

Students Find Benefits from Rowing



At Olentangy Liberty High School, sports are a big part of student life, with a little over 1300 students enrolled in our school sports programs. However one of the sports not included in Olentangy Liberty diverse programs is Crew. Crew is also known as rowing, in fact many clubs and programs use rowing within their name rather than crew. Fortunately, just 15 minutes north of Liberty, lies Alum Creek, home to the Olentangy Rowing Club (ORC). Joining Olentangy Rowing Club has many benefits, it is for all body types, it helps to relieve stress, and it can help to develop and tone arm/leg/ab muscles.

Since rowing is considered a full body workout, and skill is acquired by practice there is no need to have a certain build to succeed. Many teams have diverse body types and ORC is no different. Although being tall will help with learning the technique of the rower, shorter people can make up for it with their power, and length of their stroke.

Rowing is also a great way to relieve pent up stress. Rowing increases the amount of endorphins released in the body. According to Healthline, when people run, it takes 30 minutes for endorphins to be released through the body, but according to Hydro, rowing either on a machine or on the water, it only takes 20 minutes for endorphins to be released. For people who do not have a lot of time in their day by rowing for 20 minutes they can reduce stress levels.

Rowing uses quadriceps, glutes, deltoids, lats, and abdominal muscles. For people who want muscle toning and development in all areas of the body without having to lift weights, rowing is the sport for you. According to Julien Raby who posted an article on Boxlife, pulling the oar through the water creates resistance which helps to develop your deltoids and lats. Rowing is a cardio workout, which will help with endurance.

These are just a few reasons why Liberty students should join rowing. ORC provides all equipment for rowers, from the boats to the oars. The cost for rowers is travel and the initial joining fee for seasonal rowing, and the weekly fee for summer learn to row. Contact Paul Wittmann for information for the ORC novice girl team and Will Bridges for the novice boy team. Come join ORC this summer, and experience Learn to Row, and find a sport that has many benefits for you mentally and physically.



Will Bridges
INFO@OLENTANGY-
ROWING.ORG



Paul Wittmann
INFO@OLENTANGY-
ROWING.ORG

Full team picture of Olentangy Rowing Club at Chattanooga. ORC just completed a successful fall season with the novice girl team metaling twice. "We kinda just wake up, go to school, and eat. Eventually we get bored and I feel like rowing gives you something to work for every single day because you can improve no matter what." said Lilliya Hindanov.



Girls novice 4, received their medals after placing third in the novice 4 heat at Cincinnati Invitational. The novice girls have beat all the teams in Central Ohio including Upper Arlington and Westerville. "I felt like we deserved it after all that hard work and it was nice seeing it pay off" said Emma Stokell.



Varsity team members rowed up to the start. Getting ready for their first 2k, of the season at Cincinnati invitational 2023. "We felt pretty jittery our set was kinda off and that was definatley reflected in our race." said Andrew Wixon.