



Dear Columbus Scullers,

April 2017

The All-American Rowing Camp staff is thrilled to be asked to return to Columbus for the 2017 season. AARC was started in 1999 by Jim Dietz and Mark Wilson and is excited to bring professional, progressive, systematic and fun coaching to clubs around the country.

Our goal is to give you a great opportunity to learn some new drills, techniques, and have fun on and off the water. We enjoy coming to Columbus 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!

2017 will be another great year as James Waterfield will be our organizer for the camp so please contact him 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 began coaching in 1994 part time and has been full time since 1998. Currently Mark is the head coach at Stetson University in DeLand FL and lives there with his wife Judy, son Hunter and young hound Chase.

Coach Number 2 will be assigned as the camp date grows closer. Rest assured that a highly qualified and energetic coach will accompany Mark for the event in Columbus. All-American Rowing Camp hires only the best coaches from around the country and works with passionate and fun people to make your rowing camp experience the best possible. Enjoying time on and off the water is important for us and giving you the best complete experience is our goal. Questions are always welcome and we look forward to bringing a great coach to help you learn as much as possible.

Learn, Develop, Excel



Camp Schedule

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

MORNING Sculling

AFTERNOON Sculling

June 6, 2017 (Tuesday)

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

June 7, 2017 (Wednesday)

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

June 8, 2017 (Thursday)

6am	Arrive at boathouse for set up.
6:30-8:00	Daily Focus and Row #5 Group 1
8-9:00	Breakfast at boathouse and video review
9:00-11:00	Row#6 Finish with Q and A
11:30	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
3-5:00pm	Row#6 Finish with Q and A



Cost and Registration Forms

Cost: Split Day Schedule \$325 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 James with a \$100 deposit made payable to All American Rowing Camp.

Balance due at Camp Registration.

James Waterfield will be acting as Camp Liaison

Contact info: gcravicepresident@gmail.com

989-387-7773

Thank you for bringing the All-American Rowing Camp, LLC to Columbus. 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



10th Anniversary
1999-2009
www.allamericanrowingcamp.com

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.



Mail Registration and Deposit to:
 James Waterfield
gcravicepresident@gmail.com
 989-387-7773

2017 Columbus Camp
 June 6-8, 2017
 Camp Fee \$325

Registration Deadline is May 1, 2017. 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	\$325	
	PM group		\$100	\$325	
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. University of Massachusetts, Stetson University, Ohio State University, Greater Columbus Rowing Club, City of Columbus, City of Upper Arlington, 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 _____