ROWCROATIA

ZAGREB · 6 DAYS

Sinković Elite Academy

April 12–17, 2027

Personal coaching. Twice-daily practice. Video analysis. A six-day Academy at Jarun with Martin and Valent Sinković at the center of the experience.



06	09	04
DAYS	WATER SESSIONS	VIDEO REVIEWS

PRECISION ON THE WATER · FEEDBACK OFF IT · REPEAT

JARUN · ZAGREB	SINKOVIĆ BROTHERS	MASTERS · ROWING
Your dedicated training venue	Personal coaching and insight	Technique, rhythm, recovery

SAMPLE ITINERARY · FINAL DAILY SCHEDULE ISSUED ON ARRIVAL

DAY ONE · ARRIVAL · ORIENTATION · BOAT SET-UP

01 Arrive. Set the Standard.

A flight-dependent arrival in Zagreb opens a week built around practice, feedback, and deliberate repetition. Meet the team, see the rowing base, and set up before the first full training day.

Flight dependent	Arrival at Zagreb Airport and transfer to the designated hotel
15:00	Hotel check-in and time to refresh
16:00	Meet in the hotel lobby for city orientation and Academy preview
17:00	Visit the rowing club for orientation and boat set-up
18:30	Early lakeside dinner: Croatian grills, salmon or sea bass, bright salads, quinoa, and restorative choices before an early night

THE ACADEMY BEGINS
The first evening is intentionally uncomplicated: settle in, get oriented, and save your energy for the work at Jarun.

DAY TWO · WATER · REVIEW · REPEAT

02 The Baseline

The Academy rhythm begins: practice on the water, study what the camera captured, refuel, then return to Jarun with sharper intent for the afternoon.

Early morning	Breakfast at the hotel
Early morning	Depart for the boat house
Morning	On-water practice with personal coaching
Late morning	Video review and technical feedback
Midday	Italian-style recovery lunch: Neapolitan pizzas, sandwiches, and substantial salads with meat, vegetarian, and lighter protein choices
Afternoon	Second on-water practice: apply the day's feedback
Evening	Croatian comfort dinner: peka, pašticada, štrukli, soparnik, grilled meats, and a vegetarian risotto in a traditional setting

THE FIRST BENCHMARK
See the movement, understand the adjustment, then put it back on the water while the feedback is fresh.

DAY THREE · TECHNIQUE · VIDEO · APPLICATION

03 The Detail

With the training rhythm established, the focus tightens: refined work on the water, individual video feedback, recovery, then a second opportunity to feel the change at pace.

Early morning	Breakfast at the hotel
Early morning	Depart for the boat house
Morning	On-water practice with personal coaching
Late morning	Video review and technical feedback
Midday	Lakeside recovery lunch: vegetable risotto, chicken salad, grilled meats, seasonal salads, rice, potatoes, and vegetables before the second session
Afternoon	Second on-water practice: technical application and rhythm
Evening	Seasonal Croatian bistro dinner: contemporary meat, vegetable, and seafood plates in a relaxed central courtyard

FROM SEEING TO FEELING
Video gives the group a shared language. The next session is where a useful cue becomes a repeatable movement.

DAY FOUR · PRACTICE · REVIEW · RECOVERY

04 Repeatability

The middle of the week is where good work becomes reliable work: settle into the training rhythm, sharpen the details, and protect the recovery that allows a second quality session.

Early morning	Breakfast at the hotel
Early morning	Depart for the boat house
Morning	On-water practice with personal coaching
Late morning	Video review and technical feedback
Midday	Creative recovery lunch: meat-led, vegetarian, and seafood choices in a concise pre-arranged meal designed to fit the training turnaround
Afternoon	Second on-water practice: repeatability under fatigue
Evening	Historic-cellar dinner: Croatian comfort food with lean meats, vegetarian pasta and salads, plus restrained seafood choices

THE WORK THAT HOLDS
At this point, the emphasis is consistency. The best adjustment is the one that remains available when the body is working.

DAY FIVE · PRACTICE · FEEDBACK · FAREWELL

05 The Race Rhythm

The final full day brings the week's learning together: two more purposeful sessions, the last detailed review, then a Croatian farewell dinner with the group.

Early morning	Breakfast at the hotel
Early morning	Depart for the boat house
Morning	On-water practice with personal coaching
Late morning	Video review and technical feedback
Midday	Short recovery lunch: grilled chicken or salmon, quinoa and leafy salads, with soup or vegetables—substantial but light enough for the final afternoon effort
Afternoon	Second on-water practice: race rhythm and the week's key takeaways
Evening	Croatian farewell dinner: fish with vegetables, lean poultry or veal, and a satisfying vegetarian plate, followed by a light regional dessert

THE WEEK IN ONE SESSION
The final afternoon is not a performance test. It is a chance to leave Jarun with clearer eyes, better tools, and a personal next step for the water at home.

