



**FALL IN FRANCE ROWING CAMP  
ALL INCLUSIVE ADVENTURE**

**October 3-8, 2023**

\$4,550 - All Inclusive Camp (Excl. Airfare)  
\$3,750 - All Inclusive Non-Rowing (Excl. Airfare)

***Rowing on the Lot***  
**Fongrave, France**

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*All American Rowing Camp is pleased to present Rowing in France for all!*

*Join us in the Bordeaux region of France on the shores of the River Lot. This location is home to various national teams as they prepare for world level events. You will be staying in a stunning chateau, eating amazing meals, and I don't even need to mention the wine. Come for the rowing and stay for everything else... Tours of the region included.*



***Row, Eat, Row, Eat, Tour, Eat, Drink, Sleep... Tomorrow...repeat!***

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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 few from the USA have explored. Fongrave and the Lot are situated in a perfect part of France away from the hustle and bustle. You will have a chance to tour Castles, do wine tasting, enjoy a bike ride, perhaps try your hand at archery among other things.



All meals (and wine), lodging at a spectacular chateau, equipment and fees are included.

Besides great rowing from the chateau we will also discuss boat/oar rigging, strength and cross training for rowing, nutrition and many more topics to get you up to speed. Drone 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!*

Chateau Caillac in Fongrave France  
[Click Here for Chateau Website](#)

For Questions please contact  
Mark Wilson at 865-441-0880  
[mark@allamericanrowingcamp.com](mailto:mark@allamericanrowingcamp.com)



# ALL-AMERICAN ROWING CAMP

OCTOBER 3 - 8, 2023

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## Camp Includes:

- Camp is Six days and Five nights!
- Plenty of time to Learn, Develop and Excel
- Rowing in 1x's and 2x's
- Plenty of Rowing and Other Fun!!
- Eat, Sleep, Row, Site-See
- All meals, snacks, drinks and Lodging: INCLUDED! <https://www.chateaucaillac.com/> is the website for the stunning Chateau Caillac
- 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 welcome to enjoy meals, side trips, and the camp's social aspects. Opportunity to explore, rent a bike, hike and simply soak in the area's charm!



**This camp will be a very special event and will be limited to 8 rowers. Coaching ratio of 1:4 provides a personal and meaningful coaching experience. Your time is valuable, and we strive to give you all the attention you deserve and more.**

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# FALL IN FRANCE: CAMP SCHEDULE

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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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Oct 3,  
2023  
Day 1

Meeting at Bordeaux Airport. Meeting time based on Flight Schedule  
Lunch in route to the Chateau  
3:00p Check into the Chateau Caillac  
4:00p Meet for a welcome wine and cheese then set up boats for the following day of rowing  
6:30p Early Dinner and then off to bed!

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Oct 4-7  
Day 2-5

6:30a Cappuccino - Croissant  
7:00a Depart for Boat Garden  
7:30a Row – Session 1  
9:00a 2<sup>nd</sup> Breakfast and Video Review  
9:45a Row – Session 2  
11:30a Brunch  
1:00p Afternoon Excursion  
5:00p Return to Chateau from Excursion  
7:30p Dinner at TBA

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Oct 8,  
Day 6

6:30a Enjoy Chateau Caillac  
7:15a Last Breakfast, Swim, ect.  
11:00a Camp Ends – Enjoy the rest of your European Travels  
Airport Transfers based upon Flight Schedule!

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*The Lot has so much to offer the rowing enthusiast and we will train where champions train. Fongrave is a hidden gem, with culture, adventure and history around every corner.*





# ALL-AMERICAN ROWING CAMP

## AFTERNOON EXCURSIONS FOR FALL IN FRANCE

All-American Rowing Camp is very excited to be offering a fantastic international experience for the rowing adventure in France. This camp will feature rowing in the morning and then touring and exploring the surrounding region in the afternoon. We will be exploring various Cultural, Historical, Natural and Archeological sites around the area. Each day's activities will be full of opportunities to photograph and explore exciting sights and time to learn about this region of France and its friendly people. We hope that you will enjoy the country and the rowing during the camp. Other locations and adventures may be added.

*France is waiting for you, join us for this Adventure!! Let's GO!!*

**DAY 1 – HISTORICAL VISIT OF BONEGUIL FORTRESS  
MEDIÉVAL CASTLE IN A WONDERFUL STATE OF  
PRESERVATION, WONDERFUL TOUR**



**DAY 2 – ARCHERY INSTRUCTION – AS ANOTHER OLYMPIC SPORT THIS WILL BE A GREAT CHANCE TO TRY VARIOUS TYPES OF ARCHERY EQUIPMENT IN A SAFE AND COACHED SETTING.**

**DAY 3 – A LEISURELY BIKE RIDE THROUGH THE FRENCH COUNTRYSIDE TO A LOCATION FOR A SIP OF WINE AND A TASTE OF CHEESE AND BREAD... WHAT COULD BE BETTER?**



**DAY 4 – WINE TASTING – NEED I SAY ANYTHING MORE?**

- All Photos are from Michael Swain – Your Co-Coach

# 2023 All-American Rowing Camp

## Fall in France - Rowing and Adventure

Mail registration and deposit to:

**All-American Rowing Camp**  
**2770 Red Wing Village**  
**Deland, FL 32720**

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

**Make check payable to: All-American Rowing Camp, LLC (Venmo Also Accepted)**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip Code \_\_\_\_\_

| Camper's Name | Jacket Size      | Due: With Registration | Due: Aug 1, 2023 | Single Room | Total Fee     | Amt. Paid |
|---------------|------------------|------------------------|------------------|-------------|---------------|-----------|
|               |                  | Payment 1              | Payment 2        | Add \$500   |               |           |
|               | <b>Rower</b>     | <b>\$2275</b>          | <b>\$2275</b>    |             | <b>\$4550</b> |           |
|               | <b>Non-Rower</b> | <b>\$1775</b>          | <b>\$1775</b>    |             | <b>\$3550</b> |           |

Mobile Phone: \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Medical 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, Michael and Anita Swain, Chateau Cailiac and its owners, 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**