

SLRC Junior Rowing Programs and Placement Policy

Summary

This policy outlines the various aspects of and expectations for the youth competitive rowing program, including selection, participation, progression and facility/equipment use.

Definitions

1. **Junior Learn-to-Row (LTR):** Summer LTR is an introductory two-week session designed to teach basic technique and rowing skills. While not a required prerequisite for novice Juniors tryouts, participation in LTR sessions can help provide the experience and skills necessary for increased likelihood of success during tryouts.
2. **Novice Juniors:** Youth sweep rowers and coxswains (ages 13-17) with basic rowing skills focused on further developing technique and improving fitness. Training includes race preparation to compete as novices in local and regional regattas.
3. **Novice Juniors Tryouts:** Two-week sessions offered to potential rowers and coxswains (ages 13-17) in both the fall and spring (typically late September and late February). Tryouts are focused on evaluating potential rowers and coxswains for invitation to join the novice Juniors competitive team. The session includes instruction on basic technique. No experience is required.
4. **Varsity Juniors:** Experienced youth sweep rowers and coxswains (ages 13-18) with intermediate to advanced rowing skills whose objective is to reach higher levels of performance by focusing on endurance, technique and race preparation for competing at local, regional and national regattas.
5. **Alumni Members:** Upon completion of the Junior Rowing Program, former participants may become non-voting Alumni Members for a certain period immediately following graduation (ref. SLRC Procedure 2.4, "Membership Types and Obligations." Alumni members must register and complete the liability waiver and shall adhere to the equipment use requirements outlined in SLRC Procedure 2.6, SLRC Adult Rowing Programs and Placement Policy.
6. **Fall Season:** Held Late August through December for varsity team members and fall try-outs through December for novice rowers. Practices are held indoors and on-the-water through late November. Indoor (erg only) practices are held from late November until the holiday school break period.
7. **Spring Season:** Held from early January through May/June for varsity and returning novice team members. Indoor (erg only) practice sessions are held from early January through late February followed by practices indoors and on-the-water through late May or June (for members selected to compete at Junior Nationals). For new novice juniors joining in the spring, the season begins immediately following spring tryouts.

8. **Summer Season:** Held from June to early July (after Nationals). Both current varsity and experienced novice team members are eligible to participate this optional summer rowing program. This season typically concludes after a mid-summer regatta.

Requirements

1. Team Expectations and Placement Criteria:

Novice Juniors:

- Entry point for youth with learn-to-row or no prior rowing experience
- Commitment to attend coached practices on a regular basis (year-round)
- Willingness to work hard, respond positively to coaching and support the team
- Commitment to attend at least 4 of 6 practices per week during the rowing season and additional land-based training between fall and spring regattas
- Participation in at least one regatta per season is expected
- Compliance with the Junior Code of Conduct

Varsity Juniors:

- Possess intermediate/advanced rowing skills, typically with one or more seasons as a novice rower
- Expected to compete in all regattas
- Commitment to attend at least of 5 of 6 practices per week during the rowing season and additional land-based training between fall and spring regattas
- Willingness to work hard, respond positively to coaching and support the team in effort to build competitive lineups for regattas
- Participation in all regattas is expected
- Compliance with the Junior Code of Conduct

IMPORTANT SAFETY NOTE:

Due to the physical nature of rowing, there are limitations regarding who can safely participate. While we encourage newcomers to try this great sport, not all will be able. Please consult your medical professional prior to signing up.

Additionally, it is imperative that all participants meet the minimum swimming requirements outlined in the registration documents.

2. Junior Rowing Program Placement and Selection Process:

Novice Juniors:

Tryouts: Novice try-out periods are held at the beginning of the fall and spring seasons and are the entry point for rowers without prior experience. In making selections, coaches evaluate candidates on various attributes during tryouts, including, but not limited to:

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- Demonstrates basic rowing technique/skills (for coxswains, this includes basic coxing commands/skills)
- Responds positively to coaching/feedback and makes corrections
- Demonstrates athletic potential through erg scores and/or other athletic attributes (for coxswains, this includes confidence/leadership and safety)
- Maintains positive attitude and demonstrates teamwork
- Participates regularly (at least 4 of 6 practices), is on-time and maintains discipline

Continuation: Fall novice juniors typically have the opportunity to continue with the novice competitive team in the spring after successful completion of the fall season; however, may be subject to tryouts to make the spring season's team. The decision to require tryouts for returning fall novice juniors will be made by the respective lead coach in consultation with the Head Coach. This decision may be based upon several factors, including team size, spring season capacity and overall skillset, and shall be communicated to the fall novice juniors upon notification of selection at the beginning of the fall season.

Progression to Varsity: Novice juniors may be subject to tryouts in order to progress to the varsity competitive team in the subsequent fall season. On occasion, novice juniors who demonstrate advanced abilities and good conduct may progress to varsity status more quickly. Such a move would only be made upon coach agreement (including the Head Coach) that this would benefit the athlete and the team, and the desire of the athlete to move up early.

