

MIDDLE SCHOOL ROWING



Development Team (Grades 6-8)

The Development Program is a fun, team-oriented introduction to rowing for 6th–8th grade athletes. Practices focus on skill development, personal growth, and social-emotional learning. No experience necessary!

Practice schedule:

- 5/5 - 6/4
- Monday/Wednesday
- 4:00pm - 5:30pm

FREE Learn-To-Row Days:

- 3-day Spring Break Program
 - Tuesday April 14th - Thursday 16th
- 1/2-day Program
 - Thomaston: Wednesday, April 8th
 - Region 15: Wednesday, April 29th
 - Region 20: Wednesday, May 6th



LHRC



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Financial Aid Is Available

Middle School Racing Team (Grades 7-8)

For athletes in 7th and 8th grade who have completed Dev/Learn-to-Row, this program will prepare athletes to begin their racing journey through enhancing the technical skills and beginning building strength of our future high school rowers!

Practice schedule:

- 3/23 - 5/22
- Monday/Tuesday/Wednesday/Friday
- 3:45pm - 6:00pm



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HIGH SCHOOL ROWING

Join Litchfield's nationally ranked rowing team! No experience necessary. Race across the Northeast and beyond in a thrilling new sport this spring. Discover your potential and excel with us!

Financial aid is available.

Program Dates:

March 4th - May 29th

Mondays - Fridays • 3:45 - 6:00pm

Saturdays • 8:00 - 10:30am



Scan the QR code to learn more!



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