



About the St. Louis Rowing Club

Mission

To create a rowing community in St. Louis through excellence in competitive and recreational rowing.

Programs

The SLRC Junior Program - a nationally competitive team composed of athletes from high schools throughout the area.

Adult Programs - year round for Open (over age 18) and Masters (over age 27) rowers; competitive and/or recreational.

Learn to Row - an introduction to the sport for beginners from high school age to adult.

Summer Rowing - for teens entering grades 9 through 12 and college students returning home.

Community Outreach - introducing youth groups and adult groups to the sport of rowing.

About Row as One

Row as One is a nonprofit organization founded in Boston in 1994 by former Olympic rower and Olympic Gold Medal winner Holly Metcalf. The organization provides supportive and empowering programs for girls and women of all backgrounds and abilities. It strives to foster physical and emotional strength and well being while creating support networks and intergenerational bonds. Participants include cancer survivors, urban girls and women of all ages who want to learn to row or improve their rowing skills. *WeCanRow* is a program created by *Row as One*.



Enrollment limited to 12 participants

Free, thanks to a generous grant from Circle of Hope Bracelets and to volunteer hours of SLRC members.

For updated information please visit www.stlouisrowingclub.com/wecanrow.html

Request for Information

If you have any questions about our program, please contact:

Tom Lieb:

tfml@sbcglobal.net

Ready to sign up?

To receive an application, send an email to Tom at the above email address, or complete this form, tear it off, and send to the St. Louis Rowing Club address listed below.

Name : _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Email: _____

How did you hear about WeCanRow? _____

ST. LOUIS ROWING CLUB
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