



1999-2019 - Celebrating 20 Years of Camp

Dear Dayton Scullers,

January 2019

Wow, How time flies, It is the end of January 2019 already and we are looking forward to summer rowing camps around the country including DAYTON OHIO!! Thank you so much for inviting All-American Rowing Camp to return to town for a third year in a row. We are looking forward to working with some returning as well as new rowers and hope you will participate in a fun filled weekend on the water. We are looking to use the similar camp schedule as we did last year and hope that everyone enjoys the focused coaching sessions with video reviews.

Our goal is to give you a great opportunity to learn some new drills, techniques, and have fun on and off the water. We are looking forward to visiting Dayton and getting out on the water with a great group of scullers and we will do our best to give you the best coaching and help you meet your goals of rowing more effectively and hopefully '*Faster*' too!

Linda Clemens 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.

The coaches for the camp are still being organized but founder Mark Wilson will be one of the coaches along with other highly qualified, fun and knowledgeable coaches. Depending on the interest one or two other coaches will be on hand to keep the ratio of coach to rower around 1 to 5.

Thank you for your interest.

Mark

Coaches:

Mark Wilson: Mark is the co-founder of All-American Rowing Camp and has been actively involved in the sport since walking on to the Wisconsin rowing team in 1986. Mark went on to row for the Coast Guard Academy and Northeastern University as well. He has won numerous national titles in sweep and sculling boats of every size. He continued his rowing post college and went on to the Olympic Trials in 1992, (Finished 2nd) and then made the U-23 team in 1993. He began coaching in 1994 part time and has been full time since 1998. Currently Mark lives in DeLand FL with his wife Judy, son Hunter and young hound Chase.

Second Coach will be selected prior to April deadline and you will be notified. All Coaches have worked with Masters and want to see you improve and have a positive fun experience.

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Camp Schedule

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

MORNING Sculling

AFTERNOON Sculling

May 3, 2019

6:30am	Arrive at boathouse for set up.
7:00-8:30	Intros and Row #1 Group 1
8:30-9:30	Breakfast at boathouse and video review – Erg Review
9:30-11:30	Sculling Row#2 Finish with Video
Noon	Lunch – We will try to be done by 12:30 but want to show good video
12:30	Intros and Row #1 Group 2
2:00pm	Snack and Video
3-5:30pm	Sculling Row #2 Finish with video

May 4, 2019

6:30am	Arrive at boathouse for set up.
7:00-8:30	Daily Focus and Row #3 Group 1
8:30-9:30	Breakfast at and video review – Rigging Review
9:30-11:30	Row#4 Finish with Video
Noon	Lunch – We will try to be done by 12:30 but want to show good video
12:30	Daily Focus and Row #3 Group 2
2:00pm	Snack and Video review – Erg Review
3-5:30pm	Row#4 Finish with video

May 5, 2019

6:30am	Arrive at boathouse for set up.
7:00-8:30	Daily Focus and Row #5 Group 1
8:30-9:30	Breakfast at boathouse and video review
9:30-11:30	Row#6 Finish with Q and A
Noon	Lunch – We will try to be done by noon but want to show good video
12:30	Daily Focus and Row #5 Group 2
2:00pm	Snack and Video review
3-5:30pm	Row#6 Finish with Q and A



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Cost and Registration Forms

Cost: Split Day Schedule \$375 for coaching fee's 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 Linda with a \$100 deposit made payable to All American Rowing Camp.

Camp balance due on April 20, 2019 to Linda.

To help make the days run smoothly a \$50 food fee will be collected to cover AM/PM snacks, lunch and drinks.

This will can be paid directly to Greater Dayton Rowing Association

Linda Clemens will be acting as Camp Liaison

Contact info: linda.clemens@me.com

Linda Clemens 717 Jacoby Road, Xenia OH 45385

937-694-6310

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

The Coaches look 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

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NAME _____
AGE _____
CLUB NAME _____
COACH'S NAME _____

HOW DID YOU HEAR ABOUT OUR CAMP?

MEDICAL INFORMATION

INSURANCE COMPANY _____
POLICY NUMBER _____
ALLERGIES _____
MEDICAL NEEDS _____
INJURY HISTORY _____

TRAINING BACKGROUND

YEARS ROWING (Fall) _____
(Spring) _____

Your race highlights

What do you want to learn at camp?

What is your favorite thing about rowing or other sports?

Other sports played.



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Mail Registration and Deposit to:
Linda Clemens: linda.clemens@me.com
717 Jacoby Road, Xenia OH 45385
937-694-6310

2019 Dayton Camp
May 3-5, 2019
Camp Fee \$375

**Registration Deadline is April 1, 2019. Balance due on April 20, 2019
However Camp is limited to FIRST 10 deposits per group.
A \$100.00 non-refundable deposit is due with your registration.**

Makes Checks payable to All-American Rowing Camp, LLC

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

Camper's Name		Personal Boat?	Deposit	Total Camp Fee	Amt. Paid
	AM group		\$100	\$375	
	PM group		\$100	\$375	
Any Special Needs?					

Work 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 potential 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., Greater Dayton Rowing Assc., 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 _____

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