DAY SIX · WATER · CHECK OUT · TRANSFER

06 One Last Session

Close with a final morning on the water, then depart Zagreb with the feedback, rhythm, and training priorities from the Academy still close at hand.

Early morning	Breakfast at the hotel
Early morning	Depart for the boat house
Morning	Final on-water practice
Late morning	Hotel check-out
Late morning	Transfer to Zagreb Airport

FINISH WITH INTENT
One last row at Jarun. Then home—with a more precise picture of what to work on next and how to keep the momentum moving.

SINKOVIĆ ELITE ACADEMY · ZAGREB, CROATIA · APRIL 12–17, 2027 · 6 DAYS

Your place on the water begins here.

One form per guest, including non-rowing companions. Return it signed to info@rowcroatia.org. Actual itinerary details are subject to change. Final itineraries will be shared on arrival.

	Shared room	Single room	Non-rower
Experience Price (per person, USD)	$5,950	$6,350	$2,750
Protection Waiver (optional)*	8%	8%	8%

INCLUDED

5 nights at the designated hotel, all meals with complimentary glass of wine, beer or soft drinks, at least 5 coached rowing sessions with boats and equipment, video review, excursions, airport transfers from Zagreb and all in-country transport. Not included: flights, travel insurance, personal expenses.

01 Your Details

COMPLETE ALL FIELDS

Full name (as on passport)	
Date of birth / nationality	
Email / mobile	
Home address	
Emergency contact (name, relationship, phone)	
I am a	☐ Rower ☐ Non-rower
Room	☐ Shared with: _____ ☐ Single
Paid by (if not you)	

02 Payments

CHOOSE YOUR PAYMENT TIMING

When you sign	You pay	Full refund if you cancel within
121+ days before departure	30% now · 30% at 90 days before · 40% at 30 days before	30 days of signing
61–120 days before	60% now · 40% at 30 days before	7 days of signing
60 days or fewer	100% now	No refund window

Pay by ACH, wire or card (card adds 3%). Paying on time is your responsibility. We don't send reminders. If a payment is missed, we may cancel your booking and keep what you've paid.

03 If You Cancel

EMAIL INFO@ROWCROATIA.ORG

Within your refund window, you get everything back. After it, what you've paid is kept (unless you chose the Waiver below), and you don't owe any payments not yet due.

You can transfer your reservation to another qualified guest up to 30 days before departure (USD 150 change fee). If you cancel and leave your roommate alone, you cover their single-room difference unless we find a replacement.

04 Experience Protection Waiver*

OPTIONAL

YOUR CHOICE
Add it now and, if you cancel for any reason before departure, everything you've paid becomes RowCroatia credit, valid for 24 months. It is not insurance and pays no cash.

☐ Yes, add the Waiver (8% of my Experience Price, paid now)
☐ No thanks

05 Good to Know

PARTICIPATION ESSENTIALS

Skill. This is open-water rowing. Rowers must handle a boat independently and swim at least 200 yards. It is not for a novice rower.

Health. Tell us before departure about any medical condition, medication, allergy or dietary need that could affect your participation.

Insurance. Not required, but we strongly recommend travel insurance with medical and evacuation cover.

Under 18? A parent or guardian must co-sign, and a named adult (family member or club representative) must accompany you throughout: _____ (name, relationship, phone).

Photos. We may photograph and film and use it in our marketing.
☐ Please leave me out. (You then won't receive any experience photos or video, including group shots.)

06 Release and Assumption of Risk

PLEASE READ

ACKNOWLEDGMENT

I understand that rowing carries real risks, including capsizing, cold water, drowning, collision, weather, equipment failure and limited access to medical care, and I choose to accept them. To the fullest extent the law allows, I release and agree not to sue SarahPoljak, LLC dba RowCroatia, its owners, the Sinković brothers, and its coaches, staff and partner clubs for any injury, death or loss arising from my participation, including claims based on their ordinary negligence, but not gross negligence or willful misconduct. I will follow safety instructions and I authorize emergency medical treatment at my own cost. This release binds my heirs and estate.

Initials: _____

07 The Rest

TERMS AND SIGNATURE

By signing, you agree to our Terms & Conditions in effect on the date you sign, which cover changes and cancellations by us, force majeure, and everything else not repeated here, and our Privacy Policy. If they differ from this form, this form wins. Your agreement is with SarahPoljak, LLC dba RowCroatia™, and may move to RowCroatia's successor company on the same terms, with a notice to you.

California Seller of Travel No. 2151995-50.

	Name	Signature	Date
Guest			
Parent or guardian (under 18)			
Accompanying adult (under 18)			
For RowCroatia			

BEFORE YOU SEND

Please ensure all required fields, selections, initials, and signatures are complete. Return one completed form per guest to info@rowcroatia.org.