



# NEWPORT SEA BASE ROWING

Come join our nationally competitive youth team in one of the highest recruited sports in college! Programs for High School and Middle School

**No Experience Needed** – [www.newportseabaserowing.org](http://www.newportseabaserowing.org) – **Join Today!**



### Teamwork:

NSBR utilizes youth leaders to help run its program, which not only provides character and leadership development, but is a major resume builder

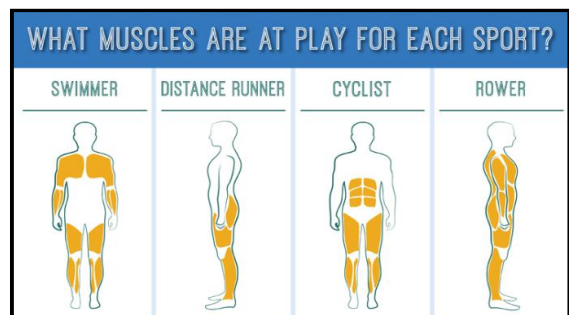


### Collegiate opportunities for men and women:

NSBR rowers have rowed at:  
US Jr. National Team, Cal, UPenn, USC, LMU, Georgetown, Oklahoma, Alabama, Purdue, Syracuse, SDSU, USD, UCSB, OCC, and more



**An original sport in the modern Olympics:**  
NSBR coaches have Olympic and US National team experience



**Full body workout:**  
Rowing engages all the core muscle groups for a full-body workout

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