



Men's Advanced Masters

PREREQUISITE:

- Completion of the RCRC novice program
- Minimum of 1-year rowing experience or coach's permission

GOALS:

- Practices and workouts emphasize fitness, technical skills, sweep rowing, as well as sculling, and a lot of friendly competition
- Racing in both sprint and head races at the regional and national level, with the focus being Boston's Head of the Charles Regatta in the Fall

EXPECTATIONS:

- To work diligently toward improving fitness and rowing skills
- To respect other members by showing up on time and ready to row
- Giving advance notice when you cannot attend practice
- Regularly attend practices (Tuesday, Thursday and Saturday mornings) with the option of additional assigned workouts for those wishing to compete