



Tulsa Youth Rowing
Association

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TYRA Offers Basic Training For New Recruits In February 2015

MEDIA RELEASE

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**Register for a 2-Week Trial With The Nationally Ranked Tulsa Youth Rowing Association
TYRA Invites Student Athletes To Visit A Practice To Find Out More About The Program**

[Sign up for TYRA February Basic Training By Clicking Here](#)

TULSA OK - The Tulsa Youth Rowing Association will offer a 2-week Basic Training to recruit 8th grade and high school age athletes interested in learning how to row in racing shells and become a part of the program. Practices will be held TU Indoor Rowing Tank, The Tulsa Rowing Club Boathouse and the University of Tulsa boathouse in Catoosa. Practices run Tuesday, Feb 17th through Friday, Feb 27th from 4:30PM to 6:30PM. The two-week introduction will be offered for a low \$25 registration fee per athlete. Interested participants must enroll on the club website. A swim test and safety video session will be administered on the first day (17th) at the Hutcherson Family YMCA located at 1120 E. Pine St. Tulsa, OK, 74106. Required enrollment/liability forms are provided on registration and information about the juniors program can be found at the link below.

<http://www.okrowing.org/join/>

The team looks to build upon its success in the fall season as it competes for a place at the national championship regatta on the east coast in June. For more information, please contact Head Coach Neil Bergenroth at coachb@okrowing.org or 918.906.5233.

What Our Athletes Say About Their Involvement With TYRA...

"Rowing is a sport that embodies a completely different dynamic than any other. I think joining the team is one of the best decisions I've ever made because it inevitably builds a tenacious, competitive attitude uniquely applicable to other parts of my life. The coaches are incredibly encouraging and motivating, fostering an optimistic and invigorating team demeanor."

- Chase Antonnaci - Cascia Hall Senior

"Rowing for me has become something more than a sport I play in my free time, it has become a huge part of my life. With the encouragement of my amazing teammates and coaches at TYRA I wake up everyday striving to be better than the day before. Rowing is addictive and has shown me the importance of hard work, dedication, discipline, and teamwork. Tulsa Youth Rowing Association is not just my team; it's my second family."

- Ashlyn Johnson - Booker T. Washington Junior