



## ALL-AMERICAN ROWING CAMP SWISS ADVENTURE

June 2 - 7, 2024

\$4,250 - All Inclusive Camp (Excl. Airfare)

\$2,750 – All Inclusive Non-Rowing (Excl. Airfare)

*Ruder Schule Agerisee*

Zug, Switzerland

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*All American Rowing Camp is happy to be visiting Agerisee and exploring the region!*

*Rowing on a Swiss mountain lake, incredible views, great equipment, afternoon tours around the region in the mountains and along the valley, positive fun coaches, First Class hotel and meals.. What could be better?? Doing it for 6 days..*



*Tomorrow...repeat!*

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If you have ever dreamed of rowing and touring the central Swiss Alps this is the trip for you, we will be rowing from the Agerisee rowing school with top equipment and coaches, rowing two times in the morning with video review and teaching moments throughout. The afternoons we will visit and explore where the locals go to enjoy summer in the alps. We are being joined by several local rowers who will showcase the area's hidden gems and you will not be disappointed.



All meals (and beer/wine), lodging at a wonderful hotel near the boathouse, equipment and fees are included.

Besides great rowing from the rowing school we will also discuss boat/oar rigging, strength and cross training for rowing, nutrition and many more topics to get you up to speed. Drone video analysis will provide a unique perspective on your technique and allow for in-depth personal coaching.

*This will be a true rower's paradise, All-American Style!*

Agerisee Ruder-schule  
[Click Here for Club Website](#)

SeminarHotel – am Agerisee:  
[Click Here for Hotel Website](#)

For Questions please contact  
Mark Wilson at 865-441-0880  
[mark@allamericanrowingcamp.com](mailto:mark@allamericanrowingcamp.com)



# ALL-AMERICAN ROWING CAMP

## AGERISEE, SWITZERLAND

### JUNE 2 - 7, 2024

#### Camp Includes:

- Camp is Six days and Five nights!
- Plenty of time to Learn, Develop and Excel
- Rowing in 1x's, 2x's & 4x
- Plenty of Rowing and Other Fun!!
- Eat, Sleep, Row, Site-See
- All meals, snacks, drinks and Lodging: INCLUDED! [SeminarHotel](#) is the hotel
- Lodging is in private rooms (up to 2 occupants) with private bath
- Video review of each rowing session, classroom sessions
- Shore sessions include training methodology, drills, nutrition, video and technology in the sport, racing, and strategy specific to the master's athlete.
- Spouses are welcome to enjoy meals, side trips, and the camp's social aspects. Opportunity to explore, rent a bike, hike and simply soak in the area's charm!



**This camp will be a very special event and will be limited to 8 rowers. Coaching ratio of 1:4 provides a personal and meaningful coaching experience. Your time is valuable and we strive to give you all the attention you deserve and more.**

#### Registration and Payment Schedule

	Rowers (add \$500 for single Room)		Non-Rowers
<b>Total Camp Fee</b>	<b>\$ 4250</b>	<b>SINGLE \$4750</b>	<b>\$ 2750</b>
1) 50% deposit due with registration	50% = \$2125	Single \$2375	50% = \$1375
2) 50% due by April 1, 2024	50% = \$2125	Single \$2375	50% = \$1375

**All Payments should be payable to All-American Rowing Camp, LLC – Venmo or Check accepted @ Rowcamp1999 is the venmo account**

Fees do not include airfare. Participants are required to make their own travel arrangements from the USA to Zurich Switzerland (ZRH). Airport transfers and Local transportation is included (Zurich Airport)  
Travel Insurance is also Available, Please Contact Mark for Details

Registration forms and waivers will be emailed to those interested. Please contact Mark Wilson at [mark@allamericanrowingcamp.com](mailto:mark@allamericanrowingcamp.com).

**Thank you very much for considering this adventure of a lifetime, or until next year!**



# AGERISEE CAMP SCHEDULE

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Schedule is subject to change based on weather, equipment and circumstances beyond our control. It is our intention to offer the highest quality coaching, rowing, and travel experience possible.



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June 2, 2024    Arrival and Meeting at Zurich Airport.  
Meeting time based on Flight Schedule  
Lunch in Zurich, Welcome to the Swiss Alps!!!  
3:00p    Check into the Seminar Hotel  
4:00p    Visit Rowing Club for Orientation  
(no rowing) Boat Set up. Week overview, maybe a short row.  
6:30p    Early Dinner and then off to bed!

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June 3-6    6:30a    Cappuccino - Croissant  
7:00a    Depart for Boathouse  
7:30a    Row – Session 1  
9:00a    2nd Breakfast and Video Review  
9:45a    Row – Session 2  
11:30a    Return to Hotel for Brunch  
1:00p    Afternoon Excursion  
5:00p    Return to Hotel from Excursion  
7:30p    Dinner at TBA

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June 7    6:30a    Enjoy Seminar Hotel  
7:15a    Last Breakfast, at Hotel  
11:00a    Camp Ends – Enjoy the rest of your European Travels  
Airport Transfer to Zurich based upon Flight Schedule!

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Afternoon Excursions will be historical, cultural, and some active adventures. Your main exercise will be the rowing but plan on walking and exploring the fantastic region. All tours will be within an hour to 90min from hotel.

*Switzerland is famous for many things and rowing is one of them, you will train on a perfect lake with the view of the alps all around. We will explore some hidden gems along the way.*



# June 2024 All-American Rowing Camp

## Agerisee, Switzerland

Mail registration and deposit to:  
**All-American Rowing Camp**  
**2770 Red Wing Village**  
**Deland, FL 32720**

*Rowing from Agerisee Ruderschule  
 Lodging at the Seminar Hotel  
 Excursions Included - June 1-6, 2024*

**Registration Deadline is April 1, 2024. Camp is limited to FIRST 8 deposits.  
 See Payment Schedule Below**

**Make check payable to: All-American Rowing Camp, LLC (Venmo Also Accepted)**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip Code \_\_\_\_\_

Camper's Name	Jacket Size	Due: With Registration	Due: Apr 1, 2024	Single Room	Total Fee	Amt. Paid
		Payment 1	Payment 2	Add \$500		
	<b>Rower</b>	<b>\$2125</b>	<b>\$2125</b>		<b>\$4250</b>	
	<b>Non-Rower</b>	<b>\$1375</b>	<b>\$1375</b>		<b>\$2750</b>	

Mobile Phone: \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Medical 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., Mark R. and Judy B. Wilson, Tomi Zaninovich, Agerisee Ruderschule, Holger Weissbock, US Rowing, 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.

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_

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