

Minimum requirement to participate:

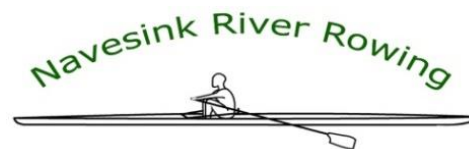
- *For 8th Grade Intro to Rowing; must be entering 8th Grade in the fall.*
- *For all other NRR youth programs; must be at least 14 years of age, in or entering High School in the fall.*
- *All rowers are required to pass a one-time swim test before they can participate in rowing at NRR. NRR will accept equivalent swim tests conducted by Rumson-Fair Haven Rowing or Rumson Recreation. Swim tests from other rowing clubs, swim teams, etc. will be considered on a case-by-case basis.*



Located at the end of Maple Ave
in Red Bank, NJ

2020 SUMMER YOUTH PROGRAMS

- Novice Youth Program
- Intermediate Youth Program
- Advanced (Summer Racing)
- 8th Grade Intro to Rowing
(for youth entering eighth grade)



<http://www.navesinkriverrowing.org>

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Navesink River Rowing, a non-profit organization, provides public access to rowing opportunities and sculling instruction on the Navesink River. From a site at the end of Maple Ave in Red Bank, NJ, we offer adult lessons, coaching and youth programs in June, July and August; run Fall and Spring Competitive Youth Crews; and maintain boats for members to use from May through October.

Novice Youth Program (\$350)

- **Two-week (5 days/week)** beginner course for boys and girls 14-18 who have not rowed before. *This is where every youth who is new to rowing begins.*
- Novice rowers are introduced to sculling and the basics of handling and safely operating rowing equipment both on and off the water. They learn the fundamentals of blade work, body positioning and control to lay the foundation for a solid sculling stroke.
- **Meets M-F, 10:15 AM to Noon**
- Offered 3 times
 - ___ June 22 - July 3
 - ___ July 6-17
 - ___ July 20-31

Intermediate Youth Program 1 session - \$300 2 sessions - \$475 3 sessions - \$650

- This **two-week (5 days/week)** program is the next step for boys and girls 14-18 who have completed a NRR Novice Youth program or taken another beginner program with a minimum of 6 sessions on the water or done some sweep rowing and been evaluated by a NRR coach. (Some sculling experience required)
- Can be taken during the same summer as an NRR Novice program
- Youth improve sculling skill, develop “boat feel” and work together to replicate a solid stroke, adding pressure and power to make boats accelerate.
- **Meets M-F, 7:45 to 9:30 AM**
- Offered 3 times. **Youth can sign up for one, two, or all three.**
 - ___ July 6-17
 - ___ July 20-31
 - ___ August 3-14

Advanced (Racing) 1 session - \$445 2 sessions - \$705 3 sessions - \$965

does not include Regatta fee

- 3-week program meeting 5 days a week and ending with an optional regatta. **Three sessions scheduled.**
- A high performance program for boys and girls between the ages of 14 and 18 who have the strength and skills needed for competitive sculling plus a high level of motivation and commitment.
- Rowers can expect to challenge themselves physically and mentally on the water - where most of the instruction and workload will be - and during ergometer sessions or other instruction - also built into the program.
- This program emphasizes team building and will take rowers to the next level by incorporating and teaching specific advanced techniques that will improve their speed and performance. These techniques along with advanced drilling will maximize strength, stamina and skills developed during competitive crew season.
- All participants will train together. Regatta at the end of the program is optional for those that wish to take this program primarily to improve skills and performance but do not wish to compete.
- **Participants must commit to attend every day including race day. If opting out of racing, Race Day is the only day excused.**
- **SESSION 1: June 8 through Independence Day Regatta** (in Philadelphia June 26-28)
 - 3:45-5:30 PM week 1 and week 2
 - 5:45- 7:30 AM week 3
- **SESSION 2: 5:45- 7:30 AM, June 29 through Philly Youth Regatta** (July 18)
- **SESSION 3: 5:45- 7:30 AM, July 20 through in-house Sprints on the ‘Sink Regatta** (August 8)

8th Grade Intro to Rowing Program (\$325)

- **Two-week (4 days/week) introductory course** for 8th grade boys and girls; includes both land and water sessions with an emphasis on fun and learning - rather than high performance workouts or competition.
- Using a hands-on approach, the program covers the basics of the rowing stroke, rowing terminology, boat handling, and care of the equipment.
- Goal: to have 8th grade rowers out on the water rowing boats appropriate for their size and strength by the beginning of Week 2.
- To ensure a safe and meaningful experience for everyone involved, we have limited the number of participants and established the following admission requirements:
- **Grade:** must be entering the 8th grade in the fall.
- **Size:** must be at least 5’ tall and strong enough to lift their share of a 4-person boat (with 6-8 youth carrying)
- **Meets M/T/W/TH, 8:30 AM to 10:00 AM**
- Three sessions offered.
 - ___ June 22 - July 2
 - ___ July 6 - 16
 - ___ July 20-30