



# INTRODUCTION TO COASTAL ROWING

FEBRUARY 7-10, 2023

DELAND, FLORIDA

All-American Rowing Camp has always been about increasing the number of people that enjoy the sport of rowing in a safe, fun and positive way! Rowing is growing now to include more coastal rowing and we have been in support of coastal rowing since the start. This camp will be our first dedicated Coastal Experience and will include boats that are designed for the rougher waterways. Another aspect of coastal rowing is a way to expand the waterways that people can row.

This camp will focus on the rowing techniques, equipment and water that will help those interested in rowing a coastal single either in race situations but also to expand your season or comfort in different kinds of water.

Coach Ryan Worth with other coaches will be instructing you on boat and oar set up, how to launch and propel a coastal boat on flat water from a dock, wet launching and in moving tidal waters as well as surf and swells if the conditions permit. Camp will start at Lake Beresford but will transition to the Intracoastal waterway, Mosquito Lagoon, Ponce Inlet and hopefully the Atlantic Ocean. Safety will be paramount in this camp and will be stressed through the camp. Gig coxed quads will also be used during some of the sessions to help simulate the rowing of a coastal 4x.

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



ALLAMERICANROWINGCAMP.COM

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## COST

Tues-Fri: \$850 Includes 9-10 rows, all coaching, reviews, equipment, rigging,  
Tuesday 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](mailto:mark@allamericanrowingcamp.com)

## WHAT TO EXPECT

- The complete coastal rowing experience
- Rowing and coaching sessions in coastal 1x's and Coxed Gig 4x.
- Breakfast, lunch and Tuesday 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 Coastal boats from Swift and GlideBoatsUSA



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## **WHAT TO BRING**

- Enough clothes for multiple workout sessions a day. (you may get wet!)
- Athletic Shoes and Water Shoes for coastal rowing.
- 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**

### **Tuesday, February 7, 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

### **Wednesday February 8, 2023**

- 7:00 am Morning row - Head to New Smyrna Beach to row the ICW
- 9:30 am Breakfast and video review
- 11:00 am Mid-morning row with video review
- 1:00 pm Lunch and rigging discussion – short downtime
- 3:00 pm Afternoon row and video review
- 7:00 pm Dinner out in DeLand

### **Thursday Feb 9, 2023**

- 7:00 am Morning row – Head to Mosquito Lagoon near Oak Hill FL
- 9:30 am Breakfast on an island (if weather permits)
- 11:00 am Mid-morning row with video review
- 1:00 pm Lunch and Load up gear to return to DeLand

### **Friday Feb 10, 2023**

- 7:00 am Morning row – DeLand – Lake Beresford
- 8:30 am Breakfast Video Review
- 10:00 am Coastal “Race” Stake turns, sprints and generally a really fun time
- 1:00 pm Lunch and Camp Graduation



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

**COASTAL INTRODUCTION CAMP**

**Feb 7-10, 2023 \$850.00**

**Registration Deadline is Dec. 1, 2022. However Camp is limited to FIRST 10 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	Session	Deposit	Camp Fee	Amt. Paid
	Feb 7-10	\$250	\$850	
	Feb 7-10	\$250	\$850	
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**

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