



## ALL-AMERICAN ROWING CAMP PORTUGAL ADVENTURE

May 6-11, 2024

\$3,950 - All Inclusive Camp (Excl. Airfare)

\$4,350 - Single Room Upgrade (Excl. Airfare)

\$2,750 - All Inclusive Non-Rowing (Excl. Airfare)

*Avizaqcu Team Center*

Aviz, Portugal

*All American Rowing Camp is Excited to bring you to Portugal!*

*Join us in Aviz Portugal! Train where Europe Trains. This location is perfect for an end of season masters Camp for rowing, relaxing, enjoying amazing food and training on water where the World's Best comes to prepare! Five nights and Four days...Perfect!*



*Tomorrow...Repeat!*

Are You READY?!; this is the rowing adventure beyond you have been waiting for and we are ready to take you to a wonderful location! 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. Aviz and the Training center will be our home away from home with its incredible location on 60km of water, swimming pool, homemade meals and energy from various national teams. You will want to return to Aviz!



All meals (and wine), lodging at a wonderful hotel near the boathouse, equipment and fees are included.

Besides great rowing on amazing water 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!*

Avizaqcu Team Center  
[Click Here for Club Website](#)

Hotel Herdade da Cortesia:  
[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

## AVIZ, PORTUGAL

### MAY 6 - 11, 2024

#### Camp Includes:

- Camp is Five Full Days + and Five Nights!
- Plenty of time to Learn, Develop and Excel
- Rowing in singles and doubles
- Plenty of Rowing and Other Fun!!
- Eat, Sleep, Row, Site-See, Repeat!
- All meals, snacks, drinks and Lodging are INCLUDED! Camp Fee based on Double Occupancy – For Single upgrade add \$400
- Lodging is in private rooms (up to 2 occupants) with private bath
- Airport Transfer from Lisbon (LIS) to camp is INCLUDED.
- Video review of each rowing session, classroom sessions
- Shore sessions include: training methodology, drills, 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 maximum 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.**

#### Registration and Payment Schedule

Total Camp Fee	<u>Rowers + \$400 for single occupancy</u>		<u>Non-Rowers</u>
	<b>\$ 3950</b>	<b>Single Room \$4350</b>	<b>\$ 2750</b>
1) Due with Registration	\$1975	Single \$2175	\$1375
2) Due by February 1, 2024	\$1975	Single \$2175	\$1375

**All Payments should be payable to All-American Rowing Camp, LLC  
OR Venmo to @ RowCamp1999 (No fee for Venmo)**

Fees do not include airfare. Participants are required to make their own travel arrangements from the USA to Lisbon Portugal. Ground transportation IS included from Lisbon Airport. Campers must arrive by 11am on May 6, 2024 for transfer.

Registration forms and waivers will be emailed to those interested. Please contact Mark Wilson at [mark@allamericanrowingcamp.com](mailto:mark@allamericanrowingcamp.com).



# AVIZAQUA 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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May 6, 2024     Arrive Lisbon Airport after overnight flight  
Depart Lisbon Airport with group and coach Mark  
1pm Arrive at Hotel Herdae da Costesia for First Lunch  
After you check in – rest, explore and visit the surrounding area  
3:00p Meet at Hotel Lobby for Introductions  
4:00p Visit Rowing Dock and Gym for Orientation (no rowing) Boat Set up  
6:30p Early Dinner and then off to bed!

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May 7-10

6:30a First Breakfast  
7:15a Depart for Boathouse  
7:30a Row – Session 1  
9:00a 2<sup>nd</sup> Breakfast and Video Review  
9:45a Row – Session 2  
11:00a Video Review and Snack  
11:45a Return to Hotel  
12:30p Lunch  
2:00p Afternoon Excursion  
6:00p Return to Hotel from Excursion  
7:00p Dinner at Hotel with reflection on the day

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May 11

6:30a Sleep In (Well not really) and Enjoy the last morning Latte.  
7:00a Last Breakfast!  
Camp Ends – if flying out on the 11<sup>th</sup> Van will depart in time to arrive in Lisbon Airport for flights.

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# ALL-AMERICAN ROWING CAMP

## AFTERNOON EXCURSIONS FOR AVIZ PORTUGAL

All-American Rowing Camp is very excited to be offering a fantastic international experience for the rowing adventure in and around Aviz Portugal, While rowing is the main focus of the camp it would be a shame not to explore the surrounding area and get a sense of life in and around this wonderful region! We will explore the cork region, the castles, the history and much of the surrounding countryside.

All excursions will be planned in advance and will be included in the price of the camp.

We hope to make this an annual location for a training camp and look to you, our campers for feedback. The desire on this camp is to have a small group that can easily travel from training venue to site-seeing and have a great time exploring the countryside.

***Portugal is so close to the USA but it will seem a world away at the same time. Come join us for rowing and more!***

### PARQUE NATURAL DA SERRA DE SÃO MAMEDE



World Heritage Unesco Site in Evora



Wine Tasting and Agriculture Discussion

*Visiting local sites within an hour or so from the training venue will be included in the camp. Wine Tasting, visiting Olive Oil presses, checking out the Cork orchards and just enjoying time away from the hustle and bustle of home life, a time to slow down, will be on the agenda.*

*Enjoy Messing about in boats and talking with fellow campers about the past year and the year to come!*

*Row, Rest, Refresh and Explore!*

# May 2024 All-American Rowing Camp

## Aviz, Portugal

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

*Rowing from Aviz Training Center*  
*Lodging Herdade da Cortesia*  
*Excursions included*

**Registration Deadline is Dec 1, 2023. Camp is limited to FIRST 8 deposits.  
 See Payment Schedule Below. Deposits are NON Refundable but are Transferable**

**Make check payable to: All-American Rowing Camp, LLC**  
**Venmo Payments accepted @ Rowcamp1999**

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

Camper's Name	Camp	Jacket Size M or W	Due w/ registration	Due: Feb 1, 2024	Total Fee	Amt. Paid
			Payment 1	Payment 2		
	<b>Rower</b>		<b>\$1975</b>	<b>\$1975</b>	<b>\$3950</b>	
	<b>1x occupancy</b>		<b>\$2175</b>	<b>\$2175</b>	<b>\$4350</b>	
	<b>Non- Rower</b>		<b>\$1375</b>	<b>\$1375</b>	<b>\$2750</b>	

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, Hotel Herdade da Cortesia, Avizaqqua, 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** \_\_\_\_\_

**All Questions should be directed to Mark Wilson 865-441-0880**