



**All-American Rowing Camp
Fall in Bled, Rowing and Adventure!**

September 25-30, 2023

\$4,250 - All Inclusive Camp (Excl. Airfare)
\$2,950 - All Inclusive Non-Rowing (Excl. Airfare)

Bled Rowing Club

Bled, Slovenia

All American Rowing Camp is proud to offer a very special camp in Bled, Slovenia!

Wake up to a warm morning, filled with rowing where Champions train at one of the most iconic rowing locations in the world, eat wonderful meals, explore eastern Europe with local guides and soak up the amazing surroundings and history...



Tomorrow...repeat!

This is not just a rowing camp, this is an adventure beyond your expectations! We will provide an All-American experience – A camp for Rowers, designed and run by Rowers. The camp will offer everyone quality water time, professional coaching, positive teaching techniques in an environment that will leave you speechless. This location is one of the most iconic rowing destinations in the world. You will also be there during the Fall Foliage and the mountain views will be truly stunning. Join us and everything will be taken care of including: Equipment, meals, snacks, drinks coaching, training, tours and hotel.



Besides great rowing on Lake Bled we will discuss boat/oar rigging, strength and cross training for rowing, nutrition and many more topics to get you up to speed. Special 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!

Bled Rowing Club:
[Click Here for Club Website](#)

Hotel Kompas - Bled:
[Click Here for Hotel Website](#)

For Questions please contact
Mark Wilson at 865-441-0880
mark@allamericanrowingcamp.com



ALL-AMERICAN ROWING CAMP

BLED, SLOVENIA

SEPTEMBER 25-30, 2023

Camp Includes:

- Camp is Six Days and Five Nights!
- Plenty of time to Enjoy Fall training and the colors of Fall in Bled!
- Rowing in 1x's and 2xs' and 4x
- All Equipment, Coaching, Transport in country, and Afternoon Tours Included!
- Eat, Sleep, Row, Site-See, Eat
- All meals, snacks, drinks and Lodging are INCLUDED!
- 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 masters athlete
- Spouses are encouraged to enjoy meals, side trips, and the camp's social aspects. Opportunity to explore, rent a bike, hike and simply soak in the surrounding mountain vistas.



This camp will be a very special event and will be limited to 10 rowers. Coaching ratio of 1:5 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

	<u>Rowers</u>	<u>Non-Rowers</u>	<u>Single Room</u>
Total Camp Fee	\$ 3850	\$ 2250	\$4250
1) 50% deposit due with registration	50% = \$1925	50% = \$1125	50%= \$2125
2) 50% due by July 1, 2023	50% = \$1925	50% = \$1125	50%= \$2125

All Payments should be payable to All-American Rowing Camp, LLC – Venmo is Accepted

Fees do not include airfare. Participants are required to make their own travel arrangements from the USA to Bled Slovenia. Airport transfers can be arranged for an additional fee. You may also consider a car rental.

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.

Thank you very much for considering this adventure of a lifetime!



BLED CAMP SCHEDULE

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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- Sep 25, 2023 Arrive in Bled. Transfers from Ljubljana Airport can be arranged. Check in at the Hotel Kompas and then a chance to walk to the course and set up boats and oars for the week of rowing. This is within a 10min walk of the hotel.
Enjoy our first dinner together and off to Bed in Bled!
- Sep 26-29, AM Rowing Camp! We will enjoy a light breakfast at the Hotel then head to club for two rows with video and snacks between rows and lunch after second.
- Sep 26-29, PM During the afternoon section of camp we will be doing activities and tours that are described on the following pages. Rafting, E-Bikes, Exploring the surrounding area and enjoying the countryside will be the plan.
- Sep 30, 2023 End of Camp, Hotel Checkout and we will meet up for breakfast and help those in need of airport transfers. Thank you for joining us in Bled!





ALL-AMERICAN ROWING CAMP

AFTERNOON EXCURSIONS FOR BLED SLOVENIA

All-American Rowing Camp will take you to amazing locations for afternoon tours which will include tours of Bled, E-bike Rides, River Rafting and other surprises.

Please note that these adventures are included in your camp fee. No additional fees will be charged for the experience and we hope you will travel with the group each day to fully immerse yourself into the European adventure we have designed for you!

You will not be disappointed by this Adventure!! Let's GO!!

Guided Tour of Bled

- The afternoon will start with a visit to the island in Lake Bled, undoubtedly the most popular tourist site in Slovenia. To get there, you board a traditional wooden oared boat called *Pletna*, whose origins date back as far as the 12th century. Once on the small island, a monumental 1655 stone staircase leads up to the Church of Mary's Assumption, situated at the island's highest point.

Afterwards, the group will take a leisurely walk to the Bled Castle built high up on a magnificent cliff overlooking the lake. According to written sources, this is the oldest castle in Slovenia and was first mentioned in written records as early as 1011.



Guided Hiking in Triglav National Park with Bohinj Lake

- The group will be met and travel to Bohinj Lake, approximately a 30-minute drive from Lake Bled. This is a beautiful, easy (flat) walk around the lake that takes in the village of Ribcav Laz with the famous church of St. John the Baptist. There are open views of Mt Triglav - Slovenia's highest mountain—as well as the surrounding mountains.

Rafting

Rafting the River Sava! The rafting is on the crystal clear water and is a welcoming cool diversion and a great chance to enjoy the water with paddles instead of oars. Enjoy the gravity of the river and a chance to drift through easy whitewater and beautiful views of birds and other wildlife.



E Biking

Today's trip we will travel to the beautiful Vintgar Gorge, carved 150m deep into the mountains by the Radovna River and ending with the Sum Waterfall. Then it's on to the less-visited Pokljuka Gorge, carved 10,000 years ago at the eastern edge of the plateau.

2023 All-American Rowing Camp

Fall in Bled, Slovenia

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

*Amazing 2023 Experience in Bled Slovenia
 Enjoy the Slovenian mountains in the Fall color
 spectacular, Rowing, Tours, Meals!*

**Registration Deadline is June 1, 2023. Camp is limited to FIRST 10 deposits.
 See Payment Schedule Below**

Payments via Check or Venmo: All-American Rowing Camp, LLC @ Rowcamp1999

Name _____
 Address _____
 City _____ State _____
 Zip Code _____

Camper's Name	Camp	Jacket Size	Due: With Registration	Due: July 1, 2023	Total Fee	Amt. Paid
			Payment 1	Payment 2		
	Single Room		\$2125	\$2125	\$4250	
	Rower		\$1925	\$1925	\$3850	
	Non-Rower		\$1125	\$1125	\$2250	

**\$500 Upcharge
for single room**

Mobile 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., Mark R. and Judy B. Wilson, Tomizlav Zaninovich, Bled Rowing Club, 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** _____

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