



ALLAMERICANROWINGCAMP.COM

All-American HOCR Sculling Camp

August 20-24, 2024

Boston, MA

\$750 for Coaching and light between row snacks

Come Learn, Row and Race the course with past winners and medalists



Coaches Jim Dietz and Mark Wilson will be hosting the 2024 HOCR Sculling Camp. There is no bigger or more spectacular race than the Head Of The Charles®. The bridges, the basin, the turns, the excitement, the history, the boathouses and the crowds make the Head of the Charles a must for every rowing enthusiast. Mark and Jim have been presenting this camp for over 13 years and each year we hear how informative and important it is, we thank you for coming and hope that 2024 will be a huge success as well! If you are racing or not, this camp is a great experience in a great location, and everyone will leave with newfound sculling confidence!

2024 Camp will be run from the Boston Latin School dock which is adjacent to Northeastern University's Henderson Boathouse. This location is just past the finish line and so we will look at each section of the river during the three days on the water. We will provide light lunch foods and fruit for between rowing sessions. Fun evening optional eating in town will also be included as well as great stories and fun off the water.

Jim is a true legend on the Charles and we both will cover the course as well as boat/oar rigging, circuit training for rowing, nutrition, and plenty of more topics to get you up to speed. Special video analysis using the overhead views from the bridges and from the launch will help you learn the course!

Boston MA August 20-22, 2024 Camp Features Include:

- Camp is Tuesday-Wednesday-Thursday with three great days on the Charles
- Rowing in singles and doubles will be stressed, Please bring your own if possible (rentals **may** be available for additional fee. There is no guarantee for a rental but we will help when possible.
- Head of the Charles racing technique by Jim Dietz and Mark Wilson
- 6 on-the-water rowing sessions!! Eat, Sleep, Row, Repeat
- Light refreshments between rows will be provided and campers are welcome to add to the mix!
- Video review of each rowing session, video clips will be placed online
- Shore sessions include: Training methodology, Drills, Boat/Oar Rigging, and Strategy specific to the master's athlete, racing technique specific for the Charles
- Complete written stroke analysis and critique to take home

This Camp will be a very special event and will be limited to 14 scullers.

Coach to rower ratio is kept at 1-7 or better to maintain personal and meaningful coaching. Your time is valuable, and we strive to give you all the attention you deserve and more.

August 20-24 - HOCR Camp Schedule

Tuesday	9:00am	Meet the group at Boston Latin School Dock area for rigging and introductions
	9:30am	Row #1 Followed by Video, light lunch and discussion
	12:00	Row #2 Row Middle Course – Weeks to Elliott
	2:00pm	Finish for the day on the water.
	Post Row	We will do what the group wants with grabbing a late lunch or a beer and maybe do picnic style.
Wednesday	8:30-10:30	Row #3 Lower Course, Start to Anderson Bridge
	11:00am	Light lunch with Video Review : Rigging and boat overview
	Noon	Row #4 Upper Course, Anderson Bridge to Finish
	2:00pm	Finish up for the day
	Post Row	We will do what the group wants with grabbing a late lunch or a beer somewhere nearby.
Thursday	8:30-10:30	Row #5 Full Course Row and Review – Basin to Finish
	11:00	Light breakfast and discussion
	Noon	Row #6 Final turn one more time, Elliot Bridge
	1:30	Final Video Review and questions to get ready for October!!

Camp is boating out of the Boston Latin School Dock which is just east of
Northeastern University Henderson Boathouse

Parking will be in the FALS parking lot. Boats can be unloaded at BLS
then cars moved to lot.

You can leave your boat at the site over night and unloading can be done on Monday evening.

For Questions please contact Mark Wilson at 865-441-0880 or

mark@allamericanrowingcamp.com

www.hocr.org



August 20-22, 2024 Head of the Charles Sculling Camp

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

Aug 20-24 2024 HO CR Camp
 Camp Fee \$750.00

Registration Deadline is June 1, 2024. However Camp is limited to FIRST 14 deposits.

All-American Rowing Camp - Encourages Venmo for payment @Rowcamp1999 Please note August #1 HO CR camp in payment note.

PLEASE Note that payments are final and no refunds are given but payments are 100% transferable to other campers on the waiting list for this camp, only.

Name _____
 Address _____
 City _____ State _____
 Zip Code _____ T-shirt Size _____ M / W

Full Name	Own Boat	Boat size	Camp Fee	Amt. Paid
	Yes / No		\$750	
	Rental Boat?			
Any Special Needs?				

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

IN CASE OF EMERGENCY CONTACT:
 _____ Relationship _____

Waiver Statement (Must be signed to participate)

I recognize that because of the potential 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., Boston Latin School Inc, Northeastern University, USRowing, HO CR, 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 _____

**Complete Schedule and camp information will be sent with receipt of payment
 All Questions should be directed to Mark Wilson 865-441-0880**