

ABOUT US

GMS Rowing Center was formed in 2004 when 6.3 acres of land was purchased on Lake Lillinonah, New Milford, CT. The Rowing Center includes a 3500 sq ft boathouse in a converted tobacco barn, two indoor training areas able to accommodate fifty rowers, lecture/media room and a house accommodating up to ten elite rowers.

The lake is part of the Housatonic River providing sheltered water including long-distance rowing with minimal turning. A normal training session consists of a 2k warm up row down the river to Lover's Leap Gorge, which leads to the main lake. Boats then line up for the designated training session.



The Rowing Center provides various packages to suit individual schedules whilst helping improve technique and fitness. This includes weekday programs, weekend camps and private training sessions. In addition a highly regarded personal training program and lactate profile testing are available.

COACHING: Guenter Beutter (Technical Director) majored in sports science and psychology at Geissen University and subsequently had research papers published on lactic acid production, oxygen uptake

and the use of magnesium supplements among high performance athletes. In 1989 he was recruited into the German National Team. From 1989-1997 he coached both men and women in the sculling and sweep boats. His athletes competed in five world championships earning four gold and one silver medal. In 1997 he was appointed head coach of the women's lightweight Quadruple Scull which medaled at all major European regattas and earned a gold medal at the 1997 World Championships.

