



PRE-WINTER 2024 & WINTER 2025 ROWING

Register today at www.ntx203.net





Since 2002, New Trier Extension has offered off-season training to New Trier High School rowers. This opportunity has led to numerous medals earned by NTHS rowers and a fast ascent to success at the regional and national levels. The success and popularity of rowing have led to class offerings that enrich the community such as introductory erg classes and camps, 8th-grade clinics, adult erg, and adult on-the-water classes. Adults have come to enjoy the same physical benefits, fun social outlet, and team camaraderie with this ultimate team sport that many of their children have enjoyed. All classes are coached by the successful and experienced NTHS coaching staff that has led its teams to numerous Midwest and Scholastic National Championships over the past 20+ years. Our Summer camps have allowed us to provide paid leadership opportunities to graduating seniors and alumni as assistant coaches. Many NTHS rowing alumni have gone on to successfully compete in rowing at the collegiate level. **In an historic first, former NTHS Rowing alumni Peter Chatain and Grace Joyce represented Team USA in Paris rowing at the Olympics this summer. Peter rowed in the Men's 8+ (eight) and took home the bronze medal. Grace rowed in the Women's 4x (quad) and placed 9th place overall. The Trevian rowing community is incredibly proud of their accomplishments!** Regardless of their post-high school rowing, many have expressed to coaches that rowing in high school has been the most meaningful part of their high school years and positively impacts them in future endeavors. Most have learned to row during their freshman year. Adults can begin with no prior experience needed.

Ready all? ROW!

If you have any NTX Rowing questions, please email Rose Marchuk at rosemrows@gmail.com and indicate NTX Rowing in the subject line.

Pre-Winter and Winter Learn to Erg

For students (13 years and over) and adults new to the sport. 500-meter splits, strokes per minute, Power-10's, and leg drive will all be part of the new rowing jargon you learn as part of this class. If you have prior rowing experience, you will be appropriately challenged to maintain proper technique while increasing your physical fitness. You will not be required to row a 2,000-meter test piece, but will learn how to:

- Adjust the ergometer ('erg") properly before rowing
- Row with proper technique so you don't injure yourself
- Apply power most effectively

You'll understand that dipping your hands, shooting your slide, or opening your back early is not desirable; You'll learn that suspending your body weight on the end of the erg is desirable. Wear tighter-fitting shorts (biker-style) and a t-shirt. Bring a water bottle. Space is limited so sign up early! Students must register prior to attending class. No refunds.

PRE-WINTER

Location: NT Northfield B-Commons

243-611 | Tuesdays | November 12, 19, 26; December 3, 10, 17 | 6-7 pm | \$120

[REGISTER](#)

WINTER

Location: NT Northfield B-Commons

250-611 | Tuesdays | January 7, 14, 21, 28; February 4, 11, 18 | 6-7 pm | \$140

[REGISTER](#)





Pre-Winter Erg Workouts

*This is a great way for new rowers to gain experience and for experienced rowers to continue conditioning. **STRICT CLASS LIMITS; SIGN UP EARLY.***

Weekday ERG workouts will include body and weight circuit work; Saturdays will be ergs only. All classes are designed for HS rowers, either at the novice or JV/V level, and will be taught by New Trier High School rowing coaches. Register at www.NTX203.net or by clicking the register buttons below. Students are expected to register for and attend all classes. Winnetka classes will be held in the Rowing Loft and Northfield classes will be held in the B-Commons. **No refunds.**

Girls Novice

Location: NT Northfield B-Commons

243-660 | Tuesdays | November 12, 19, 26; December 3, 10, 17 | 4-6 pm | \$120

[REGISTER](#)

243-661 | Thursdays | November 7, 14, 21; December 5, 12, 19 | 4:15-6:15 pm | \$120

[REGISTER](#)

Girls JV/V

Location: NT Winnetka Rowing Loft

243-662 | Tuesdays | November 12, 19, 26; December 3, 10, 17 | 4-6 pm | \$120

[REGISTER](#)

243-663 | Thursdays | November 7, 14, 21; December 5, 12, 19 | 4-6 pm | \$120

[REGISTER](#)

CO-ED and Adults

Location: NT Winnetka Rowing Loft

243-664 | Fridays | November 8, 15, 22; December 6, 13, 20 | 4-6 pm | \$120

[REGISTER](#)

243-665 | Saturdays | November 9, 16, 23; December 7, 14 | 8-10 am | \$100

[REGISTER](#)

Boys Novice* and JV/V

Location: NT Winnetka Rowing Loft

243-666 | Mondays | November 4, 11, 18, 25; December 2, 9, 16 | 4-6 pm | \$140

[REGISTER](#)

243-667 | Wednesdays | November 6, 13, 20; December 4, 11, 18 | 4-6 pm | \$120

[REGISTER](#)

*Shuttle buses depart Northfield at 3:20 p.m. and 3:45 p.m. from the bus loop in front of the E building on Happ Rd.



