

TEXAS ROWING FOR ALL & AUTISM SOCIETY  
OF CENTRAL TEXAS PRESENTS:

# ROWING CAMP

FOR TEENS AND YOUNG ADULTS WITH DISABILITIES



## Who:

This fun week-long day camp offers kids and young adults (ages 13 and up) a great outdoor experience on and around Austin's Lady Bird Lake. Staff will consist of counselors and instructors who have first-hand experience working with young people with disabilities. Our staff employ best practices working with people with disabilities, and are knowledgeable regarding safety and adaptive sports. Staffing ratio is one staff member for every three campers or less. Each week of Rowing Camp is capped at 6 campers.

## What:

Rowing: Learning how to use the "Erg" rowing machine, practicing on the dock trainer, rowing in an eight man boat, quad and double rowing shells, making friends, teamwork, and having fun!

## Assessment:

We require each camper to come to the rowing center prior to camp starting to have our coaches do a quick 15 minute "Erging" lesson to ensure that each camper will be a good fit and a successful rower.

**When:** **August 1-5** 9:00AM-12:00 Noon

**Cost:** **\$200.00 per week.** Camp will fill FAST!! Camp fees and applications must be sent in by July 11th.

## Where:

Camp will be based out of the Texas Rowing Center, which is located directly behind Austin High School on the north shore of the Hike & Bike Trail of Lady Bird Lake, just east of the Mopac pedestrian bridge. There will be a table near the Dock designated to Texas Rowing For All.

**SIGN UP TODAY!!! To enroll email**

**Tony Kuhn: [tony@texasrowingcenter.com](mailto:tony@texasrowingcenter.com)**

**[www.texasrowingforall.org](http://www.texasrowingforall.org)**

**[www.facebook.com/texasrowingforall](https://www.facebook.com/texasrowingforall)**