**Alberta Rowing Association Development Camp**

**Hosted by Lakeland Rowing Club**

**August 26 and 27, 2017**

**Registration Form**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mailing Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Emergency Contact Name and Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PHN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Home Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RCA: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**In order to participate in the 2017 Development Camp, you must have started rowing prior to July 1, 2017 and have been on the water a minimum of 20 times in 2017.**

**Date started rowing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_# water sessions 2017: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Payment:** $25

Payment must be received to reserve your spot in the camp. Cheques payable to Lakeland Rowing Club

**Registration Deadline:** Forms and payment must be received on or before August 18 at 6pm. There are only 30 spots available on a first come first served basis. Spots will not be reserved until payment received.

Contact lrcvermilion@gmail.com with any questions. Mail completed registration form and payment to Lakeland Rowing Club, 5606-50 Ave, Vermilion AB T9X 1V6

In consideration of this application I hereby waive for myself, my heirs, executors and administrators, any rights of claim for damages I may have against the Lakeland Rowing Club, Lakeland College, the Government of Alberta or any individuals associated with the Lakeland Rowing Club, Lakeland College or Vermilion Provincial Park for any and all injuries sustained by me in the Lakeland Rowing Club. I also hereby agree to abide by the rules of the Lakeland Rowing Club, Lakeland College and Vermilion Provincial Park.

I agree to have pictures and video of my time at the camp uploaded to the Lakeland Rowing Club’s Facebook page.

Signature of Applicant:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If applicant is under 18:

Parent or Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent or Guardian Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Alberta Rowing Association**

**2017 Development Camp**

**Hosted by Lakeland Rowing Club**

**August 26 & 27**

Lakeland Rowing Club’s annual Development Camp is an opportunity to row on the beautiful Vermilion River in a variety of boats and with different crews. You will receive skilled coaching while also having fun and making friends! Each participant will have a minimum of 3 water sessions and 1 dryland session. Video taken during the water sessions will be played at the Saturday night barbeque social, enabling you to receive analysis and feedback from the coaches.

**Coaches**

Audra Vair rowed competitively for 12 years before shifting her focus to coaching in 2012. She coached a variety of crews for the University of Western Ontario, and coached a senior lightweight men’s quad to a win at Henley in the summer of 2014. Since moving to Edmonton, Audra has been coaching novices at the University of Alberta. Audra also has a unique perspective on our sport, as she is an experienced umpire.

Camil Teodorescu has been involved in the sport of rowing for 15 years. He first started coaching in 2008 at Lachine Rowing Club, and has also coached at the Montreal Rowing Club and Marianopolis college. Camil is currently coaching with the Edmonton Rowing Club. Camil enjoys the sense of family within the rowing community, and the inseparable bonds created within a team. He also loves to see the smile on a rower’s face when they achieve a goal they have been working towards for a long time.

**Location**

The Lakeland Rowing Club’s boathouse is located in the Vermilion Provincial Park, on the north west corner of the town of Vermilion. Once you are in town, follow the signs for Vermilion Provincial Park. Turn right into the park, and follow that road without making any turns. It will take you down the gravel hill to the water, at which point you will turn right and park your vehicle by the outhouse. Our boathouse is the only other structure at the water, you can’t miss it!

**Tentative Camp Outline – plan is weather dependent and subject to change**

**Saturday:**

* Be at the water ready to go by 8am
* Participants will be split into mixed crews for the first water session, during which coaches will evaluate all rowers.
* Lunch break at approximately 11:30am. Coaches will split participants into 2 groups based on the morning’s evaluations.
* Group 1 dryland session at Lakeland College gym, Group 2 water session.
* Group 2 dryland session at Lakeland College gym, Group 1 water session.

**Saturday evening:** potluck barbeque social and video analysis from the day’s water sessions

**Sunday:** All rowers on the water in the morning for 1-2 sessions. Plan to be off the water by 1pm at the latest so that everyone can travel home.

**What To Bring**

* Rowing clothing for hot weather and cold weather, for morning rowing and afternoon rowing. Layers and an extra change of clothes is a good idea!
* Sunscreen and bug spray.
* Water bottles, snacks, food. Fruit, granola bars, and water will be provided by the Lakeland Rowing Club. There will be a break for lunch, but lunch is not provided.
* Camping chair (optional) for relaxing in during lunch and during the bbq social
* Clean, indoor shoes for dryland session in gym and weight room
* Anything you think you might need to survive a day outside!

**Accomodations in Vermilion**

Pomeroy Inn: <http://www.pomeroyinnandsuites.com/hotel-vermilion>

Super 8 Hotel: <http://www.super8.com/hotels/alberta/vermilion/super-8-vermilion-ab/hotel-overview>

Days Inn: <http://www.daysinn.ca/hotels/alberta/vermilion/days-inn-vermilion/hotel-overview>

Vermilion Provincial Park: serviced and non-serviced sites, and literally as close as you can get to the rowing camp! <http://www.albertaparks.ca/vermilion>

**Food**

Vermilion has 2 grocery stores (Coop and MacDonald’s Family Foods) and a number of restaurants of every variety.

Contact Lakeland Rowing Club (lrcvermilion@gmail.com) if you have any further questions!