



Rowing in Europe

Rowing Camps (D/E)



Rowing Camp in Trakai, Lithuania

Learn or perfect rowing in Trakai, Lithuania's capital of rowing. In this fairytale lake landscape, surrounded by nature reserves and historic castles, you can fully concentrate on rowing and experiencing unique nature. The top athletes also appreciate it, and so it is not surprising that Trakai is the venue for international rowing sport events, like the World Rowing Junior Championship in 2017.

Participants and objectives

Our novice program enables you to learn rowing very fast and being able to row in a single after 4 days. Beginners and advanced rowers will perform much better rowing after the camp and will be able to join any team in your club. Masters will use the race track and will improve body and blade technique.

Content

4 day rowing program with 7-8 rowing sessions. Video analysis will give you perfect feedback on your rowing performance. You will start with one coaching session in the morning and one in the afternoon. We explain boats and rowing techniques in English and German language, depending on coach availability. Most of our coaches are medal winners at international regattas or participants at WRCHAMPS or Olympic Games. Please note: We want you to enjoy the camp. So please let us know about your preferences: Skiff only, partner up with a double? Focus on body or blade work? Tell us, we will gladly assist you to match your individual needs!

Travel:

Individual arrival and departure/transfer can be arranged.

Registration via E-Mail: Volker@rowing-in-europe.com

Costs/double rooms:

Standard Rowing camp:
3 or 4 nights in beautiful hotel on the shore of the lake/incl.breakfast and 4 day rowing.
Price and dates will be announced soon.
Depending on program: Coach per extra day, ask for your individual offer.
Separate boat rental possible, single room surcharge

We feature SWIFT and other fine racing boats





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A typical camp set up:

Novice/Beginner: Skiff ready in a 4-5 days / Learn to row

Intermediates: Improve your personal style and rowing speed

Master: Correction and improvement sessions, speed training

Recommendation:

Novice/Beginner: 4 nights, 4-5 days
Learn to row Skiff ready, 4-5 days rowing

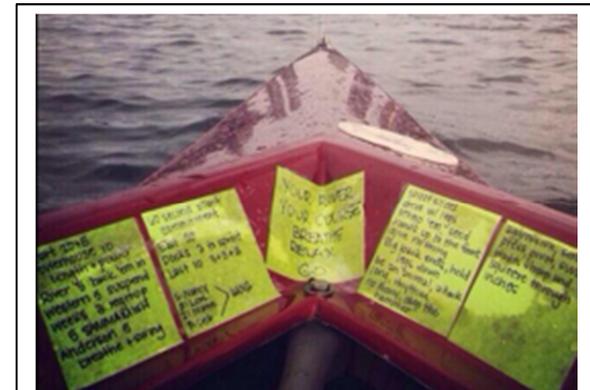
Intermediates: 4 days rowing
Program will be individualized

Masters program: 4 days rowing
Program will be individualized

Optional: Boat measurement



International Rowing Camps in IT, GER, SUI, PO, LTU



No need to take notes Our coaches are great



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Program	Intermediates/ Masters/Fortgeschrittene					
	Novice/Anfänger/Skiff ready		Day 2	Day 3	Day 4	Day 5
	Arrival	Day 1				
Morning		Breakfast 0700	Breakfast 0700	Breakfast 0700	Breakfast 0700	Breakfast 0700
		A 0800 theorie video feedback	A 0800 rowing 120 min maneuver (turns, special situations, landing stage)	A 1030 rowing 120m starts and high frequency strokes (safety by variegate rowing movement)	A 1030 rowing 120m technique after video (individual feedback)	A 0800 rowing racing, different distance (safety by variegate rowing movement)
		A 1030 rowing free exercise				
	A + B material boats and trailer rigging	B 0800 rowing free exercise	B 1030 rowing 120 min maneuver (turns, special situations, landing stage)	B 0800 rowing 120m starts, high frequency strokes (safety by variegate rowing movement)	B 0800 rowing 120 m technique after video (individualized feedback)	B 1030 rowing races, different length (safety by variegate rowing movement)
		B 1030 theorie video feedback				
Noon	A + B 1400 introduction					
		Lunch 1300	Lunch 1300	Lunch 1300	Lunch 1300	A + B material, de rigging
Afternoon	A 1500 rowing 90 min video	A 1500 rowing 90 min technique after video	A 1400 rowing 90 min maneuver	1630 rowing 90 min technique	A 1530 rowing 90 min starts, high frequency	boats and trailer
	B 1630 rowing 90 min video	B 1630 rowing 90 min technique after video	B 1530 rowing 90 min maneuver	B 1500 rowing 90 min technique	B 1400 rowing 90 min starts, high frequency	A + B 1400 final meeting
Evening	Dinner 1900	Dinner 1900	leisure time in	Dinner 1900	leisure time in	