

NYRA

Summer U-19 and U-23 Competitive Program

Morning Practice

Monday - Saturday 7am - 9am

On Water Training:
Distance/Drilling/Race Prep

Afternoon Practice

Monday - Thursday 4pm - 6pm

On Land and On Water:
Erging/Weights/Core/Race Prep

Review Film

Learn Rigging

Coach a Practice

22
JUL

PHILLY YOUTH REGATTA
KELLY DRIVE, PHILADELPHIA | 8:00 AM

29
JUL

OVERPECK SUMMER SPRINTS
KELLY DRIVE, PHILADELPHIA | 8:00 PM

06
AUG

ROYAL CANADIAN HENLEY REGATTA
ST. CATHARINES, CANADA | 8:00 PM

NYROWING.ORG

Overpeck Lake Training Center
8 Bell Drive
Ridgefield, NJ 07657