

# Sparks Winter Camp Offerings 2015

All winter camps are held in Tampa, FL  
December 27-30

## **Sweep Rowing Camp**

This is a small, intensive camp for rowers and coxswains with at least one semester of experience. Akin to our summer camps, this camp is designed to help athletes connect better with the sport, but in a shorter and more intense time frame. With three practices a day, campers are encouraged to find deeper insight into rowing and gain an edge going into their spring season. Being in Tampa also allows for more water time and a warmer climate.

Cost: \$1,075

## **Sculling Camp - Novice and Experienced**

This camp has two separate groups: experience scullers and experienced sweep rowers with minimal sculling experience, each with their own coach. The camp is kept small for more individual attention as rowers train in singles and doubles. In most countries rowers learn to row in a single before moving up to larger boats. We feel rowing smaller boats allows an athlete to better understand boat feel, independence, and discipline, qualities more difficult to master in large sweep boats.

Cost: \$1,490

## **Coxswains Only Camp**

An advanced camp where coxswains are the exclusive focus. Sparks rents the facilities, equipment, and rowers for the camp - thus allowing us to focus on coaching coxswains through everything from docking to head racing turns during our time together. Our coxswain coaching philosophy is to give coxswains enough perspective to allow them to leave camp able to teach themselves through the coming season, and, as a result, the intellectual intensity of this camp (and the coxswains) is very high.

Cost: \$1,750

More information on all our camps at <http://sparksconsult.com/rowing-camps/>