



# Minneapolis Rowing Club

## Competitive Women's Team Descriptors

*Last updated March 9, 2023*

### About the Teams

Minneapolis Rowing Club offers two teams for competitive women\* rowers, a National Team and a Regional Team. These teams comprise skilled rowers who identify as women and are interested in competing. Across both the National and Regional teams, we maintain a threefold focus on rowing technique, racing skills, and competitive fitness levels.

*\* We maintain a broad definition of women that spans a spectrum of gender identities, including cis-gender, transgender, non-binary, and gender non-conforming people. While MRC teams are gendered, rowers are welcome to join any team and provides options for racing regardless of gender identity.*

### CWR Expectations

Rowers on CWR are expected to:

- Attend the maximum of **four coached sessions per week**
- Participate in **team-wide erg tests** (option to self-submit, with a witness, any erg times as needed)
- **Prepare for and race in a minimum of two regattas per year**, including Minneapolis Sprints and Duluth
- **Independently advance** the three priority areas (rowing technique, racing skills, competitive fitness level) through supplemental individual training
- Be **flexible and team-oriented** rowers, willing to jump in to any line up, any boating configuration, and to prioritize team goals over individual goals at coached practices
- Actively sustain the well being of the club by meeting **mandatory volunteer minimums**

*While family, career, and personal obligations may prohibit team members from attending regattas, participating in practices, and other requirements, we ask that rowers who commit to CWR ensure that they are generally able to make regattas and practices work.*



## CWR Qualifications + Selection

- All prospective members must have at least two years of competitive (both sprint and head racing) rowing experience.
- In addition to rowing experience, rowers are expected to meet the following qualifications:
  - Capable of safely handling and maneuvering a variety of shells, including independently managing a single or managing an 8-person shell with a team of rowers in different weather, water and boat conditions.
  - Comfortable with bowing and coxswain vernacular, including giving and following commands for launching, steering, running drills, and docking (the club provides multiple opportunities each year to learn and improve Bowing and Coxswain skills)
  - Generally, rowers should be at or under 9" 2K time and should be able to row at least 4000m in 20"

Interested rowers may join for a week trial period to mutually determine fit of the program.

## CWR Racing Commitment

CWR is a competitive team and racing plays a crucial role in our program.

- CWR typically competes at two local regattas (Minneapolis Sprints, Head of the Miss) and three away regattas (Duluth, Des Moines, NWIRA).
- Rowers are expected to attend all local regattas and are encouraged to attend at least one away regatta.
- Regatta boat selection will be determined by a combination of erg testing, seat racing, racing experience, and the coach's discretion. Line up and race category preferences are not guaranteed.