



2023 Minneapolis Rowing Club Competitive Women National Team

Goal

The goal of the CWN team is to select the fastest women to represent MRC at competitive local, national, and international regattas prioritized by our club.

Expectations

Members of the CWN Team are expected to:

- Consistently attend weekly practices (max 4 weekly)
- Commit to independently improving rowing skills + fitness level
 - 1-2 independent on the water sessions a week in addition to coached practices
 - Additional on and off-the-water training to maintain excellent health and fitness
- Complete multiple team erg tests throughout the year

We understand that family and work obligations take priority, but every effort should be made to maximize participation.

Selection

- Prospective members must have at least three years of competitive (both sprint and head racing) rowing experience
- Head Coach approval is required to join to ensure that the athlete is ready to compete at a national level, which will be evaluated based on:
 - **Physical Ability:** Overall strength, fitness level, and erg scores
 - **Technical Ability:** Bladework, boat maneuvering, ability to effectively blend in with a boat, and adaptability in different weather, water, and boat conditions
 - **Mental Ability:** Ability to follow directives, handle equipment safely and responsibly, and hold oneself accountable for performance
 - **Sound Judgement:** Ability to make good decisions in high-pressure situations
 - **Attitude:** One's demeanor when subjected to rigorous physical and mental demands and behavior toward and interaction with teammates and coaches
- For those interested, a two-week trial period is provided to be evaluated by the coach and allow the athlete to decide if the team is a good fit for them.

Racing Commitment

CWN is a nationally competitive team and attendance is expected at the majority of team regattas to ensure proper preparation and fitness is maintained throughout the season.

- The team typically competes at the following regattas:
 - **Local:** Minneapolis Sprints, Head of the Mississippi
 - **Regional:** Duluth International Regatta, Head of Des Moines, NWIRA Championship
 - **National:** USRowing Masters Nationals, Head of the Charles
- Regatta boat selection will be determined by a combination of erg testing, seat racing, racing experience, and the coach's discretion and a seat is not guaranteed