



# MLK WEEKENDER SCULLING TUNE-UP

JANUARY 14-16, 2023

DELAND, FLORIDA

2023? How can this be?! A new year is coming and if winter water time is in your plans we would love to have you join us on the MLK weekend for some sculling on Lake Beresford and the St. Johns River. Jim Dietz and Mark Wilson will provide a fun weekend on and off the water with plenty of focus on your sculling! Small groups, great equipment, just what is needed in the middle of winter! Sign up or call with questions!

Sculling is a sport where even the most experienced rowers need a little coaching from time to time to pick out and correct small technique or rigging issues that arise during the repetitive motion that our sport entails. With a short weekend camp with personalized coaching and instant video feedback you will find great satisfaction in the value and the results of the on water "Tune-Up"!

Our coaches for the camp will provide expert instruction in 4x, 2x and 1x to match your ability and interest. Rowing with others of your ability is important and we will do our best to place you with others of like speed to make the lessons fun and maybe you will make a new friend in the process. Novice Scullers are encouraged to attend. We use a Fun, Progressive and Positive style of coaching so everyone learns a great deal of how to move boats!!

Coach Mark Wilson and Jim Dietz will give plenty of on and off water pointers. Rigging of your boat and oars as well as the video feedback and a great setting on the freshwater of the St. Johns and Lake Beresford will be our laboratory.

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



ALLAMERICANROWINGCAMP.COM

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JANUARY 14-16, 2023

DELAND, FLORIDA

## COST

Sat-Mon: \$625 Includes 7 rows, all coaching, reviews, equipment, rigging,  
Saturday 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 masters sculling experience
- Rowing and coaching sessions in 1x's, 2x and 4x.
- Breakfast, lunch and Saturday 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 : erging, rigging, weights and more
- Coaches question and answer sessions ongoing during the weekend
- 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**

### **Saturday, January 14, 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

### **Sunday January 15, 2023**

7:00 am	Morning row
8:30 am	Breakfast and video review
10:00 am	Strength and conditioning session – Stretching
11:00 am	Mid-morning row with video review
12:00 pm	Lunch and rigging discussion
1:00 pm	Break
3:00 pm	Afternoon row and video review
7:00 pm	Dinner out in DeLand

### **Monday January 16, 2023**

7:00 am	Morning row
8:30 am	Breakfast and video review
10:00 am	Mid-morning row with video review
1:00 pm	Lunch and camp graduation – Checkout



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

**MLK WEEKENDER – TUNE UP**  
**January 14-16, 2023     \$625.00**

**Registration Deadline is Nov. 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	Boat Size Needed	Session	Deposit	Camp Fee	Amt. Paid
		Jan 14-16	\$250	\$625	
		Jan 14-16	\$250	\$625	
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., Hontoon Landing Resort and Marina, 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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