

Masters Rowing Technical Improvement CLINIC, under the direction and coordination of elite coaches.

Work groups will be held with training sessions with the aim of providing new knowledge and applying it in the correct way to our sport.

The rower will incorporate technical changes that will increase the boat speed, which will raise him to a higher level of performance.

In addition to quality training in the water, in search of individual evolution, complementary activities will be carried out that contribute to the sports training of the participants.

In room-video analysis will allow them to understand personal technique changes requested and the impact on their stroke.

At the same time, individual solutions with special and personalized exercises will be given to each rower to practice during the CLINIC sessions and their own.

We will also have the presence of high level olympic athletes.

We guarantee that after the Masters Camp, each rower will have a clear vision of what they need to do to improve and enjoy Rowing even more.



### REGISTRATION:

[www.remoandaluz.es](http://www.remoandaluz.es)

[www.sevillarowingmaster.com](http://www.sevillarowingmaster.com)

### Link:

### INFORMATION:

**[entries@sevillarowingmaster.com](mailto:entries@sevillarowingmaster.com)**

Federación Andaluza de Remo (F.A.R)

Estadio de la Cartuja Puerta F Módulo 3

41092 - Sevilla

Tel: 954.462.071



## MASTERS CAMP

**Coached by: Alejandro Demiddi**

CEAR, La Cartuja, Sevilla

October 9th - 10th - 11th, 2024





## DEAD LINE REGISTRATION

Until October 3rd, 2024

## DAILY SCHEDULE

### TUESDAY, OCTOBER 8TH:

Arrival of athletes

### WEDNESDAY, OCTOBER 9TH:

8:30 Coach and rowers meeting + introduction + equipment check and boats

9.30 Rowing video taping and technical session on the water

13:30 Lunch at CEAR, La Cartuja

15:30 Powerpoint Slide Show "The Masters in Rowing (CEAR claseroom)

18:00 Technical Rowing (Apply new tips)

### THURSDAY, OCTOBER 10TH:

9:00 Rowing (video taping)

12:00 Core work and its importance

13:30 Lunch at CEAR, La Cartuja

15:30 Video sessions, errors, corrections and exercises

18:00 Rowing (Practice correction exercises)

### FRIDAY, OCTOBER 11TH:

9:00 Rowing Long Distance

12:00 Meeting coach and rowers + Prep for uncoming race + Final conclusions

13:00 Masters Camp ending

## MASTER CAMP PRICE: 300 €

### INCLUDES

- 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 their own boat and oars as well)
- Wednesday and Thursday lunches
- Use and access of CEAR facilities (bar, changing rooms, bathrooms)
- Activity Insurance

### ACCOMMODATION

For more information contact with:  
Viajes el Corte Ingles  
Telephone: 954 46 00 42  
E-mail: [residencialacartuja@viajeseeci.es](mailto:residencialacartuja@viajeseeci.es)

### LIMITED PLACES

### PAYMENT

By Bank Transfer

**IBAN ES25 2100 8455 41 2200044812**

**SWIFT CODE CAIXESBBXXX**

**LA CAIXA**

### 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 claseroom (Mobile phone, tablet, notebook, pen)



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