

UPCOMING...

APRIL 10:

Miami International

APRIL 16 - 17:

FSRA Sculling State
Championship

PARENT VOLUNTEERS
NEEDED

[SIGN UP HERE](#)

*Mandatory volunteer per entree
needed

APRIL 30 - MAY 1:

FSRA Sweep State
Championship

[SIGN UP HERE](#)

PARENT VOLUNTEERS
NEEDED

*Mandatory volunteer per entree
needed

MAY 14 - 15:

USRowing Southeast Youth
Championship

MAY 22:

MBRC Awards Ceremony

JUNE 20 - JULY 15:

MBRC Summer Camp

SUMMER CAMP

Miami Beach Rowing Club (MBRC) is ready to challenge rowers to discover their potential in both sweep and sculling. The camp is designed to:

- Teach more refined and effective technique with advanced drills and workouts to more experienced rowers

- Discuss mental strategies of racing & training in order to improve performance on race day

[MORE INFO HERE](#)



Show your team spirit by purchasing our official MBRC gear. Make sure to order 2-3 weeks in advance, for on time arrival.

[SHOP HERE!](#)



ERG SPRINTS

MBRC hosted its 2ND Annual Erg Sprints - An indoor rowing competition open to South Florida Rowing Clubs. All levels of experience were welcomed to participate in both, our mix team relay and 1,000-meter individual races.

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STAMPFLI- EXPRESS 24

The Stampfli-Express 24 - the world's largest rowing boat - found its way to MBRC. Rowers were welcomed to take a ride. [READ MORE >>](#)



ERG-A-THON

Over 70 juniors participated in our 2016 Ergathon Fundraiser. Juniors teamed up for relay races while parents socialized and enjoyed delicious food and beverages. A Boat naming ceremony recognized two supporters of the club: Vera Ivanova-Killoh Family's, whose generous donation made the purchase possible and Bruce Campbell, a long-time supporter and volunteer at MBRC. [READ MORE >>](#)

2016 C.R.A.S.H.- B. Sprints

Alejandra Alonso represented MBRC during this year's World Indoor Rowing Championship on the Agganis Arena at Boston University. Her hard work and focus landed her 31st place out of 155 racers on the Open Women Category.

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NOVICE REGATTA

MBRC made a strong showing at the 2016 Novice Regatta in Orlando, Florida. The team had a total of 10 entries, and 6 brought home medals. Coach Rob Saner's novice men's team medaled in every event they entered, a great way to start off the season! [READ MORE >>](#)



SARASOTA REGATTA

MBRC Participated in the 7th annual two day Sarasota Invitational Regatta with more than 1,500 athletes and 67 clubs. The team finished 3rd place overall with a total of 27 medals: 14 gold, 6 silver and 7 bronze! [READ MORE >>](#)

O.A.R.S. Invitational

MBRC Participated in the O.A.R.S. Invitational, held at Bill Frederick Park at Turkey Lake. The competition was some of the best we've seen this season, forcing all crews to rise to the challenge. MBRC juniors brought home a total of eight medals. [READ MORE >>](#)



BOAT CEREMONY

On March 23rd we held a boat naming ceremony to express our gratitude towards the City of Miami Beach, for their generous support towards our Adaptive Rowing Program.

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