



Coastal Rowing Workshop and Camp

4 Days in Spain, Alicante Region

Dates in 2025:

10.-13. February, 19.-22. February, 24.-27. March, 14.-17 March

Target Group: Masters, Coaches, U19/U23, passionate Rowers

Flatwater rowers
are welcome to
join. Improve
your coastal
skills

Discounts
for Groups
and Clubs

How to Improve your Coastal Rowing and Beach Sprint Technique

8 Step to get into competition mode

This 4-day workshop (according World Rowing Coastal Rowing Coaching) will improve your coastal rowing capabilities and challenge your coastal rowing talents. We measure your performance at the beginning and at the end of the camp. You will see improvements. Definitely. You will meet World Rowing Coastal Champions and learn to row top Coastal Performance boats.

Are you a **rowing coach**, thinking of how to get your crews into coastal rowing? This workshop gives you elements to introduce these sports in your club. Are you a **U19/U23 talent** thinking of improving your competitive ranking? Are you an **ambitious master** or a skillful coastal rowing fan? Join us and prepare your regatta season. Our target is to improve your individual Coastal Rowing and Beach Sprint Style. Here is what you can expect:

Program Basic knowledge.

- Coastal Rowing and Beach sprint
- Nautical and weather condition
- How to evaluate and assess your coastal rowing area.
- Boat and rigging basics
- How to select the right boat for the right weather condition.
- Bonus session. Managing the water. When the conditions get tough.
- Fitness in Coastal Rowing, mobility training
- Are there typical Beach Sprint Athletes.
- Repair your mindset, prepare your race.
- Plan your race before your race

In depth training

Eight steps to improve your beach sprint performance.

- Meet and greet the Champions
- Step one: sprinting on the beach
- Step two: boat and boat entry techniques.
- Step three: tell your boat handler.
- Step four: beach sprint and slalom course.
- Step five: 180° turn
- Step six focus on your return.
- Step seven: boat exit and boat handler.
- *Glory awaits you* = World Rowing slogan

Cost per Person: € 790.-

Including Coaching, motorboat
Co1x, Co2x, facility/gym use
(ask for a 2-day tour option)

The workshop and the camp are intended to significantly improve your skills and will give you in-depth knowledge about Coastal Rowing and especially the Beach Sprint. We will divide the camp into several groups depending on the individual knowledge. We collaborate

and appreciate help and support of the local rowing clubs in the area. Sign up or ask for more detailed information. Mail us: Mail: Team@rowing-in-europe.com



Register Here