Winter Erg Workouts

*This is a great way for new rowers to gain experience and for experienced rowers to continue conditioning. **STRICT CLASS LIMITS; SIGN UP EARLY.***

Weekday ERG workouts will include body and weight circuit work; Saturdays will be ergs only. All classes are designed for HS rowers, either at the novice or JV/V level, and will be taught by New Trier High School rowing coaches. Register at www.NTX203.net or by clicking the register buttons below. Students are expected to register for and attend all classes. Winnetka classes will be held in the Rowing Loft and Northfield classes will be held in the B-Commons. **No refunds.**

Girls Novice

Location: NT Northfield B-Commons

250-660 | Tuesdays | January 7, 14, 21, 28; February 4, 11, 18 | 4-6 pm | \$140

250-661 | Thursdays | January 9, 16, 23, 30; February 6, 13, 20 | 4:15-6:15 pm | \$140

[REGISTER](#)

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Girls JV/V

Location: NT Winnetka Rowing Loft

250-662 | Tuesdays | January 7, 14, 21, 28; February 4, 11, 18 | 4-6 pm | \$140

250-663 | Thursdays | January 9, 16, 23, 30; February 6, 13, 20 | 4-6 pm | \$140

[REGISTER](#)

[REGISTER](#)

CO-ED and Adult

Location: NT Winnetka Rowing Loft

250-664 | Fridays | January 10, 17, 24, 31; February 7, 14, 21 | 4-6 pm | \$140

250-665 | Saturdays | January 11, 18, 25; February 1, 8, 15, 22 | 8-10 am | \$140

[REGISTER](#)

[REGISTER](#)

Boys Novice* and JV/V

Location: NT Winnetka Rowing Loft

250-666 | Mondays | January 6, 13, 27; February 3, 10 | 4-6 pm | \$100

250-667 | Wednesdays | January 8, 15, 22, 29; February 5, 12, 19 | 4-6 pm | \$140

[REGISTER](#)

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*Shuttle buses depart Northfield at 3:20 p.m. and 3:45 p.m. from the bus loop in front of the E building on Happ Rd.



Adult Tank/Erg Workouts

Rowing in the tanks allows rowers to continue to develop technique and proper blade work as well as conditioning. A benefit of rowing in a stationary tank of water is the stable platform provided, which eliminates the need to balance the boat as is necessary rowing on the water. By not having to steer a boat, coxswains will be able to practice commands, perfect their eye with technique, and learn how to direct rowers to make corrections. An additional physical benefit includes moving the body in an asymmetrical motion that mimics sweep rowing. Rowers will have the opportunity to row on both starboard and port sides of the tank. Tank rowing will be supplemented with work on ergometers.

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

Pre-Winter:

243-612 | Wednesdays | 9-10:30 am | \$210

[REGISTER](#)

November 6, 13, 20; December 4, 11, 18

Winter:

250-612 | Wednesdays | 9-10:30 am | \$385

[REGISTER](#)

January 8, 15, 22, 29; February 5, 12, 19, 26; March 5, 12, 19

250-613 | Fridays | 9-10:30 am | \$385

[REGISTER](#)

January 10, 17, 24, 31; February 7, 14, 21, 28; March 7, 14, 21



NTHS ROWING CLINIC

For current 8th grade students

New Trier High School rowing coaches will be hosting an introduction to rowing at our boathouse for interested 8th graders who will attend New Trier in the fall. After a brief tour of the boathouse, participants will be introduced to proper rowing technique and have a chance to row in the indoor "tanks" and on the rowing machines known as "ergometers". The goal of this 11th annual event is to expose prospective rowers and coxswains to the sport so they can gain a better understanding of the sport and what it is like to row for New Trier. For more information about NTHS Rowing, please visit our website at www.newtrierrowing.com. Students should wear tight-fitting, bicycle-style shorts, a t-shirt, and athletic shoes.

Strict event limits. Register by Wednesday, February 26th, to guarantee your spot.

Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie

251-610 | Saturday | 3/1 | 10-11:30 am | \$50

[REGISTER](#)

NTX NEW TRIER EXTENSION

Join us for a class - there are multiple ways to register!



ONLINE:

Visit our website at ntx203.net (or scan the QR code above) to view our digital catalog on your device and register directly through the page.



WALK-IN/PHONE:

Walk-in registration is available during daytime class hours at the Northfield Campus or by appointment only. We are happy to help you register over the phone at (847) 446-6600.



MAIL:

Download our registration form online at ntx203.net and fill out your credit card info (or include a check made out to New Trier Extension) and mail it to NTX at 7 Happ Road, Northfield, IL 60093