

Learn to Row with Champions

Discover Langley Crew

Virginia State Champions

2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019 & 2021

Sign up for Langley Crew's Learn to Row Program

on Saturdays: September 9 – October 28, 2023



- ✓ Open to students in the Langley pyramid, **grades 8 and up**
- ✓ **No previous rowing experience necessary**
- ✓ Learn to Row sessions take place on Saturdays
- ✓ Only \$150 for the entire 8-week program
- ✓ Learn the basics of rowing, from language and handling equipment to rowing drills and rowing all eights
- ✓ We are looking for both rowers and coxswains to join our team

- ✓ Practice with Langley coaches and Varsity rowers
- ✓ Get familiar with the sport and prepare to be a part of the Langley Crew Team, where you will:
 - ✓ Compete at state and national regattas
 - ✓ Enjoy great friends, travel, make lifelong memories
 - ✓ Compete against others at your skill level
 - ✓ Earn your **Langley Varsity Letter**
 - ✓ Boost your **college application**
- ✓ Ready to sign up? Visit us at <https://www.langleycrew.com/join>



2021 Virginia State Champions



Want to know more?

- Contact us: langleyrowing@gmail.com
- Visit www.langleycrew.com

Be part of the fun!

Follow us on:

- Instagram [@langleyrowing](https://www.instagram.com/langleyrowing) and [@thelangleycrew](https://www.instagram.com/thelangleycrew)
- Twitter [@langleycrew](https://twitter.com/langleycrew)
- Flickr [langley_crew](https://www.flickr.com/photos/langley_crew)



Learn more about crew on our website