



CHATTANOOGA AREA ROWING

competitive program

Grant Williams, Head Coach

grant@k4uuq.com

Chattanooga Coaches,

My name is Grant Williams, and I am the head coach for the Chattanooga Area Rowing [CAR] summer competitive program. A little bit about my background: I was a coxswain at McCallie for a number of years and have been coaching at Chattanooga Rowing for the better part of the last year. I specialize in holistic competitive rower development, film and data analysis, and coxswain education. I am a certified Level 2 Coach by US Rowing as well as the author and publisher of several scientific reports on the physical and biomechanical processes of technically efficient rowing. I further am the founder and lead computer engineer of the rowing telemetry company – Responsive Rowing.

This summer, CAR is hosting a competitive program ultimately culminating in competition at the Youth Summer National Championships. The program will provide the highest level of biomechanical, technical, mental, and physical training to aspiring rowers and coxswains whose values align most with the goals of top-range performance. Our coaching staff – consisting of rowers, scientists, and engineers alike – places emphasis on data driven, objective, improvement of effective rowing technique. We achieve this by capitalizing on mathematical and film analysis using a variety of commercially available sensors and proprietary technology. Our program further investigates and corrects the mental barriers and teammate-chemistry standing in the way of progress. We serve to act as a refinery, perfecting the last ~20% of technique and power application.

For more information about the program, please see the release announcement:

[Competitive Team PDF on the 2022 Summer Programming Site](#)

We are seeking rowers and coxswains for the summer that would benefit from alternative knowledge, team chemistry, and coaching experience. Our ideal candidate is the serious athlete with physical and mental capability as well as malleability to coaching...athletes that find their "fun" in competitive rowing. We don't seek to drastically modify or re-write techniques of incoming participants – but rather hope to serve as a stepping stone of education and experience in their careers; an exposure to new ways or perhaps more complex ways of thinking while also being as competitive as possible.

Yesterday – Wednesday May 4th – we opened the [application](#) for the summer competitive program. It has been posted on the 2022 Summer Programming section of the Chattanooga Junior Rowing website. The link leads directly to a Google form and serves as the primary method for applying to the competitive program.

We also released a quick document outlining the application process which I have attached below. The gist is this: **apply no later than May 18th, hear back May 22nd, start June 6th.** We do ask that athletes from foreign teams have their coaches send a brief recommendation to me in addition to their application so that we have some form of backend communication from home-team coaches in support of their athletes.

I firmly believe that the Chattanooga rowing scene grows exponentially faster when we come together united by the love for this sport while competing at high degrees. Our idealistic outcome is Chattanooga's expansion of crew's popularity as well as the proficiency we bring to the table at regional and national competitions as a city.

All my best,
Grant Williams

rowcjr.org