***Rowing is an Olympic Sport***

***Want to be part of your NCC rowing squad under the supporting umbrella of the Maroochy River Youth Rowing Club?***

*Rowing is an elite Olympic sport where you can row as an individual in a single scull boat or crew boats (double, quads & eights) where syncronised teamwork is paramount*

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*Girls and Boys Squads catered for from ‘Year 7’ Upwards*

*\*ROWING is a full body exercise...legs, trunk and arms*

*\* ROWING works on a ‘power for weight’ ratio....meaning, body size is not always relevant*

*\* ROWING does require a considerable high level of discipline to achieve best results*

*\* ROWING is the best cross-training sport to advance fitness and co-ordination*

*\* ROWING is a non-contact sport and injuries are rare*

*Yes, rowing will strengthen you physically and mentally.....READY TO GIVE IT A GO NOW?*

*We’re centrally based at the only youth rowing base on Sunshine Coast, Muller Park, BLI BLI*

*Parents of students often ‘car pool for efficiency’*

***BEGINNER COURSES AVAILABLE DURING APRIL SCHOOL HOLIDAYS***

*Submit your interest or enquiry to* [*info@maroochyriverrowing.com.au*](mailto:info@maroochyriverrowing.com.au)