



**ALL-AMERICAN ROWING CAMP  
LUCERNE SWITZERLAND**

**June 5-10, 2023**

\$3,450 - All Inclusive Camp (Excl. Airfare)

\$2,250 – All Inclusive Non-Rowing (Excl. Airfare)

***See Club, Lucerne***

Lucerne, Switzerland

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*All American Rowing Camp is pleased to present Rowing in Lucerne!*

*For the first time, All-American Rowing Camp is headed to Switzerland, this will be an amazing tour of rowing, dining and exploring this European Gem. Rowing on Lake Lucerne, staying in a truly amazing city and visiting amazing locations...*



***Tomorrow...repeat!***

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Lucerne has been on our bucket list for years and now it can be on yours too – 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. Lucerne is centrally located in Europe, Flights to Zurich are straight forward and we will arrange land transportation. The Hotel is called the Backpackers Hostel and is NOT a 4-star hotel, this is a more basic lodging option, but it is only a few steps from the rowing club. Please review the hotel, we have reserved double and single rooms and want you to be comfortable.



All meals (and wine), lodging only steps from the boathouse, equipment and fees are included.

Besides great rowing from the See Club 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 adventure, All-American Style!***

See Club: Founded in 1881  
[Click Here for Club Website](#)

Backpackers Hostel - Lucerne:  
[Click Here for Hotel Website](#)

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



# ALL-AMERICAN ROWING CAMP

## LUCERNE, SWITZERLAND

### JUNE 5-10, 2023

#### Camp Includes:

- Camp is Six days and Five nights!
- Plenty of time to Learn, Develop and Excel
- Rowing in 1x's, 2x's & maybe a Gig 4x+
- Plenty of Rowing and Other Fun!!
- Eat, Sleep, Row, Site-See
- All meals, snacks, drinks and Lodging: INCLUDED! [Backpackers Hostle](#) is the hotel
- Lodging is in private rooms (up to 2 occupants) Shared Bathrooms may be required
- 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 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 (add \$500 for single Room)</u>	<u>Non-Rowers</u>
<b>Total Camp Fee</b>	<b>\$ 3450</b>	<b>\$ 2250</b>
1) 50% deposit due with registration	50% = \$1725	50% = \$1125
2) 50% due by March 1, 2023	50% = \$1725	50% = \$1125

**All Payments should be payable to All-American Rowing Camp, LLC – Venmo or Check accepted @ Rowcamp1999 is the venmo account**

Fees do not include airfare. Participants are required to make their own travel arrangements from the USA to Zurich Switzerland. Airport transfers will be included. All In Country transportation is included!  
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](mailto:mark@allamericanrowingcamp.com).

**Thank you very much for considering this adventure of a lifetime, or until next year!**



# LUCERNE 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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June 5      Arrival and Meeting at Zurich Airport.  
Meeting time based on Flight  
Schedule  
Lunch in Zurich, Welcome to  
Switzerland!!!  
3:00p    Arrive BackPackers Hostel  
4:00p    Meet at Hotel Lobby for a city  
orientation and camp pre-view  
5:00p    Visit Rowing Club for  
Orientation (no rowing) Boat Set up  
6:30p    Early Dinner and then off to  
bed!

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June 6-9    6:30a    First Breakfast  
7:00a    Depart for Boathouse  
7:30a    Row – Session 1  
9:00a    2<sup>nd</sup> Breakfast and Video  
Review  
9:45a    Row – Session 2  
11:30a    Return to Hotel  
1:00p    Lunch  
2:00p    Afternoon Excursion  
6:00p    Return to Hotel from Excursion  
7:30p    Dinner

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

June 10     8:00a    Last Breakfast, at See Club  
11:00a    Camp Ends – Enjoy the rest  
of your European Travels  
Airport Transfer to Zurich based upon  
Flight Schedule!

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# ALL-AMERICAN ROWING CAMP

## AFTERNOON EXCURSIONS FOR LUCERNE SWITZERLAND

All-American Rowing Camp is very excited to be offering a fantastic international experience for the rowing adventure in and around Lucerne. 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 the country of Switzerland 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.

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

### DAY 1 – HISTORICAL VISIT TO LUCERNE



### DAY 2 – MOUNT PILATUS AND THE COG RAILWAY TOUR

### DAY 3 – TOUR SURROUNDING AREAS



### DAY 4 – MUSEUMS OF TRANSPORT +

**Other options include visiting and touring RotSee, castles, and other locations! Many options that will beg you to return.**

# 2023 All-American Rowing Camp

## Lucerne, Switzerland

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

*Rowing from See Club  
 Lodging at the Backpackers Hostle  
 Excursions Included - June 5-10, 2023*

**Registration Deadline is February 1, 2023. Camp is limited to FIRST 10 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: Mar 1, 2023	Single Room	Total Fee	Amt. Paid
		Payment 1	Payment 2	Add \$500		
	<b>Rower</b>	<b>\$1725</b>	<b>\$1725</b>		<b>\$3450</b>	
	<b>Non-Rower</b>	<b>\$1125</b>	<b>\$1125</b>		<b>\$2250</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, Tomi Zaninovich, See 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**