



Ready...All Row... Ready to Take the Next Stroke? Are you a young athlete? New to Competitive Rowing?

Novice Program: Our Novice Junior Program is geared for young athletes preparing for their first season of competition. The Novice Team is a perfect fit for athletes interested and ready to take up the sport. The Novice Competitive Program prepares athletes for the Varsity Competitive Program the following season. Athletes train up to five days week in a group environment, working towards individual and team goals throughout the sessions. Athletes interested in becoming a coxswain, whose job it is to steer the boat, are also encouraged to sign up ! The progression and team environment allows the athletes to learn proper and efficient technique to help them mature into a skilled, well-rounded rower.

Novice Schedule:

September 6th-October 9th
Monday-Saturday
Times: 3:30-5:30pm

Races:

CoastWeeks Regatta	September 18th
Head of the Tomahawk	Date TBD
Head of the Riverfront	October 2nd
New England High School Regionals	October 9th

Price: \$300.00

**Want More Information Please visit.
WWW.STONINGTONCREW.ORG**