

Development Rowing Camp for Persons with Intellectual Disabilities

March 22, 23, 24, 25, 2012

This 4-day Development Camp will help adult athletes with intellectual disabilities to increase their individual rowing technique; build rowing confidence; provide opportunities to row (sculling & sweeping on water) in a team boat; 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 for attending is limited to a maximum of 16 athletes, with most meals provided. Applicants will be selected based upon 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 & 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 chaperons /coaches who accompany athletes to attend this Camp. Chaperons 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 22th and departure no earlier than 2pm on Sunday, March 25th.

******* Registration & Payment must be completed by March 17, 2012 *******

To *REGISTER & information, camp schedule, etc. Contact Diane McDiarmid at: diane@texasrowingforall.org.**

To be included for selection to attend Camp--athletes will have to submit the following information with their 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.)
- Please submit height and weight
- Ability to travel independently without personal coach, parent or chaperone
- Meet intellectual disability criteria (www.athleteswithoutlimits.org)

www.texasrowingforall.org



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