

5 Reasons to Row The New Bedford Harbor



by Sam
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Summer is the perfect time to learn a new sport or get back into a sport that you once played. New Bedford Community Rowing (NBCR) is offering everyone a chance to learn the great sport of rowing this summer. There are programs for both youth and adults with separate programs within each age group for experienced rowers and for people who have never rowed before. Here are a few reasons to come out onto the water with New Bedford Community Rowing this summer.

1. Rowing with NBCR is Affordable

While rowing seems like a costly sport due to the equipment required, NBCR makes it possible for everyone to join regardless of his or her ability to pay. The summer youth program meets 5 days a week and costs \$225. Week-long rowing camps are also being offered this summer if you cannot commit to the full program. These are \$50 for the half-day camps and \$100 for the full day camp. There are also many scholarships available for those who qualify.

2. There are Many Programs to Choose From

Whether you are an experienced rower or a novice, NBCR has a program that will fit your level of expertise. If rowing is completely new, there are Learn-to-Row days and Learn-to-Row

classes offered to both youth and adults. Learn-to-Row days are two-hour blocks where participants will learn all the basics of rowing as well as learning to use an ergometer and rowing with some experienced rowers. Learn-to-Row days are free for anyone under the age of 18 and \$25 for adults.

The Learn-to-Row classes run for 3 weeks and meet twice a week for 2 hours. You will learn more about the rowing stroke and have a great time on the water. The cost is \$75 for the 3 weeks, but adults who attend the Learn-to-Row day can use the \$25 cost towards the class.

For more experienced rowers, there are summer long programs. Adult rowers have the option of rowing in the morning or in the afternoon. The morning program meets Tuesday and Thursday, from 5:30 to 7:30 am and from 6:30-9 am on Saturday. The evening program meets Tuesday and Thursday, from 5:30 to 7:30 pm and combines with the morning rowers for the 6:30-9 am Saturday row.

Visit our website at newbedfordcommunityrowing.org to learn more about the programs offered.

3. We Have Great Summer Camps



This summer, NBCR is offering 3 week-long camps for youth rowers. Participants will get plenty of time on the water each day and will also spend time on stretching, yoga, team building, and other activities. Participants will also receive lunch each day. The week culminates with the participants competing in a race on Friday afternoon. The camps are a great way for youth rowers to learn all the important aspects of rowing in a fun and structured

environment.

4. You Get to Race and Compete

The ultimate goal of the youth program is to prepare to race and compete against other crews. By teaching youth rowers the fundamentals of rowing and improving their power and fitness, we hope to build a team that can compete against crews in the area. Cheyenne Bayse, the head coach of NBCR, has years of experience coaching youth and collegiate rowers. She learned to row at a young age and is a two-time All-American college coxswain, so she knows how to steer people in the right direction. Competing is the best part of any sport and there is no better feeling than pulling together with the members of your boat and winning a race.

5. It is a Fun and Safe Way to Spend the Summer

With an experienced and responsible coaching staff, great water by Pope's Island, breakfast and lunch provided every day, and an on duty lifeguard, rowing with NBCR is a great opportunity for everyone to enjoy all that the sport of rowing has to offer and to meet new people in the process. We hope to see you out on the water soon!