



(L to R): Canada, USA, Mexico.

Senior at Jackson High School, Amy McKee, (4th from left) earned 2 gold medals this summer in international competition.

Everett Rowing

invites you to

“Catch the Spirit of Rowing!”

Pass on this important information to the students you work with that would benefit from our community programs.

Mission Statement:

“The Everett Rowing Association offers the premier rowing experience for adults and youths in the Greater Everett Area. The Association combines recreational, social, and competitive opportunities to build health, life skills, and rowing excellence.”

Sept 11: Open House (9am)
300 Smith Island Rd.

Sept 14: Informational Mtg (6pm)
Legion Hall, 300 Alverson Blvd.

ERA Program Benefits:

- Rowing appeals to many body types. From the smaller coxswain to the open weight competitive rower, **everyone participates** and plays a part in the success of the team.
- Every rower and coxswain competes at some level at each event or regatta. **There are no bench seats in rowing, all athletes participate.**
- Rowing not only teaches responsibility for the group and equipment, but also nurtures a foundation to build self-confidence based on experience with individual goal setting. A common work ethic within the boathouse whether in competition or practice, fosters strong team building skills.

ERA Programs:

- Rowing is a terrific cardiovascular sport. **ERA competitive rowers (ages 13-18)** work out 3 hours a day, five times a week. **ERA recreational rowers (ages 12-18)** work out 2 hours a day, three times a week.
- ERA programs typically have 45 to 75 athletes in the competitive programs and 10 in the recreational programs. ERA currently has athletes from Archbishop Murphy, Cedarcrest Middle, Edmonds-Woodway HS, Everett HS, Granite Falls HS, Jackson HS, Kamiak HS, Lake Stevens HS, Lakewood HS, Pilchuck/Marysville HS, Meadowdale HS, Mukilteo HS, Post Middle, Snohomish HS, Sky Valley Education Center, Stanwood HS, and St. Mary Magdalen.

Should you have any questions, please contact ERA's Director, Pasha Spencer, at (425) 345-5138 or eradirector@gmail.com. Visit ERA's web site at: WWW.EVERETTROWING.COM.

Please let ERA know and we will provide you with more support materials. ERA is a non-profit 501(c)3.