

## Greater Lawrence Rowing



***Welcome to the ultimate team sport!***

Greater Lawrence Rowing seeks to establish a challenging yet supportive environment that encourages rowers of all levels to succeed.

The vision of Greater Lawrence Rowing is to build an active, community-based rowing program that offers competitive and recreational programs that are accessible to all residents in the Merrimack Valley. Program fees are modest and scholarships are available.

Rowing is a life-long sport that gives you a great workout and builds teamwork and trust. The core program features conditioning, safe boat handling, and technical rowing instruction geared toward enjoyment and mastery of the sport. Opportunities to compete are available to both youth and adult participants.

## The Boathouse...



The **Abe Bashara Boathouse** is an ideal facility complete with showers, locker facilities, function space, ample parking, and picnic area for the whole family to enjoy.

## Winter Programs 2007

We operate all four seasons each year; Spring, Summer, Fall, and Winter. Participants are grouped by experience within each program.

### YOUTH

Student athletes from area high schools train on land to build strength and stamina to prepare for the Spring season. Open to students in grades 8 thru 12. Beginners welcome! Learn a new sport or continue to get stronger thru the training of the rowing machine, weights and the use of the rowing tank facilities at Brooks School.

#### Session 1:

November 12, 2007 - January 18, 2008  
Mon, Thurs 4-6pm & Tues 6-8 (tank session)  
Fee: \$150 per session; scholarships available, please inquire.

#### Session 2:

January 21, 2008 - March 7, 2008  
Mon, Thurs 4-6pm & Tues 6-8 (tank session)  
Fee: \$150 per session; scholarships available, please inquire.

### ADULT

Open to anyone age 18+. Beginners welcome! Learn a new sport or continue to get stronger through the training of the rowing machine, weights as well as the use of the rowing tank facilities at Brooks School.

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Mon (tank session), Wed, Fri 6:00 – 8:00pm  
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## Brooks School Rowing Tanks

This Winter for the first time, Greater Lawrence Rowing will have the benefit of using the rowing tanks at Brooks School in North Andover. The tanks will provide an alternate means of training to the rowing machine and will also allow our rowers to get some “water time” throughout the winter to simulate the boat experience with the tanks.

(Pictured below)



Download applications at  
[www.greaterlawrencerowing.com](http://www.greaterlawrencerowing.com)

Or call 603-553-6349  
to reach the coaching staff  
Or email at  
[rowing@greaterlawrencerowing.com](mailto:rowing@greaterlawrencerowing.com)

*All program fees include coaching, equipment fee, and membership privileges to Greater Lawrence Community Boating.*

## Coaches

### Paul Bea

Paul rowed at TC Williams High School in Virginia, earning Captain and Outstanding Oarsman honors, and went on to row for Northeastern University. He coached for the youth program for six years at Alexandria Crew Boosters, as well as coaching novice boys at his alma mater, TC Williams. He has also recently helped begin the rowing program at Endicott College, where he served as Head Coach.

### Ellen Minzner

A Lawrence native who began her rowing career at Villanova University, Ellen serves as a volunteer Advisor/Coach for Greater Lawrence Rowing. She is a five time US National Team Member and a two-time World Champion in the LW2-.

Her coaching resume includes The Winsor School, where she earned Women's Sports Foundation Coach of the Year honors, Wellesley College, Kansas State University, University of California Berkeley, and Community Rowing. Most recently she was the program director of G-ROW Boston, a nationally recognized rowing and youth development program.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
School: \_\_\_\_\_ Grade: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Registration: \_\_\_\_\_ Youth Competitive \_\_\_\_\_ Adult  
Season: \_\_\_\_\_ Spring \_\_\_\_\_ Summer \_\_\_\_\_ Fall \_\_\_\_\_ Winter

Please return this pre-registration card to reserve your spot:

**ROWING: Greater Lawrence Community Boating Program, PO Box 955, Lawrence, MA 01842**

## GREATER LAWRENCE ROWING 2007



**Learn to Row—No Experience  
Necessary!**

All levels of ability are welcome, with programs for youth as well as adults!

**A program of  
The Greater Lawrence Community  
Boating Program, Inc.  
1 Eaton St., Lawrence, MA 01842**

[www.greaterlawrencerowing.com](http://www.greaterlawrencerowing.com)

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[rowing@greaterlawrencerowing.com](mailto:rowing@greaterlawrencerowing.com)