



Women's Advanced Masters

PREREQUISITE:

- Minimum of 1 year of rowing experience

GOAL:

- Racing performance, i.e., winning races

EXPECTATIONS:

- Ability to make the majority of scheduled practices
- Commitment to racing in the majority of season's regattas
- Turn in weekly erg times to the coach
- Perform additional fitness training as instructed by the coach
- Demonstrate a good level of rowing