



JOIN OUR 2022-2023 ROWING TEAM

No Experience Needed

Athletes are introduced to all aspects of rowing, as Coxswains or Rowers, from carrying boats, launching, landing, water technique and land training.

**Extensive Training For Fall/Spring
High School Regattas
Sculling & Sweeping Crews
Indoor Winter Conditioning
Weight Training, Erg & Nutrition Coaching
Specialized Summer Training Programs***

***Rumsonrecreation.org/rowing**

Our Stats

45+ Athletes Recruited to Divisions 1, 2 & 3 Colleges:
***Bucknell, Indiana, Iona, Lafayette*, LaSalle, Loyola, Miami, MIT,
Notre Dame, Rutgers, St. Lawrence, UPenn & more...***

****RFH students that have been on the rowing team for 2 yrs. will be eligible for academic scholarship funding from Lafayette.***

ROWNOW!

Contact Coach Seslar/ cseslar@rumsonfairhaven.org

www.rfhrowing.org