



ALLAMERICANROWINGCAMP.COM

ROGUE SCULLING CAMP



SEPTEMBER 12-14, 2023

LEARN, DEVELOP, EXCEL

Dear Rogue Rowing Scullers,

June 2023

If you are looking for some focused sculling coaching this Fall, we have the program for you! Mark Wilson, co-founder of All-American Rowing Camp will be visiting Ashland in September just before Head Race Season. Mark has coached many club members over the years and is very happy to be asked to return and work with people that are wanting to improve technical skills. Camp can help you get ready for training, racing or just to enjoy being on the water in a safe, confident, and comfortable setting. Mark will make great use of your time to make the learning come easy. Video review, rigging demonstrations, and question and answer time is all part of the camp experience.

Rowing Camp goals for you will be varied and people get into rowing for various reasons but ultimately, we want to row effectively, and to show those watching how good we look. During this camp we will certainly work on posture, blade work, stroke efficiency and power application. Newer rowers should look to join this camp just as the more experienced. You will not be disappointed.

Toni Martinez has agreed to be our organizer for the camp so please contact her directly if you wish to reserve a spot for the camp. All questions regarding the coaching and the clinic can be addressed to Mark Wilson at 865-441-0880.

Mark Wilson will be your camp coach and he promises to bring a fun, positive, progressive style of coaching so just bring your "positive mental attitude and approach" to learning over the session!! Coaching is a two-way street and good coaches love working with positive people!! A second coach will be added if there is interest in this camp. Coach to Rower ratio will NOT exceed 1-6

Thank you for your interest.

Mark

Mark Wilson started rowing at the University of Wisconsin in 1986 and has not laid down the oars yet! He rowed at the US Coast Guard Academy and then graduated from Northeastern in 1991. He has won national and elite medals, finished second in the US Olympic trials in the 2x in 1992 and then went on to the US team for the U23 4x in 1993. He has coached at UMass, Indiana University, Oak Ridge and Stetson University in DeLand Florida where he now lives with his wife. He conducts camps full time and loves 'almost' every minute of it!!



ROGUE SCULLING CAMP



SEPTEMBER 12-14, 2023

Actual schedule is determined by your interest and needs and subject to change

September 12, 2023

6:30am

7:00-9:00

9:00-10:00

10:00-12:00

Tuesday

Arrive at boathouse for set up.

Intros and Row #1

Breakfast at boatyard and video review

Sculling Row#2 Finish with Video

September 13, 2023

6:30am

7:00-9:00

9:00-10:00

10:00-12:00

Wednesday

Arrive at boathouse for set up.

Intros and Row #3

Breakfast at boatyard and video review

Sculling Row#4 Finish with Video

September 14, 2023

6:30am

7:00-9:00

9:00-10:00

10:00-12:00

Thursday

Arrive at boathouse for set up.

Intros and Row #5

Breakfast at boatyard and video review

Sculling Row#6 Finish with Video

Coach Toni will assist in putting groups together of similar ability scullers so everyone learns with others and we can all maximize the time learning on the water. Thank you!



Cost and Registration Forms

Cost: Three Day Schedule \$375 for coaching fees - 6 Rows

Includes: On water rowing and review sessions, Camp Bag, Camp hat, plus other goodies, personalized rigging of 1x, 2x and team boat and plenty of fun on and off the water.



Registration forms are included and should be filled out completely and returned to Toni with the camp fee made payable to All American Rowing Camp.

**Online Payments can be made via VENMO @ rowcamp1999
PLEASE NOTE DATE & LOCATION OF CAMP WHEN MAKING VENMO PAYMENT**

Coach Toni will be acting as Camp Liaison
Contact info: ktoni50@yahoo.com 541-601-9975

Thank you for bringing the All-American Rowing Camp, LLC to Ashland!

Mark is looking forward to working with you and making your summer of rowing even more enjoyable and *faster!*

Do not hesitate to call or email Mark Wilson anytime!
director@allamericanrowingcamp.com or call 865-441-0880



ROGUE ROWING SCULLING CAMP

Please give paperwork and payment to:
Coach Toni – ktoni50@yahoo.com

2023 Rogue Camp

Sept 12-14, 2023

Camp Fee \$375

Registration Deadline is July 30, 2023

However Camp is limited to FIRST 6 deposits per group.

Payments are non-refundable but are 100% transferable to another person for this camp.

Payments can be made via Check or Venmo. Venmo @ RowCamp1999

Name _____
Address _____
City _____ State _____
Zip Code _____ T-Shirt Size _____

| Camper's Name | Ability | Personal Boat? | Camp Fee | Amt. Paid |
|--------------------|---------|----------------|----------|-----------|
| | | | \$375 | |
| | | | \$375 | |
| Any Special Needs? | | | | |
| | | | | |

Work Phone: _____ E-Mail _____

Home Phone: _____

Health 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 an injury or even death 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., Rogue Rowing Club LLC, USRowing, 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 _____