



ANDALUSIAN ROWING FEDERATION



III MASTERS CAMP

SEVILLA INTERNATIONAL ROWING MASTERS REGATTA

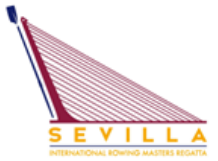


MASTERS CAMP

Directed by: Alejandro Demiddi

CEAR, La Cartuja, Sevilla October 14th - 15th - 16th, 2026

SEVILLA INTERNATIONAL ROWING MASTERS CAMP



It is a great opportunity to complement an international competition, aimed at MASTERS from 30 to 85 years old, along with learning and training, integrated into the calendar events of the International Rowing Federation: <https://worldrowing.com/events-list/>

WHY FOR MASTERS?

Sports and social events are combined, involving a trip to one of the most beautiful cities in the world, thus practicing SPORTS TOURISM. The participants and the technical staff create a great atmosphere and a fantastic experience.

WHY SEVILLA?

During the fall and winter season, Seville is the training camp for numerous international rowing federations. They all come to La Cartuja for its excellent calm water, easy access, warm climate, and proximity to the city center.



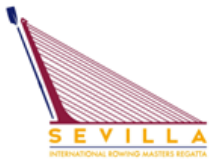
SHORT AND INTENSE HISTORY



Seville, with its third-largest historic center in Europe, offers a unique experience. The Guadalquivir River, which runs through the city, has a 2k olympic rowing track located in the heart of the historic center. Its easy access, whether by car or public transport, or even walking or by bicycle, makes it an additional attraction for athletes and visitors.

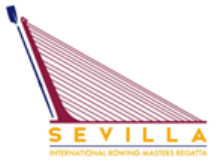
The 2025 edition of the Rowing Masters Camp was carried out with 25 athletes from 10 different countries. In addition to promoting sport, we wanted to go a step further and try to give them the tools to improve individual and collective performance.

CLINIC TECHNICAL IMPROVEMENT



- Working groups will be made with training sessions led by elite coaches with the aim of providing new knowledge and applying it in the right way to our sport.
- The participants will incorporate technical changes that will increase boat speed and performance.
- In addition to quality training in the water, in search of individual development, complementary activities will be carried out to contribute to the sporting development of the participants.
- Video analysis will allow them to understand the personal technique changes requested and the impact on their stroke. In turn, individual solutions will be given to each rower with special and personalised exercises to practice during the CLINIC session and on their own.
- We could also count on the presence of olympic athletes.
- After the Masters Camp, every rower will have a clear vision of what they need to do to improve and enjoy rowing even more.

DAILY SCHEDULE



TUESDAY OCTOBER 13th:

- Arrival of athletes

WEDNESDAY OCTOBER 14th:

- 8:30h. Coaches and rowers meeting + introduction + equipment check and boats
- 9.30h. Rowing video taping and technical session on the water. 10-12k
- 13:30h. Lunch at CEAR, La Cartuja
- 15:30h. Powerpoint Slide Show “The Masters in Rowing” Part I (CEAR classroom)
- 17:00h. Coffee break time
- 17:15h. Powerpoint Slide Show “The Masters in Rowing” Part II (CEAR classroom)

THURSDAY OCTOBER 15th:

- 9:00h. Rowing (video taping)
- 12:00h. Core work and its importance
- 13:30h. Lunch at CEAR, La Cartuja
- 15:30h. Video sessions, errors, corrections and exercises
- 18:00h. Rowing (Practice correction exercises)

FRIDAY OCTOBER 16th:

- 9:00h. Rowing Long Distance
- 12:00h. Meeting coaches and rowers + Prep for upcoming race + Final conclusions
- 13:00h. Masters Camp ending

WHAT TO BRING?

- ⇒ Tank top or t-shirt
- ⇒ Rowing short, tight or legging
- ⇒ Rowing training suit (Aio) (replace the previous two)
- ⇒ Sport socks
- ⇒ Sports flip flops with anti-slip sole
- ⇒ Water bottle
- ⇒ Cap and sunglasses
- ⇒ Sunscreen
- ⇒ Extra clothes
- ⇒ Towel
- ⇒ Device to take notes in claserroom (Mobile phone, tablet, notebook, pen)

ACCOMMODATION

VIAJES El Corte Inglés

DEPORTES



For more information contact with: Viajes el Corte Ingles

Telephone: 954 46 00 42

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PRICE III MASTERS CAMP 2026

400,00 €

3 days Masters Camp Training



Reconized and specialized coaches



Technical sessions and monitoring in water



Video Analysis in CEAR claseroom



Powerpoint Slide Show "The Masters in Rowing



Equipment, boats and oars (can bring own boat and oars)



Wednesday and Thursday lunches



Use and access of CEAR facilities (bar, changing rooms, bathrooms)



Activity Insurance



MASTERS MEANS

EXAMPLE

The "Masters" show us the way to follow in life in every stroke

RESPECT

With boat mates, coaches, public and family

LEADERSHIP

In race and out of the water

EFFORT

The maximum expression of individual and collective work

HEALTH

Sport as a structure of life for well-being



CONTACT

Thank you for considering participate in the II Sevilla International Rowing Masters Camp.

For more information please contact:

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