

What Is Rowing?

If you are reading this brochure, it probably means that you are interested or at least curious about being part of the ultimate Team Sport...Rowing or Crew. Youth Rowing or Crew (age 11-18) has many classes of competition open to all types of athletes.

Youth Men

- Heavyweight 150 lbs and up
- Lightweight 150 lbs (limit varies)

Youth Women

- Open Class 130 lbs and up
- Lightweight 130 lbs (limit varies)

Coxswains

- Target weight 120 lbs Men
- Target weight 110 lbs Women

If you are an athlete looking for "your sport", the Crew Team could be the answer. You will get in the best shape of your life, travel to races, win some medals and make friends that will last a life time.

**Come prepared to Train and Row
Never Rowed...No Worries!
Inexperienced Welcome!**



Where is the shell house? Thanks to the Guntersville Rec Ctr we are rowing out of the back Gym. Come to the water side of the Guntersville Rec Ctr and look for the boats.

Youth Rowing Program

Lake
Guntersville
Rowing Club



guntersvillerowing.org

Want To Row?

About the club

Located on beautiful Lake Guntersville, the Lake Guntersville Rowing Club (LGRC) promotes the sport of rowing for both recreation and competition. Whether you are a beginning or experienced rower, the members of LGRC invite you to join us.

LGRC members have different rowing backgrounds. Some join the club to learn to row, and others to continue participating in the sport they loved so much in college or high school. Most row recreationally but some will want to compete in regattas. Although racing may not be for everyone, rowing is the foundation for a lifelong sport.



Want To Race?

Youth Program

The Lake Guntersville Rowing Club Junior/Youth Program offers an opportunity for young men and women to participate in an exciting, healthy activity, and a sport that is unique in Alabama. Rowing is a lifelong activity that can be enjoyed through high school, college, and adult life (see our Master's program for more information about adult rowing). Additionally, crews develop skills in teamwork, leadership, communication and discipline. If you are an experienced rower or simply want to learn how, Lake Guntersville Rowing Club has the program for you!

Home School, High School, and Middle School Students interested in rowing should contact the Rowing Head Coach or visit our web site.

Want To Have Fun?

Fall Schedule

Practice: August–November

Racing: October–November

Spring Schedule

Practice: February–May

Racing: April–May

For information on Lake Guntersville



Rowing Club, please visit our Web site:
guntersvillerowing.org or contact:
Head Coach–Jeff Coy
Email: coachcoy@guntersvillerowing.org
Phone: 256.289.3359
Assistant Coach–Austin Shorter