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Dear Station L Rowing Club Scullers,     January 2019

At All-American there is no better feeling than being on the water with fun, enthusiastic, passionate people and nothing better than to be asked to visit The Great Northwest and the city of Portland for a rowing camp on the Willamette! We hope that everyone is excited to have a camp in the early part of the season to give you a great start to your summer rowing!

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 visiting clubs across the country and can't wait to visit everyone at Station L! Getting out on the water with a great group of scullers is always fun 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!

Penny Luong has agreed to be the liaison 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 another highly qualified, fun and knowledgeable coach. 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. After college Mark competed in the 1992 Olympic trials, finished 2<sup>nd</sup>. Then went on to the World University games in 1993. He began part time coaching in 1994 and has been full time since 1998. Currently Mark lives in DeLand FL 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 Portland. 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.



## **Weekend - Camp Schedule**

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

**Weekend Group of 10-12 scullers**

### **May 10, 2019 (Friday)**

12:30 Arrive at boathouse for Camp Start – Please have lunch prior to camp  
1-2:30pm Row #1  
2:30-3:30pm Snack and video review  
3:30-5:00pm Row#2 Finish with Video review and a beer  
5:00pm Day 1 Wrap-up and prep for Day 2!

### **May 11, 2019 (Saturday)**

9:30am Arrive at boathouse for set up.  
9:30-11:00 Row #3  
**11-12:00 Lunch at boathouse and video review – Technique Review**  
12:00-1:30 Row#4  
2:00 Snacks – and Video Review  
3:30pm Row #5 – slightly shorter than morning session  
4:30pm Snack and Video  
5:30pm Day 2 Wrap- up with questions and prep for Day 3!

### **April 29, 2018 (Sunday)**

9:30am Arrive at boathouse for set up.  
9:30-11:00 Row #6  
**11-12:00 Lunch at boathouse and video review – Rigging Review**  
12:00-1:30 Row#7  
2:00 Snacks – and Video Review  
3:00pm Row #8 – slightly shorter than morning session  
4:30pm Snack and Video  
5:30pm Day 3 Wrap- up with any final comments and questions!

**Thank you for attending the All-American Rowing Camp – Station L Edition!!  
Have a great Summer of Sculling!!**



## Mid-Week - Camp Schedule

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

Mid-Week group of 10 to 12 scullers

### May 13, 2019 (Monday)

**7:30am Arrive at boathouse for set up.**

7:30-9:00 Intros and Row #1

9-10:00 Breakfast at boathouse and video review – Technique Review

10:00-11:30 Row#2

**12:00 Lunch – and Video Review**

1:30pm Row #3 – slightly shorter than morning session

3:00pm Snack and Video

3:30pm Day 1 Wrap- up with questions and prep for Day 2!

### May 14, 2019 (Tuesday)

7:30am Arrive at boathouse for set up.

7:30-9:00 Row #4

9-10:00 Breakfast at boathouse and video review – Rigging Review

10:00-11:30 Row#5

**12:00 Lunch – and Video Review**

1:30pm Row #6 – slightly shorter than morning session

3:00pm Snack and Video

3:30pm Day 2 Wrap- up with questions and prep for Day 3!

### May 15, 2019 (Wednesday)

7:30am Arrive at boathouse for set up.

7:30-9:00 Row #7

9-10:00 Breakfast at boathouse and video review – Rigging Review

10:00-11:30 Row#8

**12:00 Lunch – and Video Review**

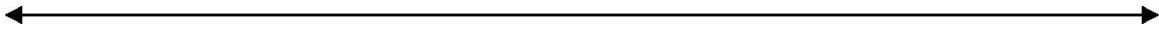
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## Cost and Registration Forms

Cost: 3 Day Schedule \$425 for coaching fee's 8 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 Penny with a \$150 deposit made payable to All American Rowing Camp or paid online at [StationLRowingClub.com](http://StationLRowingClub.com)**

**Balance due at Camp Registration.**

**Penny Luong will be acting as Camp Liaison  
Contact info: [Penny.Luong@comcast.net](mailto:Penny.Luong@comcast.net) 971-344-9179**

Thank you for bringing the All-American Rowing Camp, LLC to Portland.  
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](mailto:director@allamericanrowingcamp.com) or call 865-441-0880