 x 20m strokes (§ 24, 26, 26, 28
 Sanarday 24 Row 3 x 2 km (§ 26, 26, 28 plus 10 km Regrescration row

Sunday 25 1 Row 20 km Technique/A.ext 2

2. Row 12 km inc 5 x 20mmkm on/off (ii) 10

Monday 26 1. Active recovery and strengtung

Tuesday 27 1. OmegaWave Testing: Ergn 60 min A. and 2
2. Covershorn competitive perces

Wednesday 28 1. Ergo 50 min A est 2/Rigera.

Caversham competitive process

Thursday 29 1. Ergo 50 min A cut 2/Ragen

Caversham competitive pancin
Friday 30
 Ergo 60 min Acrel 2 States

Ergo 60 min Aext 3

day I I. Row 16 km A. est 2

Ryin 10 km
 Sunday 2 1 Ryin 20 km A.cut 2

Monday 3 1. Active Receivery and contribute

Turnday 4 1. Physiology Testing Boy.













