



HAVE YOU CONSIDERED ROWING THIS SUMMER?

Rowing is an ancient sport, and one of the oldest Olympic sports. It is a full-body sport in which you use your arms, body and legs to push the boat along. You can compete in sculls (with two oars per person) or sweep boats (one oar per person). It requires and develops a high level of aerobic fitness, coordination and balance. Rowers can be male or female aged 13 to 80.

Being part of a rowing crew means being part of a very tight team. You must work in perfect harmony to make the boat move quickly and smoothly through the water.

HOW DO I START?

Rowers can join the Shepparton Rowing Club as recreational or competitive members. We have a school program for rowers aged 12-18 that meets several times per week throughout the year. You will start on an indoor rowing machine, learning technique, before venturing out in a boat with other experienced rowers. Once you are feeling confident, you will become part of a team of two or four rowers who will compete at events through the year. Training is usually twice during the week, and on Sundays, but increases when preparing for championships.



JOIN SHEPPARTON ROWING CLUB

Shepparton Rowing club is a small, family based club located at the southern end of Victoria Park Lake. Our members have access to the Boathouse, a variety of racing and recreational boats, oars, indoor rowing machines and fitness equipment.

We are a sociable and friendly club, with social events and dinners for rowers and their family and friends.

Due to the expensive nature of our equipment, teamwork, and the level of skill involved in rowing, we prefer that once committed to the club, rowers continue for a full season.

To register your interest, visit the Boathouse and try rowing for yourself, contact the coach, David Schier, on 0417 271 998 or email david.schier4@bigpond.com