



Do You Crew?

Greater Dayton Rowing Association prepares for busy new season

The Greater Dayton Rowing Association (GDRA), a local non-profit rowing club, is continuing to offer its rowing sessions for adults and kids in both junior high and high school. Classes and training sessions began in early spring and will run throughout the summer and fall.

ADULT LEARN-TO-ROW: GDRA will kick-off its beginning sculling classes on May 14, 2007. Additional classes will run throughout the spring, summer and fall. No prior rowing experience is necessary for this 16-hour course, but participants should have already attained a basic level of physical fitness and swimming skills. Upon completion of the class, adults may join the club and gain access to its fleet of boats to row at their convenience. Beginning sweep classes and programs are also offered at GDRA. The GDRA adult sweep program is currently in a growth phase and welcomes both men and women.

"While many of our adults enjoy competing, others are attracted to rowing for both recreation and physical fitness," says Linda Clemens, GDRA Adult Rowing Coordinator. "Rowing is a great way to stay in shape." Those interested in seeing an adult class schedule should visit, Daytonrowing.org.

NEW CREW: Greater Dayton Junior Rowing offers a unique competitive and recreational club sport for our local community of youths interested in focusing on working out, competition, and fun. Rowing promotes personal development, mental and physical focus as well as conditioning. In addition, rowing builds teamwork.

New Crew summer rowing camps are available to all area youths age 14 - 18 who are in or entering high school in the fall of 2007. Enthusiastic kids get to try this Olympic sport under the close supervision of a superior and highly experienced coaching staff, and will learn both sculling and sweep technique. Collegiate rowing and scholarship opportunities are available for those who excel in the sport. Rowing often attracts young men who do not have the stature for contact activities like football or other ball-handling sports, but it is also popular among young women.

Rowing camps run in June, July or August with two (consecutive or non-consecutive) weeks Monday through Thursday, 4 - 6PM. The cost is \$100, and includes a t-shirt and other goodies. New rowers are encouraged to invite their friends. To register for a rowing camp, email Juniors@DaytonRowing.org or call Becky Doyle, (937)339-5990. Sign up early to get your choice of dates. More information is available at: www.DaytonJuniorRowing.org.

ROOKIE ROWERS: This opportunity is unique in the Dayton area and focuses on teaching rowing skills to kids in junior high school. This fun, exciting program covers sweep and sculling skills, ergometer technique, physical conditioning, water safety and teamwork. Many of these young rowers fall in love with the sport and move on to compete at the high school level. This year's program will begin on Saturday, June 16th and will run through Saturday August 4th. Rookie Rowers meet three times per week: Wed. and Fri. from 5:30-7:15 and Saturdays from 3-5 pm. For more information, email Todd or Jody Sobol at rowerdoc@aol.com, or call (937)299-4769. More information is available at www.DaytonJuniorRowing.org/rr.html. Rookie Rower classes are quite popular so register early!

GDRA rowers of all ages compete in spring and fall regattas. Training sessions and classes are held at the GDRA boathouse, located along the Great Miami River just north of downtown Dayton. Local rowers learn both sculling and sweep technique. Scullers each have two oars, while sweep rowers have one oar on opposing sides of the boat. Many believe rowing is an upper body sport, but the rower actually sits on a sliding seat and powers the boat primarily with the legs and back. If you enjoy running,

cycling, tennis and other aerobic activities, you will love the unique challenge of rowing.