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Lamorinda Rowers Invited to High Performance Sculling Camp

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Left to right: Elizabeth Lenczowski, Kelly Bauer, and Jessica Buffington
Photo Rosie D'Orazio

Two Lamorinda teens were among three Oakland Strokes' rowers who attended the January 8-11, invitation-only High Performance Camp in Tempe, Ariz. These rowers, pictured left to right, are Jessica Buffington (Berkeley High) and Miramonte juniors Kelly Bauer and Elizabeth Lenczowski.

The High Performance Camp provides Junior National Team coaches the opportunity to work with a select group of athletes early in the year, and is considered an integral part of the preparation for the U.S. Rowing Selection Camp held in June.

Athletes participating in the June camp compete for a position on the 2009 U.S. Junior Selection Team, which ultimately competes at the Junior World Championships in France in August.

High Performance Camp invitees are typically standout "scullers" who have earned top race results at national sculling competitions and have demonstrated technical performance, endurance and strength.

"Selection Camp can open the door to a wide range of international training and racing opportunities," says Strokes women's varsity coach, Ian P. Simpson.

Buffington, Bauer and Lenczowski competed at regattas on the east coast last summer, including the Club Nationals in Camden, NJ. Lenczowski also competed

internationally at the Royal Canadian Henley in Ontario.

Oakland Strokes, Inc., is one of the premier rowing programs on the west coast. The program is open to full-time high school students interested in learning to row and compete in the sport. Its program includes Junior Men's and Junior Women's crews at both varsity and novice levels.

In addition to technique and fitness, the Strokes program emphasizes teamwork, leadership, initiative, dedication and fellowship.

For more information, go to www.oaklandstrokes.org

Reach the reporter at: info@lamorindaweekly.com

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