



All-American Rowing Camp

Goes to SilverSkiff 2024

November 5-11, 2024

\$4,950 - All Inclusive Camp (Excl. Airfare)

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

Canottieri Corgeno Rowing Club
Corgeno, Italy & Turino for the SilverSkiff

*The SilverSkiff is one of Europe's most loved races and this is your chance to not only race in it, but also train for 4 days where world Champions train.. Corgeno Italy! We will have everything you need for a fantastic experience. Boats, Hotels, Meals, Transport and of course Coaching!
Tomorrow...repeat!*



All American Rowing Camp is setting the bar very high on this camp, 4 days of training camp in Corgeno Italy then 3 days in Turino for the International SilverSkiff Regatta. This is a Race Camp! Everyone Competes!



Although we'll be far from home you can still expect 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 will leave you speechless. Corgeno is a beautiful town in northern Italy that is about one hour from Milan.

ALL meals (and wine), lodging at a wonderful hotel near the boathouse, your own Filippi 1x, and of course entry fees and tours are included.

Besides great rowing on Lago di Comabbio we will discuss boat/oar rigging, strength training for rowing, nutrition and many more topics to get you up to speed. Special 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!

Corgeno Rowing Club:

<http://www.canottiericorgeno.it/>

Hotel Villa Borghi:

<http://www.hotelvillaborghi.it/Ing/>

For Questions please contact

Mark Wilson at 865-441-0880

mark@allamericanrowingcamp.com



ALL-AMERICAN ROWING CAMP SILVERSKIFF CAMP - ITALY NOVEMBER 5-11, 2024

Camp Includes:

- Camp is seven days and six nights!
- Plenty of water time to get race ready!!
- Rowing in Filippi singles!
- Plenty of Rowing and Other Fun!!
- Eat, Sleep, Row, Site-See, RACE!!
- All meals, snacks, drinks and Lodging are INCLUDED! [Villa Borgie](#) will be our Hotel in Corgeno and then we will spend the last three nights in Turin at the [Hotel Turin Crimea](#)
- Lodging is in private rooms (up to 2 occupants) with private bath
- Video review of each rowing session and detailed review included
- 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 and the camp's social aspects. Opportunity to explore, rent a bike, hike and simply soak in the surrounding mountain vistas.

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</u>	<u>Non-Rowers</u>	<u>+ \$500 for single room</u>
Total Camp Fee	\$ 4950	\$ 2750	
1) Initial deposit due with registration	\$1000	\$750	
2) Second Payment due March 1, 2024	\$1475	\$1000	
3) Balance due by August 1, 2024	\$2475	\$1000	

All checks should be payable to All-American Rowing Camp, LLC - Venmo Payment Accepted

Fees do not include airfare. Participants are required to make their own travel arrangements from the USA to Milan (MXP) Italy. Airport transfers are included. If you are interested in Travel Insurance, Please check with either [World Nomads](#) or [Travellex](#). Be sure to read trip limits and if you decide on World Nomads you will want the Explorer option as it will cover your airfare and rowing trip.

Registration forms and waivers are linked below, feel free to share with friends.
Questions? Please contact Mark Wilson at mark@allamericanrowingcamp.com.

Thank you very much for considering this wonderful trip!



SILVERSKIFF CAMP SCHEDULE

NOVEMBER 5-11, 2024

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 total experience possible, for you, our guest.



November 5, 2024

Morning time (TBD) meet at Malpensa Airport (MXP) group will meet at Airport for the ride to Corgeno.
11:00am Arrive Boat Club in Corgeno
Rig boats for the week – Go for a Row in your new Filippi
2:00pm Light lunch at Boathouse
3:00pm Check in at Villa Borghi
6:30pm Early Dinner and off to bed!

November 6-7, 2024

8:00am First Breakfast at [Villa Borghi](#)
8:30am Depart for Boathouse and Row 1 of the day
10:00am Second Breakfast and video review at club
10:45am Row #2 for the day
1:00pm Lunch
2:30pm Afternoon Excursion
7:00pm Dinner at some wonderful place! Off to bed and have fast dreams

November 8, 2024

7:00am Last row in Corgeno then de rig boats and load trailer for Turin
9:30am Hotel Breakfast, shower and checkout.
11:30am Load up and drive to Turin
Afternoon Visit course, rig boats, row the PO!! (regatta schedule will dictate our schedule)
3:00pm Check into Turin Hotel [Hotel Crimea](#)
Evening Early dinner near the Hotel and a chance to explore Turin.

November 9, 2024

Morning Get up, enjoy Hotel Crimea breakfast and cappuccino then off to the River Po for a row on the course, practice the turn and then relax, check out the sights.
Afternoon This will be just about the only 'off time' from the entire camp. Some will want to explore the old city of Turin while others will relax and enjoy the sights on the river.
Evening Group will meet for dinner and go over the last race strategy.

November 10, 2024

Race Day! Schedule will be determined by race start times.

November 11, 2024

Morning Check out from Hotel and head to Milan for flights home or continue your Italian trip.





Regatta Website : <https://www.silverskiff.org/en/the-regatta/>

We are happy to working with Filippi, everyone will have a boat sized for you!!
During registration please look at the boat size chart and let us know the hull size you would like along with shoe sizes (European Size Please)

FILIPPI MOULDS

RACING				
MOULD	BOAT	LENGTH	WIDTH	ATHLETE KG.
F44	1x	m. 7.40	cm. 26.0	50-60
F72	1x	m. 7.20	cm. 27.5	50-60
F15	1x	m. 7.77	cm. 28.0	65-75
F50	1x	m. 8.04	cm. 27.0	65-85
F07	1x	m. 7.96	cm. 29.5	70-85
F45	1x	m. 7.86	cm. 28.0	70-85
F22	1x	m. 8.00	cm. 29.0	75-85
F01	1x	m. 8.10	cm. 26.6	85-95
F14	1x	m. 8.33	cm. 29.0	85-100
F21	1x	m. 8.33	cm. 29.0	85-100
F47	1x	m. 8.33	cm. 28.6	90-100
F39	1x	m. 8.44	cm. 29.5	95-110
F69	1x	m. 7.79	cm. 28.0	75-85
F70	1x	m. 8.34	cm. 28.4	90-100

Filippi



All Questions please contact Mark Wilson, we are very excited to have you join us.
Mark@allamericanrowingcamp.com or 865-441-0880

2024 All-American Rowing Camp

Silver Skiff - Corgeno and Turin, Italy

Mail registration and deposit to:

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

Registration Deadline is April 15, 2024. Camp is limited to FIRST 10 deposits.

See Payment Schedule Below (NOTE: This camp will fill quickly)

Make check payable to: All-American Rowing Camp, LLC (Venmo @ rowcamp1999)

Name _____
 Address _____
 City _____ State _____
 Zip Code _____

Please fill out completely

					Due: With Registration	Due: March 1, 2024	Due: Aug 1, 2024	For Single Room <u>Add \$500</u>	
Camper's Name		Boat Size	Shoe Size	Jacket Size	Payment 1	Payment 2	Payment 3	Total Fee	Amount Paid
	Rower				\$1000	\$1475	\$2475	<u>\$4950</u>	
	Non-Rower	NA	NA		\$750	\$1000	\$1000	<u>\$2750</u>	

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, James W, Dietz, Canottieri Corgeno, 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