



## **NORTH ALLEGHENY ROWING WINTER TRAINING**

- WHY:** Try a new sport! Cross-train for a sport you already love. Compete!
- WHEN:** **MONDAY-THURSDAY 5-7 pm December 3rd - March 14th**
- Thursday 1/17 - ERG Duel with Wilmington Youth Rowing Association
  - Saturday 2/23 - NA Indoor Championships @ Marshall Middle School
- WHERE:** NAI Cardio Lab
- WHAT:** Erging, Lifting, Yoga, Barre, Jujutsu, and cross-training of all kinds!
- COMPETE:** Indoor ERG races including NA's own Indoor Championship and an ERG Duel.
- COST:** \$225  
Includes all cross-training activities like Jujutsu and Yoga and a t-shirt for the ERG Duel
- CONTACT:** Coach Bailey Chick at [baileymchick@gmail.com](mailto:baileymchick@gmail.com) to sign up!