Development Rowing Camp for People With Intellectual Disabilities

Austin, Texas • March 22-25, 2012

This 4-day Development Camp will help adult athletes with intellectual disabilities improve their individual rowing technique; build rowing confidence; provide opportunities to row in a team boat (sculling & sweeping on water); and learn the skills of competitive racing. The purpose of this Development Camp, beyond increasing skills & competence, is to identify athletes with intellectual disabilities for the USA National Adaptive Rowing Team. The number of athletes at the camp is limited to a maximum of 16, with most meals provided. Applicants will be selected based on criteria used by US Rowing in identifying athletes with potential to be competitive in international competitions.

Camp Fee is $200.00 per athlete for the 4-day Camp including intensive, focused coaching, most meals (breakfast, lunch, social, snacks), all rowing equipment, facility usage and off-water activities. Host families will be available for housing for each athlete and their coach/chaperone (1 person max) during Camp by request. No charge for chaperones /coaches who accompany athletes to this Camp. Chaperones will have opportunities to attend some of the off-water Camp activities and kayak/canoe/Stand Up Paddle on Lady Bird Lake & explore Austin while athletes are attending the Development Camp.

**Athletes & chaperones attending this Camp will be responsible for their travel, incidentals & dinner.*

The Camp will be held on Thursday, March 22, Friday March 23, Saturday, March 25 and half-day on Sunday, March 26 in Austin, Texas on beautiful Lady Bird Lake at the Texas Rowing Center. At least five (5) on-water rowing sessions are planned, supplemented with other on-water & off-water activities.
Travel notes: arrival by early afternoon on Thursday, March 22nd and departure no earlier than 2pm on Sunday, March 25th.

Registration and payment deadline: March 17, 2012 **To register or for more information**: Diane McDiarmid, diane@texasrowingforall.org

Camp eligibility requirements (must be submitted with registration):

- Evidence of fitness (submit current training + any competition results showing times and distances raced—any sport.)
- Evidence of being able to tread water for 5 minutes (signed swim capability observation, swimming class statement, etc.)
- Height and weight
- Ability to travel independently without personal coach, parent or chaperone

Meet intellectual disability criteria (www.athleteswithoutlimits.org

www.texasrowingforall.org