

Summer Sculling Weeks Ratzeburg 2010

improve your scullingtechnique during a nice holiday...

These international scullingweeks are open for all rowers who want to improve their level of sculling. Due to all the positive response the last years the program was extended. This resulted in a still growing and enthousiastic response and fully booked weeks. For 2010 the interest is already there.

During the week there will be 10 scullingsessions, twice a day if the weatherconditions are fine. Almost every day the scullers will be filmed and all the recordings will be analysed. Besides throughout the week private instruction will be given on the level of each sculler. Time for practicing is of course available. Each participant will be assigned to a single-scull (skiff), which will be adjusted in a proper way. Besides sculling there is oppurtunitiy to enjoy the beautiful environment along the lakes.

To achieve those goals, a nice environment has been chosen. The scullingcenter of Ratzeburg (60km east from, Hamburg, Germany) is situated at a beautiful lake surrounded by hills, forest, fields and small villages. The water is forbidden for motorised recreational boats and there is enough choice to find nice water with different winddirections. The center offers excellent facilities. The double- and singlerooms (only if available) have each their own shower and toilet, have comfortable (long !)beds and color-TV. Healthy meals, a nice boathouse and a fleet which is kept in good shape provide optimal conditions for a nice week.

The weeks are meant for rowers who are member of a rowingclub and find no-one to really help them to improve their technic. By participating in this week they can get a new fresh impulse to the rowingmovement.

Participants from all countries are welcome. Spoken languages will be English, German, Dutch and some French. Participants can be beginning (at least one season experience in the singel-scull) as well as advanced scullers, who can keep straight course. The camp is not open for people without any rowingexperience.

Costs: Euro 640,-
Registrations will be lined up in order of entry

Applying: sculling@xs4all.nl
Or call Carla Beekman phone ++.31(0).20.6186580

Su 25.04 - Fr 30.04
Su 02.05 - Fr 07.05
Su 09.05 - Fr 14.05
Su 13.06 - Fr 18.06
Su 20.06 - Fr 25.06

for more information check

www.enjoyrowing.com