



# WHITE ROCK ROWING HIGH SCHOOL TRYOUTS

Ever wonder what it would be like to fly across the finish line in a rowing shell? Now you can with our competitive high school rowing team! Join us for a **FREE** week of training, August 24-27, 4:45-6:30pm in preparation for **Team Tryouts**.

## SIGN UP TODAY ON [REGATTACENTRAL.com](http://REGATTACENTRAL.com)

- **No experience necessary.**
- Discover the ultimate team sport w/ nationally-recognized coaches and row out of one of the largest boathouses in the country.
- Rowing is a total body workout, low impact sport that will get you in the best shape of your life!
- White Rock Rowing Juniors past and current members include State Champions, Regional Champions, National Qualifiers, NCAA National Collegiate Qualifiers, and US Junior National Team members, and the only National Championship pair in the region.
- White Rock Rowing has consistently produced collegiate scholarship athletes over the past 8 years.
- Register today on RegattaCentral.com, Click Clubs, White Rock Boathouse, Teams and Groups, register under Team.
- Classes are at the White Rock/Sam Leake Boathouse located on the Southwest Shore of White Rock Lake, 2810 White Rock Road.
- Bring a water bottle, wear shorts, t-shirt and athletic shoes.
- **TRY OUT QUESTIONS? CONTACT: [alex.wells@whiterockboathouse.com](mailto:alex.wells@whiterockboathouse.com)**
- **FOR ADDITIONAL QUESTIONS VISIT: [WhiteRockRowing.org](http://WhiteRockRowing.org)**

*Middle School Rowing Team starts Aug. 31, for more information contact [nan.miller@whiterockboathouse.com](mailto:nan.miller@whiterockboathouse.com)  
Sign up on [RegattaCentral.com](http://RegattaCentral.com)*

