



INTRODUCTION TO SCULLING CAMP

JANUARY 20-22, 2023

DELAND, FLORIDA

All-American Rowing Camp's motto has been Learn, Develop, Excel since 1999 and it is often brought to our attention that most of our campers have already learned the basics, with this camp we are excited to offer people the opportunity to 'Start from Scratch!'

Many Master Scullers are people who rowed in college many, many years ago or are people who were intrigued with the 'cool factor' or were introduced by family members or friends. Whatever the reason, we want to get you started off on the right track. This camp is designed for you, and you will be amazed at the progress and confidence you will find after 3 days with our coaches and equipment on the Lake Beresford laboratory.

Coach Ryan Worth with other coaches will be taking you from true Novice Sculler to a confident oarsperson. This camp will offer boats that are appropriate and coach to rower ratio will be capped at 1-4. You will have the opportunity to learn about boat and oar set up, how the mechanics of the body work to propel a boat and enjoy others who are learning at the same pace as you. Come with a buddy or come alone, you will make friends on day one. We use a Fun, Progressive and Positive style of coaching so everyone learns a great deal of how to move boats!!

Coach Ryan Worth will give plenty of on and off water instruction. Immediate video review as well as plenty of time for questions will highlight the off-water portion of the camp. Most meals are also provided to keep the learning time maximized. Rowing is a social sport so you will meet fun people along the way.

Please tell your friends and sign up quickly as this camp is sure to fill soon.

Questions can be directed to [Mark Wilson](mailto:Mark.Wilson@allamericanrowingcamp.com) via email anytime. Housing is NOT included so please read through this entire flyer for details on logistics.



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

Ryan and Mark

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



ALLAMERICANROWINGCAMP.COM

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COST

Sat-Mon: \$625 Includes 7 rows, all coaching, reviews, equipment, rigging,
Saturday Dinner, breakfasts and lunches and rower goodies
Rowing Site: 1905 Hontoon Road, DeLand, FL 32720

LODGING INFORMATION

Hampton Inn - 386-279-7808
AirBNB Options – Call Chris at 352-281-8691
Marriott Downtown – 386-943-9500
Artison Inn – Small Clean Local – 386-873-4675

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 Saturday dinner included in camp fee
- Camp goodies for training and for taking home
- Valuable video review and photos for your use at home
- 7 rowing sessions with video reviews
- Work with coaches who want you to excel in a small class setting
- ON ground sessions covering: off water fitness, boat and oar set up and more
- Coaches question and answer sessions ongoing during the weekend
- We will be providing shells from Fluidesign, Vespoli, Sykes, Swift, and GlideBoatsUSA



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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

Friday, January 20, 2023

1:00 pm	Meet at Camp HQ – 1905 Hontoon Road, DeLand FL 32720
1:30 pm	Rigging and setting up the boat for you
1:45 pm	Afternoon Row #1
4:00 pm	Afternoon Row #2
7:30 pm	Camp welcome Dinner at Mark Wilson's home, Video Review

Saturday January 21, 2023

7:00 am	Morning row
8:30 am	Breakfast and video review
10:00 am	Strength and conditioning session – Stretching
11:00 am	Mid-morning row with video review
12:00 pm	Lunch and rigging discussion
1:00 pm	Break
3:00 pm	Afternoon row and video review
7:00 pm	Dinner out in DeLand

Sunday January 22, 2023

7:00 am	Morning row
8:30 am	Breakfast and video review
10:00 am	Mid-morning row with video review
1:00 pm	Lunch and camp graduation – Checkout



Mail registration and deposit to:
All-American Rowing Camp, LLC
2770 Red Wing Village
DeLand, FL 32720
865-441-0880

INTRO TO SCULLING CAMP January 20-22, 2023 \$625.00

**Registration Deadline is Dec. 1, 2022. However Camp is limited to FIRST 8 deposits.
A \$250.00 non-refundable deposit is due with your registration.**

Makes Checks payable to: All-American Rowing Camp, LLC
Venmo Payments are now Accepted @ Rowcamp1999

Name _____
Address _____
City _____ State _____
Zip Code _____

Full Name	Boat Size Needed	Session	Deposit	Camp Fee	Amt. Paid
		Jan 20-22	\$250	\$625	
		Jan 20-22	\$250	\$625	
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., Ryan Worth, Mark and Judith Wilson, Sunrise Harbor @ Hontoon INC, USRowing, its employees, volunteers, agents, and assigns from responsibility for any personal injuries or 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