

## Central Crew Club Goals and Boat Selection Methods

Rowing is an athletically challenging sport with a long history of competition in races called regattas. Some regattas are local or regional low key competitions others like The Head of The Charles are internationally known, championship events.

### *Goals*

The first goal of Central Crew is to introduce students, grades 8 to 12, to the sport of rowing. Everyone starts as a “novice” learning rowing skills, how to become a team member and about Central crew. During the novice season you will compete against other novice crews. After the novice year you are classified as a “varsity” rower. For varsity rowers the focus for each season is continuous improvement of strength and skills through competition for seats in boats that will be racing in a variety of skill levels such as; first varsity(1V), second varsity (2V), (3V) etc. and boat classes 8’s(8+), 4’s(4+), Quads(4X) Doubles(2x) or Singles(1X)

### *Being Part of the Team*

Attendance is very important for a rowing team. Rowing is mainly practiced in crews of 8, 4, or 2 people. Learning how to row requires mastery of specific skills, practicing them in crews until they are automatic, and performing them effectively as part of the boat line-up. In rowing, the line-up of a boat needs to be thought of as a unit. When one person is missing from the line up, the boat is not able to practice.

### *Boat Selection: How do I earn a seat in a boat?*

Line-ups do not stay the same from season to season or even week to week. Boat selection decisions are not made through seniority or popularity, but rather through demonstrated ability to make the boat go faster. Working to earn a seat is how athletes build their skills and improve their performance. Each athlete demonstrates their ability and commitment throughout the season in the following ways:

#### Central Crew Club boat selection factors:

1. Attendance
2. Ergometer and fitness tests
3. Time trials or head to head racing
4. Coach-ability
  - a. Open to constructive criticism, Constant effort to improve
5. Physical Traits
  - a. Stamina, physical conditioning to do all the work
6. Mental Traits
  - a. Discipline, grit, never quit mind set
  - b. Good sport, honest, team player
7. Technical Rowing Ability

Central Crew Club strives to ensure each rower participates in at least one race at each regatta. However there may be times when this cannot be accomplished (odd numbers, rowers not ready to row safely, rower/equipment conflicts, etc). In all cases, the decision of who will be selected for a particular boat remains with the coaching staff.