

Minimum Prerequisites:

- 2 years of rowing experience.
- Maintain a 2:30 split over a 10,000 meter piece.
- The ability to display advancing technique during a 2 week trial period

Expectations & Goals:

Willingness to row in any boat type and any seat (ie. stroke, bow, middle) on any given day.

Commitment to attending a majority of practices, both on water and on land. Special circumstances will be granted on a per athlete basis at the coach's discretion.

No preference given to age. In other words, we're not attempting to win a race/event based on our handicap. Our goal is to be the fastest boat on the water in any given event.

We want to continually improve. And, being receptive to feedback from the coach both on and off the water is essential to achieving this goal. Also, ownership of your current skill level is necessary in order to improve; we expect everyone to hold themselves accountable and personally responsible.

A commitment to racing is not required, but is encouraged. If you're not racing in an event, the understanding will be that you're still attending practice and participating in a way that will help the team achieve race success.