



2023 Minneapolis Rowing Club Competitive Men's Team

Goals and Expectations

- The goal of the Competitive Men's (CM) team is to build a men's program focused on preparing for team competition at the local, national, and international regattas level.
- The focus is on refinement of rowing technique, improving racing skills, and building and sustaining the fitness needed to be competitive.
- We expect CM members to commit to improving their rowing skills on the water through either coached practices or independent rows (4-6 total sessions per week), improving their health and fitness through additional off-the-water training (2-4 sessions per week), and be willing and able to blend with CM teammates in team boats.
- Our competitive season is typically only 6-months long. This means that we have to cram a lot of work into a short period. Making a commitment to each other should be a meaningful endeavor to all participants.
- Members of the CM team are highly encouraged to attend the majority of practices, regattas and erg tests unless the coach has given prior special exception.
- We do understand that family and work obligations take priority, but every effort should be made to maximize participation.

Selection

- All members must have at least two years of competitive (both sprint and head racing) rowing experience.
- All members will be expected to announce their intentions and goals for the year in a public manner. This manner will include a document made available to all other members of the Competitive Men's team.
- Head Coach approval is required to ensure that the athlete is ready to participate at this level and evaluations will be based on:
 - Individual Athlete/Team goal alignment and compatibility
 - Physical Ability: Strength, erg scores, technical ability, and other factors.
 - Technical Ability: The oarsmanship shown in blade work, maneuvering, and adaptability in different weather, water and boat conditions.
 - Mental Ability: The ability to follow directives, handle equipment safely and responsibly, and hold oneself accountable for performance.
 - Attitude: One's demeanor and behavior toward 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

- The team typically competes at 2-4 local regattas and 1-3 away regattas requiring travel. Priority will be given to those who commit to competition beyond the two club-hosted regattas.
- We compete annually in national and international races, with a special emphasis on Masters Nationals and the Head of the Charles.
- Team boat selection will be determined by a combination of erg testing, seat racing, racing experience, and the coach's discretion. A seat in a team boat is not guaranteed.
- Within reason, attendance is expected at all team races.

Club Commitment

It is the coach's requirement that Men's team participants are expected to stay on top of and participate in club events including volunteering for club work days as well as club-hosted regattas. These activities include trailer loading/unloading when competing, regatta management (whether competing or not), and showing up to the annual club meeting. If your club commitment is only about your individual convenience, please sign up to row as an independent.

As a competitive men's rower you are expected to advance in the bow rating system. Unwillingness to progress above Bow Level 1 or 2 due to dislike or discomfort in a 1x is not an acceptable excuse and may be viewed as a lack of commitment.

Priorities for 2023

- As a member of the Competitive Men's Team, it is assumed that you will in fact compete. If you do not want to compete, you will be encouraged to join the Rec Team or row as an Independent.
- The current coach most values *Competitive* and *Team*. If you show up to the start of the season out of shape, please be reminded of your lack of commitment to either of those words: you will be neither competitive nor selected into faster team boats.
- The ultimate responsibility for your level of fitness resides with you. Simply rowing 2-3 practices a week will not increase your level of fitness.
- Due to the early date (July 20-23) of the USRowing Masters National Championships, priority will be given to selecting boats and setting lineups for individuals competing in Indianapolis. The emphasis will be on rowing 1x, 2x/-, 4x/- on the higher level competitors and 4x and 8+s for the secondary and tertiary-level competitors.
- Secondary priority will be for team boats competing at the Duluth International Regatta (July 15) and NWIRA (August 18-19).
- Head racing will prioritize boat selection potential entries for the Head of the Charles Regatta using the Head of the Mississippi Regatta and racing against the University of Minnesota Men as warmup events.