

RCRC Women's Intermediate Masters Rowing Team Statement/Definition and Expectations

Statement/Definition

The Women's Intermediate Masters rowing team provides a fun and competitive setting for experienced and novice rowers who have a passion for rowing and a desire to continue improving their rowing skills and fitness level, and whose love of rowing allows them to be dedicated and dependable team members who enjoy participating in competitive races.

Each member is expected to be committed to the team and the sport as well as supportive and respectful of her teammates, coach, and other members of the club. It is assumed that the Intermediate Team member tries to balance her passion for rowing with her commitments to family and work. This aspect makes it necessary that she communicate clearly with her coach and teammates about her participation level in practices, regattas and off-water workouts. She is expected to keep striving to improve her competitive rowing skills.

It is also understood that at some point members of the Intermediate Team want to move up to a more advanced team (e.g. Advanced Masters, Open Women) while others find the slightly more relaxed racing and workout commitment of the Intermediate Team a better fit for their personal situation.

Expectations

- Come to 80% of practices rain or shine, arriving no later than 5:15 AM to help bring oars and launch equipment down to the dock.
- When unable to come to practice, let the coach know by 9:00 PM the previous evening, or no later than 4:45 AM the morning of practice.
- Maintain a focused attitude while in the boat, listening to the coxswain and coach and refraining from talking.
- Cheerfully accept any position in any boat, including the launch and coxswain's duty.
- Refrain from "coaching" in the boat or speaking ill of teammates.
- Commit to each race you signed up for (as a commitment to your team).
- Strive to maintain a high fitness level by doing at least two off-water workouts per week.
- Complete erg assignments and report times to the coach.
- Help with team chores as required, such as bringing oars back to the boathouse, cleaning the boathouse as assigned by rotation, and loading/unloading boats for races.
- Contribute to the overall health of RCRC by volunteering time to club committees and activities.