**Alberta Rowing Association Development Camp**

**Hosted by Lakeland Rowing Club**

**July 13 & 14, 2019**

**Registration Form**

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

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

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

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

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

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

**In order to participate in the 2019 Development Camp, you must have started rowing prior to June 1, 2019 and be comfortable rowing in small boats. If you are unsure that your rowing experience is suitable for the demands of the camp, please contact us at lrcvermilion@gmail.com!**

**Date started rowing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_# water sessions 2019: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Payment:** $40, free for coxswains

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 July 6. There are only 30 rowing seats and 2 coxswain seats available on a first come first served basis. Spots will not be reserved until payment is received.

Contact [lrcvermilion@gmail.com](mailto: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**

**2019 Development Camp**

**Hosted by Lakeland Rowing Club**

**July 13 & 14**

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! Participants will have a minimum of 3 instructional water sessions and the Saturday night BBQ social is always a favourite!

**Coaches**

Michael Simonson has been coaching athletes of all skills and abilities since 2003. Follow this link to learn more about his passion for the sport of rowing and for coaching! <https://www.coach.ca/questions-et-r-ponses-michael-simonson-entra-neur-p143926>

**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 7am
* 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.
* Rowers will be placed in new crews for the afternoon water session.

**Saturday evening:** potluck barbeque – eat, drink, and socialize!

**Sunday:**

* Water sessions starting at 7am
* Plan for all rowers to be off the water by 1pm to allow for time to drive 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
* Anything you think you might need to survive a day outside!

**Accommodations 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](mailto:lrcvermilion@gmail.com)) if you have any further questions!