

# NTX NEW TRIER EXTENSION

## SPRING/SUMMER 2025 ROWING FOR RISING FRESHMEN

Register today at [www.ntx203.net](http://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 2024 Summer Olympics. 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](mailto:rosemrows@gmail.com) and indicate NTX Rowing in the subject line.**



## Spring 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.

**Location: NT Northfield B-Commons**

**251-612 | Tuesdays | February 25; March 11, 18; April 1, 8, 15, 22, 29; May 6, 13  
6-7 p.m. | \$200**

**REGISTER**





## Summer ERG Classes

Great for new rowers to gain experience and for experienced rowers to continue conditioning on state-of-the-art Concept2 ergometers. Space is limited so sign up early! Each course is 1.5 hours per session and will include body and weight circuit work. No prior experience required. Wear tighter-fitting shorts and a t-shirt. Bring a water bottle. No refunds.

**Location: NT Northfield B-Commons**

**252-620 | Week 1 | M, W, F | June 9, 11, 13 | 1:30-3 pm | \$60**

[REGISTER](#)

**252-621 | Week 2 | M, W, F | June 16, 18, 20 | 1:30-3 pm | \$60**

[REGISTER](#)

**252-622 | Week 3 | M, W, F | June 23, 25, 27 | 1:30-3 pm | \$60**

[REGISTER](#)

**252-623 | Week 4 | M, W, F | July 7, 9, 11 | 1:30-3 pm | \$60**

[REGISTER](#)

**252-624 | Week 5 | M, W, F | July 14, 16, 18 | 1:30-3 pm | \$60**

[REGISTER](#)







# Novice On-the-Water Summer Rowing Camps

High school rowers, or rowers with less than one year of rowing experience who will be at least an incoming high school freshman, are invited to participate. Students may select the week(s) that work best for their schedule and are encouraged to participate in all four weeks. On-the-water sessions are designed to complement the ergometer classes, and develop and reinforce proper rowing techniques in a fun co-ed environment. Appropriate level conditioning and race strategies will be incorporated. All participants are expected to know how to swim. The camp fee covers coaching, facilities, and boat usage. In case of inclement weather, the class will be canceled. No refunds. Space is limited. **NO CAMP 6/19.**

**Location: Dammrich Rowing Center, 3220 Oakton Avenue, Skokie**

252-626 | Week 1 | M, Tu, W, F | June 16-20 | 4-6 pm | \$180 | No camp 6/19 [REGISTER](#)

252-627 | Week 2 | M-F | June 23-27 | 4-6 pm | \$225 [REGISTER](#)

252-628 | Week 3 | M-F | July 7-11 | 4-6 pm | \$225 [REGISTER](#)

252-629 | Week 4 | M-F | July 14-18 | 4-6 pm | \$225 [REGISTER](#)

252-662 | Week 5 | M-F | July 21-25 | 4-6 pm | \$225 [REGISTER](#)



# NTX NEW TRIER EXTENSION

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



## ONLINE:

Visit our website at [ntx203.net](http://ntx203.net) 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 [www.ntx203.net](http://www.ntx203.net) and fill out your credit card information (or include a check made out to NTX) and mail it to:

**NTX, 7 Happ Road, Northfield, IL 60093**

We can also mail you a registration form if you email us at [ntx@nth.s.net](mailto:ntx@nth.s.net) or call us at (847) 446-6600