



Rowing training
Facilities T.S.R. Vidar
Facilitating Excellence



T.S.R. VIDAR

Rowing since 1961



Rowing Training Facilities – T.S.R. Vidar – Hilvarenbeek, Netherlands

Ever since the 1961, student rowing association Vidar has been rapidly growing in size. This rapid growth is the result of passionate and dedicated students with a desire to perform better each day. Rowing is our number one priority and we therefore take the sport very serious. Due to our constant improvement, we are currently competing with the best student rowing associations in the Netherlands and our rowers are participating in various international races, which has already resulted in one Under 23 World Title..

Our stunning location is part of the reason why Vidar has been able to continuously grow over the past decades. Vidar is not located in a busy city centre, but in Hilvarenbeek, which is in the south of the Netherlands, just outside Tilburg. We are only a 30-minute-drive away from Eindhoven Airport, and Amsterdam is about 75 minutes away. Vidar is an extensive, quiet and excellent training location where rowers enjoy professional training in order to compete at the highest level. Vidar has been used in the past by clubs in preparation of various international regattas in Europe, as well as the Olympic games.



In this brochure you will find what Vidar has to offer for you and your crews.

1. Rowing

Vidar now offers international crews the opportunity to use the compound for training camps. The building lies adjacent to the rowing course and the track is therefore directly accessible from Vidar. We have access to an official 2 kilometre (=1.24 mile) rowing course where up to five boats can row alongside one another. Furthermore, crews can row uninterrupted for up to 15 kilometres.

A big advantage of the rowing course is that the water is very calm. There are hardly any cargo vessels and as a result of the trees alongside the course, there is little to no wind affecting the smoothness of the water. This means that Vidar offers perfect training conditions for your rowing crew. Furthermore, motorboats can be rented at Vidar and there is a cycling track parallel to the whole canal, which makes it easier to observe and coach the crews.

Because of the conditions mentioned above, the location has been given the B-status by the NOC-NSF (The Dutch Olympic Committee) which guarantees the training location is of high quality.

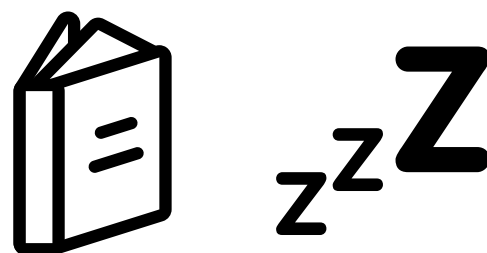
2. Accommodation and other facilities

In November 2012 our new compound has been realized. The expansion of the original building is the result of our ambition to become the number one rowing training location in Europe. The new accommodation serves the purpose of facilitating international equips, as well as offering our own rowers everything necessary in order to perform at the highest level. Inbetween the training sessions, Vidar also offers several places to relax and recuperate, or even to study or work when necessary.

We offer meal plans for breakfast, lunch and dinner, all of which can be arranged for you. In order to facilitate training sessions, Vidar is able to assist with time measurement for training sessions and trials on demand.

Another important feature of Vidar is the extensive boat house. The boat house is also new and due to the expansion it is also possible for visiting clubs to store their boats indoors.

When it comes to accommodation, there are several options in the neighborhood of Vidar. About 400 meters (=0.25 miles) from Vidar there is a bungalow park where small bungalows are located in which up to 6 athletes per bungalow can stay the night. The bungalow park is also suited for large groups. These bungalows are located right next to the rowing course which means you won't be needing a car to travel from the bungalows to Vidar. Alternatively, there are hotels nearby which are accessible either by car or bicycle (5 to 10 km from Vidar).



3. The gym

Another key element of our facilities is the gym that is located in our building. In the gym we have 14 rowing machines next to one another, and additionally it is possible to make use of our other equipment for strength training.



The following equipment is available at Vidar:

- Olympic competition bars
- Assorted competition bumpers (1.25 - 25 kg)
- Deadlift platform and collars
- 4 Full power racks suitable for squatting, benchpressing and pull-ups
- Adjustable benches
- Back extension bench
- Dumbbell set (1-30 kg)
- Crossmaxx plyo box
- Aerobic mats
- Bikes

We will do all we can to set up a well-organized training camp in order to make it as effective and efficient as possible. We provide professional quality that aligns with our reputation of having the number one location for training camps in the Netherlands. For any other special desires or a request for more information, please don't hesitate to contact us and send an e-mail to trainingcamps@tsr-vidar.nl.

Note: In order to receive a discount on the bungalows, it is required to book them through Vidar.

4. Prices

If you are interested and you want a full price offer, please contact us. There is the possibility to eat at Vidar. The prices below are per person per day:

Type	Amount
Breakfast	from € 4,00
Lunches	from € 5,50
Dinner	from € 8,00

Prices are as of September 2019 and subject to changes. No rights can be reserved from these prices.

We can help you find the right accommodation for the athletes and we can set up a quotation that is specified to all the wishes and desires of your crew. The available options are stated below:

- For the bungalows, prices range from € 500-1000 per week for up to 6 athletes. It depends on the period you visit for the price amount.
- Nearby hotels charge prices from € 30-60 per night.
- Various group accommodation options.

5. Impression of the water and accommodation

Below you can find a selection of photographs that gives an impression of the facilities available to your crews.



The boathouse has enough room to store additional boats indoors.

The track entails calm water and 18 kilometres of uninterrupted rowing.





The boathouse indoors.

The gym has got 16 rowing machines, meaning that 2 'eights' can simultaneously work-out.



There is also the possibility to rent our launch.

Interested?

T.S.R. Vidar

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