

NERC WINTER TRAINING 2025



GEARING UP

- This program is for current school rowers from years 9 - 11 who are looking to prepare for the season ahead.
- 6 week program - 10/06/2025 - 19/07/2025
- Focusing on fitness, reconvey and maintaining rowing technique for the school season.
- 2 land and 1 water session.
- Register under "Winter Rowing"



NEXT CLUB CHAMPIONS

- If you are in your final year of school rowing (17 turning 18) or looking to be a club rower this is for you. This is our transition to bigger things in rowing.
- 7 week program - 02/06/2025 - 19/07/2025
- Focusing on showing rowers the ropes of being club, state and national champions.
- 3 land and 3 water sessions tailored to school leavers and aspiring club rowers.
- Register under "Winter Rowing"



North Esk Rowing Club



north.esk@gmail.com