

LITCHFIELD HILLS ROWING CLUB

REGISTRATION FOR FALL PROGRAMS IS NOW OPEN!

Experienced & Novice Rowers sign up now!

Youth Competitive: Grades 9-12. Our Youth racing team is for experienced athletes who have rowed at least 1 season or have completed a learn-to-row session. Athletes row on Bantam Lake and will conduct physical fitness training on land.

Schedule: 9/3 - 10/31 M/Tue/Th/Fr 3:45 - 5:45pm Saturday 9:30 - 11:00am

Novice Rowing: Grades 9-12. This program is designed to introduce high school athletes to rowing and prepare them to race in spring. Athletes will learn proper form and technique on the water and conduct physical fitness training on land.

Schedule: 9/3 - 10/31 M/Tue/Th 3:45 - 5:45pm

Advanced Dev: Grades 6-8. This program is for middle-schoolers who have completed learn-to-row and have been deemed able to move up and train with older athletes by the coaching staff. Advanced Dev will be folded into Novice Rowing this fall and follow the same schedule.

Dev Team: Grades 6-8. This program is for beginner and slightly experienced middle school athletes. It is taught in training singles and doubles. It is designed to be a fun program with some land training to teach proper conditioning.

Schedule: 9/8 - 10/2 Tue/Th 4:00 - 5:30pm

[See detailed COVID Safety Protocols on our website](#)

**REGISTER TODAY AT
LITCHFIELDHILLSROWING.ORG**

CONTACT COACH DREW WITH ANY QUESTIONS!

DirectorLHRC@gmail.com