



NORC Summer 2023 Newsletter

It's hard to believe that back-to-school season is here! Keep reading for highlights of NORC's racing successes this summer, club wins off the water, and exciting things to come. It may still be sweltering, but we're ready for the fall season.

Summer Racing Recap



2023 USRowing Southeast Youth Championships

Fifteen NORC Juniors competed at the Southeast Youth Championships this year in Gainesville, Georgia. Two-thirds of our boats advanced out of time trials and two qualified for Youth Nationals! Congratulations to Audrey, Bethany, Lola, Ava, and Hayden for taking 2nd in the Women's U17 4+ and Fifi for placing 4th in the

Women's U17 1x. The team's hard work showed with their 7th place ranking for the Efficiency Trophy out of 41 teams.



2023 USRowing Youth National Championships

After regionals it was straight into more training for Fifi, Audrey, Bethany, Lola, Ava, and Hayden to prep for Youth Nationals. These rowers traveled to Sarasota, Florida, in early June to compete on the national stage. They performed admirably through four grueling days of competition, finishing 12th in the Women's U17 1x (Fifi) and 21st Women's U17 4+.



2023 USRowing Southeast Masters Championships

NORC's Masters team had major successes at the Southeast Masters Championships in June with nineteen rowers bringing home a total of four gold, two silver, and nine bronze medals from Aiken, South Carolina.



Two Juniors Attend Olympic Development Camp

NORC Juniors Henry and Andrew spent four weeks in Dayton, Ohio, this summer with youth rowers from around the country for [USRowing's Selection Development Camp](#). Part of the Olympic Development Program, the camp provides skill development and performance based training and racing for high-performing athletes. Congratulations to Henry and Andrew for being selected for this honor!



Bayou St. John Regatta

The Spring 2023 Bayou St. John Regatta was cut short due to weather, but not before [new course records were set](#). This opportunity to bring the Juniors and Masters teams together to race is always a blast.

Off-Water Successes



Thank You for an Incredible GiveNOLA Day!

With your support, NORC raised \$16,040 on GiveNOLA Day to go toward the purchase of a new boat trailer. That's \$6,040 over our initial goal! You also helped us win an extra \$1,000 prize for placing 4th in the most dollars raised by a small organization.

Our community showed up in a BIG way, and we couldn't be more grateful. More updates to come on a new trailer...stay tuned!



End-Of-Year Banquet

NORC rowers, friends, and family members gathered at the Southern Yacht Club at the end of May to celebrate the 2022-23 season and congratulate [our Masters and Juniors award winners](#). Thank you to our [silent auction donors](#), planning committee, and everyone who made this night special.



Day of Sport in Your Neighborhood with Laurus USA

NORC joined Laurus USA, ErgoFit, Horizon Racing, Tulane Center for Sport, and Brass Roots Foods last month for a Day of Sport in Your Neighborhood event where youth tried indoor rowing and learned about staying in shape through eating right, staying hydrated, stretching, and keeping an active lifestyle.

Upcoming Events

New Adult Learn-to-Row Intro Sessions + Fall Multi-Week Group Classes

We're excited to offer two-hour introduction sessions as a new way to see if rowing might be right for you. During this no-commitment option coaches will cover rowing vocabulary and equipment, then you will row an introductory lap on Bayou St. John. Upcoming dates: Sept. 10, Oct. 8, Nov. 12, or Dec. 10 from 4-6 p.m.

NORC will also continue to offer multi-week group classes where participants learn the basics of both sculling and sweep rowing. Fill out an inquiry form at the [bottom of this page](#) to be notified of Fall 2023 dates.

[Learn more about all learn-to-row offerings here.](#)

Juniors Season Kicks Off Aug. 26 - Spots Still Available

NORC Juniors will be back in action on Aug. 26. Spaces are still available for new rowers in grades 8-12, no experience necessary. [Learn more and contact a coach here.](#)

Contact Us

[Masters Programming - Colleen Kohrs](#)

[Juniors Programming - Will Kuckro](#)

New Orleans Rowing Club, 5958 St Bernard Ave, New Orleans, LA 70122

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