

A Brief History of Vesper Boat Club

The Vesper Boat Club had its beginning in 1865 and quickly became one of the most celebrated rowing clubs in the United States and the world. Vesper's eight-oared shell took the gold medal in Paris in 1900 at the first Olympics rowing regatta. The Vesper eight repeated its victory at the 1904 games in St. Louis. And at the 1964 Tokyo Olympics,

Vesper eight won again, making it the only rowing club in the United States to win the title three times.



Perhaps the best known names associated with the Vesper Club are John B. Kelly Sr., an Irish brickworks owner who became influential in city politics and his son, John B. Kelly Jr., a city councilman and brother to Princess Grace of Monaco. Kelly Sr. won Olympic Gold in the single scull in 1920 but, as a laborer, Kelly was barred from entering the Diamond Sculls at the Royal Henley Regatta. Two decades later, that John B. Kelly Jr. won that event in 1947 and 1949.

In 1970, Vesper became the first men's club to organize a women's rowing team and Vesper women have consistently won national championships and represented the USA in international competition. At the Montreal Olympics in 1976, six of the USA Women's eight were Vesper women.

The present clubhouse was constructed in 1865, added to over the years and entirely renovated in the 1990's. Vesper's name is recognized around the world, and rowing out of Vesper offers a unique opportunity to touch the history of the sport.

All Together

Making your Varsity Boat
and
Making Your Varsity Boat Go
Faster

both require more than just
big erg scores. It's all about
TECHNIQUE.

Improve your technique with
intense five-day sessions
taught by one of the best
technical coaches in rowing.

Girls Sessions:

June 15 to 19, 2009

July 6 to 10, 2009

Boys Sessions:

June 22 to 26, 2009

July 20 to 24, 2009

In-depth Technique Analysis
Video Review
Ergometer Coaching
Roundtable Discussions
Limited Enrollment

Vesper Boat Club

John B. Kelly Jr. Memorial Boathouse
10 Kelly Drive, Philadelphia, PA
215.769.9615 (Voicemail)
www.vesperboatclub.org



Varsity Technical Development Camp

A technically focused
summer rowing camp
for high school athletes
at historic
Vesper Boat Club
on Boathouse Row
in Philadelphia.

Four sessions with
limited enrollment
ensure personal
attention and results.



VARSITY TECHNICAL DEVELOPMENT ROWING CAMP at VESPER BOAT CLUB ALL TOGETHER

This program is designed for high school freshmen, sophomores and juniors who wish to gain technical mastery of the rowing stroke and develop into successful varsity rowers. The emphasis is on technique, not erg scores, and our goal is to teach every participant skills that will dramatically improve their rowing.

The program will provide a simple yet sophisticated approach to developing an efficient and powerful rowing stroke. Our approach will break down and develop mastery of the four critical components of an elite rowing stroke using the ergometer and both sweep and sculling boats 'on the water'. Video tape will be used to reinforce learning. A key goal of this camp will be to clearly establish the correlation between the ergometer as a training, technical asset and successful implementation of technique on the water.



The program is directed and coached by Bruce Konopka. Bruce brings over 30 years of National Team, collegiate (University of Pennsylvania men's and women's crew) and high school (Episcopal Academy & St. Joe's Prep) coaching

experience and technical knowledge to share with the camp athletes.

Vesper's coaching staff, elite athletes and members will also share their expertise in daily roundtables and demonstrations on rowing-related topics, including stretching, weight-training, nutrition, injury management, college application and recruiting, managing the student-athlete balance and post-collegiate training. There will also be a talk by Vesper Coach Michiel Bartman, a triple medal winning Olympian.

Each intense five-day session will feature very limited enrollment (capped at 16 participants) to ensure that every athlete receives ample personal attention and to foster the focus that will maximize the benefits of the experience. Athletes will take away a personalized technique and training "prescription" to preserve what they learned, along with a camp t-shirt.



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All sessions run Monday to Friday from 9:30 am to 3:30 PM. The fee per session is \$500.00. Enrollment is very limited and sessions will be filled on a first-come, first-served basis. Online information and registration forms are available on Vesper's website at www.vesperboatclub.org.

Questions? Need more information?
Contact Bruce Konopka at
215-482-3450 or bkonopka@ea1785.org