



ALLAMERICANROWINGCAMP.COM

# WINTER MASTERS SCULLING CAMP

**FEBRUARY 1-5, 2024  
DELAND, FLORIDA**

Another year has come and gone and we hope yours has been fantastic, full of great time with family, friends and Rowing!! Jim and Mark are excited to be offering a great series of camps in DeLand and hope that you will enjoy being in the warmth of the Florida sun and the liquid water of the St. Johns River and Lake Beresford for some great time on and off the water. Please contact Mark with questions and we look forward to seeing you on the water for 5 great days of sculling!

Our coaches for the camp will provide expert instruction in 4x, 2x and 1x to match your ability and interest. Camp is 5 days and 4 nights so plenty of progress can be made and drills and technique can be actually learned over the length of the camp. A Fun, Progressive and Positive style of coaching will be stressed so everyone learns a great deal of how to move boats!!

Coach Jim Dietz and Mark Wilson will be our head coaches with other great coaches assisting to give plenty of on and off water pointers. Conditioning for the Masters Rower will also be addressed at camp.

There is also plenty for spouses or non-rowing friends to do in the area with biking, fishing, golf, exploring the coastal towns and even kayaking in the intercoastal waterway can also be arranged, so don't leave anyone at home, no charge for friends to join for meals and non-rowing activities.



Please tell your friends and sign up quickly as this camp is sure to fill soon. If you have a team that would like to have a private camp at this location that can easily be arranged at a different date so please call Mark Wilson for options and details. Groups from 4-12 for sweep or sculling can easily be managed.

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

*Mark and Jim*

[www.allamericanrowingcamp.com](http://www.allamericanrowingcamp.com)  
director@allamericanrowingcamp.com  
865-441-0880



# DELAND FLORIDA WINTER MASTERS SCULLING CAMP

**FEBRUARY 1-5, 2024**  
**DELAND, FLORIDA**

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## **COST**

\$1250 per person: most meals, all coaching, reviews, equipment, strength training, side trips, rower goodies.

This camp will be run from 1905 Hontoon Road Hontoon Road DeLand FL 32720

**Eat, Sleep, Row, Repeat!!**

## **HOTEL INFORMATION**

Hontoon Landing – [www.hontoon.com](http://www.hontoon.com)

Hampton Inn – [Website Link](#)

Marriott – [Website Link](#)

AirBNB – Email Chris at [lrrhouses@gmail.com](mailto:lrrhouses@gmail.com)

Many other options as well. If you have trouble or

Have questions about lodging just call Mark. Thanks

### **Mark Wilson's Contact Number**

**Cell: 865-441-0880**

Feel free to call at anytime with questions or needs.

[mark@allamericanrowingcamp.com](mailto:mark@allamericanrowingcamp.com)

## **WHAT TO EXPECT**

- The complete masters sculling experience featuring rowing and strength training coaching
- We will do everything possible to provide a safe, clean and fun experience for your Safety and Rowing Enjoyment!
- Rowing and coaching sessions mostly in 1x's, 2x's and 4x.
- Breakfast and lunch included in camp fee
- Camp goodies for training and for taking home
- Field trips to local hot spots and points of interest
- Thirteen rowing sessions with video daily 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 week
- We will be providing shells from Fluidesign, Vespoli, Nelo, Sykes, 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**

### **Thursday, February 1, 2024**

1:00 pm	Meet at the Team Tent at 1905 Hontoon Road for Registration and Row #1
2:30 pm	Rigging and setting up the boat for you
3:00 pm	Afternoon row
7:30 pm	Camp welcome BBQ at Wilson's 2770 Redwing Village

### **Friday, February 2, 2024**

7:00 am	Morning row
8:30 am	Breakfast and video review
10:00 am	Strength and conditioning session – medicine balls
11:00 am	Mid-morning row with video review
12:00 pm	Lunch and rigging discussion
1:00 pm	Break
4:00 pm	Afternoon row and video review
7:00 pm	Dinner out in DeLand

### **Saturday, February 3, 2024**

7:00 am	Morning row
8:30 am	Breakfast and video review
10:00 am	Strength and conditioning session – weighted bars
11:00 am	Mid-morning row with video review
12:00 pm	Lunch and cross training discussion
1:00 pm	Break - Optional Trip to New Smyrna Beach
4:00 pm	Afternoon row and video review
7:00 pm	Dinner at the Wilson's Home



### **Sunday, February 4, 2024**

7:00 am	Morning row
8:30 am	Breakfast (and Video)
10:00 am	Strength and conditioning session
11:00 am	Mid-morning row with video review
12:00 pm	Lunch and training methodology discussion
1:00 pm	Break
4:00 pm	Afternoon row and video review
7:00 pm	Dinner out on the town!

### **Monday, February 5, 2024**

7:00 am	Morning row- The jungle cruise or other long row
9:00 am	Breakfast and video
10:00 am	Mid-morning row with video review
12:00 pm	Lunch and camp graduation – Checkout

## 2024 Master's Winter Sculling Camp - Florida

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

**Camp #4 – DeLand FL**  
**February 1-5, 2024**  
**\$1250**

**Registration Deadline is November 1, 2023. However Camp is limited to FIRST 12 deposits.**  
**A \$500.00 non-refundable deposit is due with your registration.**

**Makes Checks payable to: All-American Rowing Camp, LLC**  
**Venmo payments NOW accepted at Rowcamp1999 NO Fee for Venmo**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip Code \_\_\_\_\_ Jacket Size XS, S, M, L, XL Men or Women

Full Name	OWN BOAT-SIZE	CAMP 4	Deposit	Camp Fee	Amt. Paid
	Yes / No- L,M,H		\$500	\$1250	
	Yes / No- L,M,H		\$500	\$1250	
Any Special Dietary or other Needs?					
Call Mark Wilson with questions – 865-441-0880					

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 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., LRRhouses INC, USRowing, its employees, volunteers, agents, and assigns from responsibility for any personal injuries or 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 deposit**  
**All Questions should be directed to Mark Wilson 865-441-0880**