



NORC Winter Recap & Spring Updates



Major Gains at Winter Training

NORC Juniors and Masters made the most of their time off the water this winter and hit the ergs to build fitness. **Forty-five athletes participated in winter training workouts and, as a team, got 11% faster on the 2K!**

Winter training culminated in the New Orleans Indoor Rowing Championships at Krewe Fitness, where over a dozen [new records](#) were set. Our coaches look forward to translating these strong results on land into fast times in boats.

Special thanks to Holy Name of Jesus School for allowing us to use their space for workouts and Krewe Fitness for hosting the NOIRC.



Spring Training & Racing Underway



Heart of Texas Regatta

Twenty-five Junior and Masters rowers traded their beads for oars to race at the

Heart of Texas Regatta, held the weekend after Mardi Gras in Austin, Texas. Our crews won third place in two events, the Men's Jr. 2V 4+ and Mixed Open 2x.



Sarasota Invitational

Congratulations to John and Hannah for winning a combined six medals (three gold, two silver, and one bronze) at the [Sarasota Invitational](#), held February 24-26 at Nathan Benderson Park.



Louisiana State Championships

On March 5, NORC Juniors and Masters headed to the Industrial Canal to compete in the Louisiana State Championships with junior teams from Pensacola Rowing Club and the Louisiana School for Math, Science, and the Arts, and collegiate teams from Tulane, LSU, and NSU. Our Juniors won all five of their races, and Masters won in the Women's Open 4+ against Tulane. View results [here](#).

This regatta marked the first Louisiana juniors state championships since before WWII! Thank you to Tulane for hosting this event and all of the teams who traveled to compete.

Upcoming Home Events

Adult Learn-to-Row Sessions

Two adult learn-to-row sessions kick off this month. Learn the basics of sweeping and sculling while experiencing the magic of Bayou St. John. [Sign up here](#).

- **Morning Option:** March 24-April 15, sessions take place Fridays and Saturdays from 5-7:30 a.m.
- **Evening Option:** March 28-May 9, sessions take place Tuesdays from 5:30-7:30 p.m.

April 1 - CHaOS Rowing Masters Visiting

April 29 - Pensacola Rowing Club Juniors Visiting

May 2 - GiveNOLA Day

Save the date to support NORC on GiveNOLA Day! We have an ambitious fundraising goal to help purchase a new trailer.

May 6 - Bayou St. John Regatta

May 24 - Annual Banquet

Mark your calendars for a team celebration. More details to come.

Upcoming - Volunteer Opportunities

Be on the lookout for information on upcoming volunteer opportunities from program directors.

Support NORC



Sponsor an Item in NORC's Equipment Registry

It takes hundreds of pieces of equipment to keep our fleet running in top condition. When you sponsor an item in NORC's equipment registry, it helps ensure our athletes have what they need to perform their best! Items begin at \$6, and larger items can be partially sponsored. Learn more [here](#).

More NORC News



NORC Welcomes 2023 Board

Congratulations to the 14 officers and members serving on NORC's 2023 Board of Directors. Get to know them [here](#).



Masters Volunteer with City Park

Masters team members volunteered with New Orleans City Park in January in honor of Martin Luther King, Jr. Day. Thank you for showing NORC's commitment to serving our community.



Son of a Saint Programming Continues

We were thrilled to continue our partnership with Son of a Saint this winter. Son of a Saint participants joined in winter training erg workouts and got on the water during a learn-to-row session. We can't wait to have them back!



New Merch Alert

NORC's SquadLocker store is loaded with fresh items to display your team pride. Flannel pants? Vests? Cropped hoodies? We've got it. See what's new [here](#).

Hats, t-shirts, and other in-stock items are also available for local pick up. Order [here](#).

Contact Us

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