

**ATHLETES
WITHOUT
LIMITS**

SPRING BREAK ROWING CAMP

FOR INTELLECTUALLY DISABLED ATHLETES

April 4-April 7, 2012 Washington, DC

TO INQUIRE OR REGISTER: ROWING@ATHLETESWITHOUTLIMITS.ORG



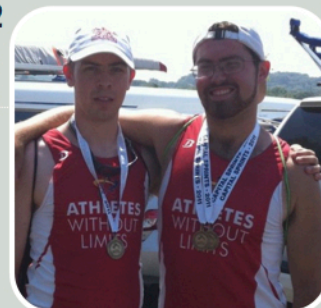
2011 AWARD
WINNING ROWERS IN
ID & MAINSTREAM
EVENTS



OUR CAMP IS FOR ID ATHLETES INTERESTED IN ROWING WITH OUR 2012 TEAM AT LOCAL AND NATIONAL REGATTAS. WE WILL TRAIN AT OUR PROSPECTIVE BOATHOUSES AND COME TOGETHER TO SEAT LINE-UPS FOR LOCAL AND NATIONAL COMPETITION.

COACH PATRICK IS THE FOUNDING COACHING DIRECTOR FOR 2 ADAPTIVE PROGRAMS AND IS THE ROWING COACH FOR THE US PARALYMPIC MILITARY PROGRAM IN DC. BRINGING 20 YEARS

OF TEACHING EXPERIENCE ON HIGH SCHOOL AND COLLEGIATE LEVELS COACH PATRICK HAS A FULL TEAM OF COACHES & VOLUNTEERS WHO HAVE EXPERIENCE IN MOTIVATING ID ATHLETES TO MAKE ROWING BOTH FUN & CHALLENGING. WE INVITE COACHES TO JOIN US AT THE CAMP TO SHARE AND STRENGTHEN OUR GROWING ID ROWING MOVEMENT.



INTEGRATION NOT
SEPARATION...

AWL ROWING 2011 SEASON ACHIEVEMENTS



16 GOLD



11 SILVER



10 BRONZE

STONEWALL REGATTA
CAPITAL SPRINTS
CHARM CITY SPRINTS
MIDATLANTIC ERG SPRINTS

HEAD OF THE ANACOSTIA
BAYADA REGATTA
HEAD OF THE OCCOQUAN
CRASH-B ERG CHAMPIONSHIPS

WE ARE SETTING OUR SITES ON THE 2012 WORLD ROWING
CHAMPIONSHIPS AND THE 2016 PARALYMPIC GAMES!

NO LIMITS!!!

WWW.ATHLETESWITHOUTLIMITS.ORG