

# Northern California Crew



Northern California Crew (NORCAL for short) is a competitive rowing club for high school students. The team rows out of the Port of Redwood City at 1450 Maple St, Redwood City, California, 94063. Last season our team consisted of 90 athletes from 30 different schools as far south as Los Gatos, all along the peninsula, and as far north as Burlingame. NORCAL has 4 squads within the team: Varsity Men and Women (2<sup>nd</sup>-4<sup>th</sup> year rowers) and Novice Men and Women (all first year rowers regardless of age or grade). We would like to invite you to become a part of our 2009-2010 Novice Teams.

Our Fall season begins September 8<sup>th</sup>. Come join us for practice! Absolutely no experience necessary. The Novice Boys team practices M-Th, 4-6:30pm and Saturdays 9am-12pm. Contact Coach Phil Case at [Phil@norcalcrew.org](mailto:Phil@norcalcrew.org). The Novice Girls team practices M,T,Th,F; 3:45-6:15pm and Saturdays 8:00-11:00am. Contact Coach Jenifer Aguirre at [Jenifer@norcalcrew.org](mailto:Jenifer@norcalcrew.org). For the third year in a row, NORCAL won Gold at Southwest Regional Championships and in 2009 qualified 3 boats for Nationals. Are you next?

## **Why row for NORCAL Crew?** (rowing is also called “crew”)

- Help getting into college. Rowing is a highly recruited sport; especially since the U.S. Men and Women’s teams both medaled in the past two Summer Olympics. More and more colleges are recruiting high school grads with both academic and athletic scholarships that have been a direct result of their high school rowing experience.
- Crew is a team sport, but allows you to challenge yourself and perform as an individual as well.
- Most rowers actually improve in their academic studies because they learn to develop excellent time management skills in order to balance school work with their after school team commitment.
- Racing! You will get an opportunity to race during the fall and just about every 2-3 weeks in the Spring. Most regattas are within a 1-hour drive but there are also a couple of overnight regattas and a 3-day Championship event in Sacramento.
- Our Head Coach is an Olympian and World Champion and all of our coaches have raced and medaled on a Collegiate, Masters Nationals and Masters World level.
- We combine a lot of hard work with a competitive edge and a ton of fun!

**All novice rowers are first year rowers...so, no experience necessary and we are open to all high school ages. Our enrollment period is open at all times during the fall...it’s not too late to get started!**

If you have questions, contact Novice Women’s Coach, Jenifer Aguirre: [Jenifer@norcalcrew.org](mailto:Jenifer@norcalcrew.org)



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