Varsity Juniors:

Tryouts: Varsity juniors typically have the opportunity to continue with the varsity competitive team from season to season; however, may be subject to tryouts before the spring or fall seasons for selection to that seasons team. The decision to require tryouts for returning varsity juniors will be made by the respective lead coach in consultation with the Head Coach. This decision may be based upon several factors, including the team size, season capacity and skillset, and shall be communicated to the returning varsity juniors at the end of the prior (spring or fall) season.

Upon completion of the Junior Rowing Program and as adults, former participants may become non-voting Alumni Members following graduation (reference SLRC Procedure 2.4, "Membership Types and Obligations." Alumni Members also have the opportunity to join an Adult Rowing Program (ref. SLRC Procedure 2.6).

New Junior Rowers with Prior Experience:

New rowers or coxswains with previous experience will be invited to row with a team best aligned with their experience and interest. New Members are invited to join the recommended team for an 8-10 practice trial period. During that time period, the appropriate varsity lead coach (men or women's) will assess their skills and recommend placement in either the novice or varsity program.

3. Expectations for Regatta Participation

All varsity juniors are expected to participate in every regatta, pending the availability of sufficient entries. Novice juniors will generally be provided the opportunity and are expected to participate in at least one regatta per season (barring cancellations, etc.). In some seasons, sufficient entries may not be available to accommodate participation by everyone. Additional expectations regarding regatta participation can be found in SLRC Junior Regatta Policy.

Rowing in Regattas Not Sponsored by SLRC

SLRC is supportive of its members' competitive endeavors. When this involves rowing as an SLRC member in regattas not attended by the club, members are asked to advise the Head Coach of their plans. If use of Club equipment is desired, prior written permission from the head coach is required.

It is essential that competitors understand their responsibility as representatives of the Club and stay in compliance with the Rules and Regulations of the governing regatta. The Code of Conduct remains fully in force and, beyond these specific guidelines, it is expected that all behavior will reflect favorably on the Club. If any issues arise that could be cause for concern, the Head Coach should be informed immediately.

4. Use of Club Equipment without Coach Supervision:

Boat House (Ergs and Weights):

During the brief breaks when formal junior practices are not scheduled (e.g. winter holiday break or before and after Summer Season), varsity junior rowers in good standing from the prior season, will be allowed access to the SLRC ergs and fitness equipment under the following conditions:

Junior Members use of SLRC equipment/boathouse outside of practice times:

- Current Junior members can use boathouse ergs only, but only during scheduled Adult practice times and only in groups of two or more. The scheduled Adult groups will have priority over all SLRC equipment during these times.
- Outside of scheduled practice times, current Junior members can use boathouse ergs during the hours of 8 a.m. until 8 p.m., and only if a supervising parent or guardian is present at the boathouse throughout the session.
- Junior rowers are not to use SLRC weight training equipment in the Boathouse unless properly supervised by a SLRC coach, or other Adult Member trained in the use of the equipment and authorized by the Head Coach.

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- All equipment should be returned to its original status after a workout (i.e. placing weights back on posts after use, wiping equipment down after use, lights off, doors secured, etc.),
- Any problems equipment issues should be promptly reported to the SLRC Captain at equipment@stlouisrowingclub.com.

It is understood and agreed by all Members, that the use of SLRC training equipment is done at the sole risk of the individual using the equipment, and rowers shall not hold the Club liable or seek redress from the Club for injuries or accidents that may occur.

Sculling Equipment:

The use of Club sculling equipment by junior members outside of a coached practice is prohibited.

Sweep Shells, Doubles and Quads:

The use of SLRC sweep rowing boats and sculling “team boats” or other equipment outside of formal practice with your assigned team is prohibited. On rare occasions (i.e. preparing for selection camp, etc.), an exception can be granted to allow junior rowers to participate during regularly scheduled adult practices. This participation must be approved by the coach conducting practice and the rowers varsity coach. In addition, junior coxswains may periodically be invited by the SLRC Head Coach to help cox the Adult crews during their regularly scheduled practices or regattas. |

4. Other Expectations

Rowers and coxswains are responsible for their own safe behavior, including but not limited to:

- Conduct themselves in a manner consistent with the SLRC Junior Code of Conduct and immediately report and observed infractions of Club policies and procedures or unsafe conditions;
- Learn and understand the safety rules and procedures;
- Follow instructions of coaches and coxswains;
- And secure and properly store equipment and the boathouse at the end of a workout.

References

Authority References

- SLRC By-Laws, dated February 2018, Section 5.1 “Policies and Procedures Committee”
- SLRC Code of Conduct Policy
- SLRC Junior Regatta Policy

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- SLRC Procedure 2.4, Membership Types and Obligations
 - SLRC Procedure 2.6, Adult Rowing Programs and Placement Policy
 - Eliminates: Junior Move Up Procedure, Weight Training Procedure

Maintained By

SLRC Registrar

Approved By

Signature on File

SLRC Head Coach

Signature on File

SLRC President

