

# CENTRAL OHIO ROWING

## Winter Conditioning for 7th-12th grade

Register or learn more at  
[www.centralohiorowing.org](http://www.centralohiorowing.org)

Nov 11th - Feb 21st  
Monday - Thursday 4:30 - 6:00 PM  
Saturday 8:30 - 10:00am (optional)  
4635 Trueman Blvd, Hilliard

We welcome athletes from all sports that are in need of a winter conditioning program.

Our program is a combination of flexibility exercises, erging and weight training. monitored by our Director of Rowing, coaches and athletic trainer.

erg = rowing machine

Erging uses over 85% of the muscles in your body when done properly

Athletes should participate 3-5 times/week..



Central Ohio Rowing is a non-profit 501(c)(3) organization established to provide competitive, amateur rowing opportunities for school-aged students throughout Central Ohio. This event is not sponsored by the Local School District.

[info@centralohiorowing.org](mailto:info@centralohiorowing.org)