

# GMS GAP YEAR OUTLINE

GMS is interested in recruiting two Gap Year or Post University students as interns from September through to the following summer to work and train with GMS under a JI Visa. The visa application comes under the sponsorship of the International YMCA and is valid for twelve months.



**International YMCA**  
We build strong kids,  
strong families,  
strong communities.

**REQUIREMENTS:** Applicants must be accredited rowers/scullers who have competed at national championships and who intend to continue in the sport challenging for places at national level. They must be interested in coaching and be able to verify the importance of rowing as part of their further education. (*This is further explained as part of the visa application process*).

**TRAINING PLAN:** A comprehensive Training Plan has been prepared in conjunction with the International YMCA. This includes initial orientation, coaching accreditation, instruction on scientific methodology to training, rowing tuition, coaching schedule and the opportunities to compete as part of GMS. Training will be under supervision of Guenter Beutter, GMS Technical Director, formerly a German National Team Coach.

## THE FOLLOWING DETAILS ARE INCLUDED IN THE PLAN:

**DEVELOPMENT & COMPETITIONS:** Interns will be expected to train with the GMS High Performance Scullers (HPS) program and will be entered for regattas as part of GMS. This will include the opportunity to row in National Championships and at Royal Canadian Henley.



*The HPS program is made up of scullers challenging for places at the US National Training Center, Princeton, NJ. These members will be competing at the Senior World and Under 23 World Championships in July & August.*

Details of the HPS program can be found on the GMS Web site  
[www.gmsrowingcenter.us](http://www.gmsrowingcenter.us)