



**ALL-AMERICAN ROWING CAMP
GOES TO VARESE, ITALY!
MAY 22-27, 2024**

\$3,950 - All Inclusive Camp (Excl. Airfare)
\$2,450 – All Inclusive Non-Rowing (Excl. Airfare)

Australian Institute of Sport

Wake up to a warm morning filled with rowing on a pristine lake in northern Italy. Next, enjoy a sunny afternoon excursion to the breathtaking Italian countryside. Finally, a well deserved glass of Italian wine as the sun sets behind the mountains.

Tomorrow...repeat!



All American Rowing Camp is visiting Varese in 2024, this is the host city to many World Rowing Events, and you will be rowing where champions are made!



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. Varese is a beautiful town in

northern Italy that is about one hour from Milan.

ALL meals (and wine), lodging at the Australian Institute of Sport Training Facility, equipment and fees are included.

Besides great rowing on Lago di Varese 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!

Australian European Training Centre:
https://www.ais.gov.au/etc/facilities_and_services

For Questions please contact
Mark Wilson at 865-441-0880
mark@allamericanrowingcamp.com

Hotel Sunset - <http://www.hotelsunset.it/>

ALL-AMERICAN ROWING CAMP VARESE, ITALY MAY 22-27, 2024



Camp Includes:

- Camp is six days and five nights!
- Plenty of time to Learn, Develop and Excel
- Rowing in singles, doubles, and quads.
- Plenty of Rowing and Other Fun!!
- Eat, Sleep, Row, Site-See
- All meals, snacks, drinks and Lodging are INCLUDED!
- 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
- Strength training instructional sessions
- 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 12 rowers. Coaching ratio of 1:6 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	Rowers	Non-Rowers	+ \$400 for single room
	\$ 3950	\$ 2450	
1) 50% deposit due with registration	50% = \$1975	50% = \$1225	
2) 50% due by March 1, 2023	50% = \$1975	50% = \$1225	

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 will be included. Trip Insurance can also be arranged.

Registration forms and waivers will be emailed to those interested. Please contact Mark Wilson at mark@allamericanrowingcamp.com.

Thank you very much for considering this wonderful trip.



VARESE CAMP SCHEDULE



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.



May 22, 2024

Morning Time TBD Meet at Malpensa Airport if ride is needed (MXP)
1:00p Arrive Varese for Lunch
3:00p Check into Training Centre and Hotel Sunset
4:15p Boat Set up and short row
6:30p Early Dinner and get ready for the week
Call it an early evening for a good nights sleep

May 23- May 26

6:30a First Breakfast at Centre
7:00a Depart for Boats
7:30a Row – Session 1
9:00a 2nd Breakfast and Video Review
9:45a Row – Session 2
11:00a Video Review and Snack
12:30p Lunch
2:00p Afternoon Excursion – TBA
6:00p Return to Centre from Excursion
7:30p Dinner somewhere wonderful



May 27

6:15a Sleep in or enjoy a walk in Varese
7:00a Breakfast and check out
Departures to airport as needed
11:00a Camp Ends

A detailed Itinerary will be sent prior to camp. All tour fees, equipment, local transportation and meals are included in this trip.

Tours to Lago Maggiore, Milan, Castles, historical, and interesting locations will be included. Full list will be made available prior to departure.

2024 All-American Rowing Camp

Varese, Italy

Mail registration and deposit to:

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

Registration Deadline is February 1, 2024. Camp is limited to FIRST 12 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 \$400		
	Rower	\$1975	\$1975		\$3950	
	Non-Rower	\$1225	\$1225		\$2450	

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, Australian Institute of Sport, 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