



ALLAMERICANROWINGCAMP.COM

FOUR DAY CAMP # 1

(4 IS BETTER THAN 3)

JANUARY 15-18, 2025

DELAND, FLORIDA

How about an extended four day camp to work on sculling skills with the Legend Jim Dietz and his trusty sidekick Mark Wilson on Lake Beresford and the St. Johns River?? If this sounds good to you, then join us!! We will be working in small groups to get the most out of each row and we provide everything you need but of course if you want to bring your boat and have it set up for you that is a great benefit. Four days provides you TEN rows out on the water!!

Sculling is a sport where even the most experienced rowers need a little coaching from time to time to pick out and correct small technique or rigging issues that arise during the repetitive motion that our sport entails. With a short camp with personalized coaching and instant video feedback you will find great satisfaction in the value and the results of the on water "Tune-Up"!

Our coaches for the camp will provide expert instruction in 4x, 2x and 1x to match your ability and interest. Rowing with friends is always fun and we hope that our location will make you really enjoy the time away from home. We use a Fun, Progressive and Positive style of coaching so everyone learns a great deal of how to move boats!!

Coach Mark Wilson along with the Legend Jim Dietz will give plenty of on and off water pointers. Rigging of your boat and oars as well as the video feedback and a great setting on the freshwater of the St. Johns and Lake Beresford will be our laboratory.

As noted, we will do our best to give you the best coaching to meet your needs and will do some miles to keep your fitness and also look at technical parts of your stroke to gain efficiencies that may be missing as well.



Thank you and hope to see you in DeLand this winter.

Mark and Jim

www.allamericanrowingcamp.com
director@allamericanrowingcamp.com
865-441-0880



FOUR DAY CAMP # 1

JANUARY 15-18, 2025
DeLand, Florida

COST

Wednesday - Saturday : \$950 Includes: 10 rows, all coaching, reviews, equipment, rigging, 2 dinners, all breakfasts and lunches and rower goodies.

LODGING INFORMATION

AirBNB options can be found online or Calling Chris at 352-281-8691
Hontoon Landing Resort 800-248-2474 – They have various room types.
Hampton Inn 386-279-7808
Comfort Inn 386-736-3100
Marriott 386-943-9500

Mark Wilson's Contact Number
865-441-0880

Feel free to call at anytime with questions or needs.

mark@allamericanrowingcamp.com

WHAT TO EXPECT

- The complete masters sculling experience
- Rowing and coaching sessions in 1x's, 2x and 4x.
- Breakfast, lunch and two dinners included in camp fee
- Camp goodies for training and for taking home
- Valuable video review and photos for your use at home
- 10 rowing sessions with video reviews
- Work with coaches who want you to excel in a small class setting
- ON ground sessions covering: erging, rigging, weights and more
- Coaches question and answer sessions ongoing during the weekend
- We will be providing shells from Fluidesign, Vespoli, Nelo, Pienert, Swift and others.



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WHAT TO BRING

- Enough clothes for multiple workout sessions a day.
- Athletic shoes for the strength and conditioning sessions.
- Sunscreen, water bottles, hat, sunglasses, and anything you want to bring to Florida.
- Casual clothes to wear in the evening.
- Clothes for cool mornings and warm afternoons, plan on layering

ROWING SCHEDULE

Wednesday January 15, 2025

12:00 pm	Camp Welcome- Boat set up and Row
3:00 pm	Afternoon row and video review
5:00 pm	Afternoon wrap up for day
7:00 pm	Dinner at Mark's House – Camp Welcome

Thursday January 16, 2025

7:00 am	Morning row
8:30 am	Breakfast and video review
9:30 am	Mid-Morning Row
11:30 am	Lunch-followed by Nap
3:00 pm	Afternoon row and video review
7:00 pm	Dinner out in DeLand



Friday January 17, 2025

7:00 am	Morning row
8:30 am	Breakfast and video review
9:30 am	Mid-Morning Row
11:30 am	Lunch-followed by Nap
3:00 pm	Afternoon row and video review
7:00 pm	Dinner at Marks House

Saturday January 18, 2025

7:00 am	Morning row
8:30 am	Breakfast and video review
10:00 am	Mid-morning row with video review
12:00 pm	Lunch and camp graduation – Checkout



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Mail registration and deposit to:
All-American Rowing Camp
2770 Redwing Village
DeLand, FL 32720

<u>FOUR DAY CAMP #1</u> January 15-18, 2025 \$950.00
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**Registration Deadline is Nov 1, 2024. However Camp is limited to FIRST 10 deposits.
A \$500.00 non-refundable deposit is due with your registration.
Balance due 1 month prior to camp start.**

Makes Checks payable to: All-American Rowing Camp, LLC
Venmo Payments can be made @ Rowcamp1999

Name _____
Address _____
City _____ State _____
Zip Code _____

Full Name	Boat Size Needed	Deposit	Camp Fee	Amt. Paid
		\$500	\$950	
		\$500	\$950	
Any Special Needs?				

Work Phone: _____ E-Mail _____
Home Phone: _____
Health Insurance Carrier and Policy Number _____

IN CASE OF EMERGENCY CONTACT: _____ Relationship _____

Waiver Statement (Must be signed to participate)

I recognize that because of the potentially hazardous nature of this activity that an injury might be sustained. In the event of such an injury to myself, if I or my spouse cannot be contacted, I give my permission to the attending physician to render such treatment as would be normal and agree to pay the usual charges for such treatment. I now release the All-American Rowing Camp, LLC., Sunrise Harbor @ Hontoon INC, LRR Houses Inc., USRowing, its employees, volunteers, agents, and assigns from responsibility for any personal injuries to property caused by or having any relation to this activity. I understand that this release applies to any present or future injuries and that it binds my heirs, executors and administrators. I understand that participants may be videotaped or photographed during this activity. I have read this release and understand all of its terms. I sign voluntarily and with full knowledge of its significance.

Signature _____
Date _____

All Questions should be directed to Mark Wilson 865-441-0880

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