
SLRC Adult Rowing Programs and Placement

Summary

This policy outlines the various options and expectations for adult rowing participation and establishes the criteria for moving between groups.

Supersedes

SLRC Procedure 2.6, dated December 18, 2018
(incorporates clarifications to the Competitive Master's fitness criteria)

Definitions

1. **Learn-to-Row (LTR):** An introductory 10-session class designed to teach basic technique and rowing skills and prepare rowers to join the Intermediate Masters crew.
2. **Intermediate Masters:** Adult sweep rowers with basic rowing skills focused on further developing technique and improving fitness. Training may include race preparation to compete as novices in local and regional regattas. The Intermediate Program is the stepping stone from the Learn-to-Row program and can be the path to obtain the experience and skills necessary for consideration to progress to the Competitive or Recreational Masters crews. Practices are held year-round.
3. **Competitive Masters:** Experienced adult sweep rowers with 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. Practices are held year-round.
4. **Recreational Masters:** Experienced adult sweep rowers with advanced rowing skills who are largely focused on improving technique and fitness rather than competitive racing. The training is challenging, but not dedicated to preparation for competition at regattas. (However, the crew may periodically participate in competitive racing.) Practices are held year-round.
5. **Novice Masters Sculling:** Adult rowers with basic rowing skills focused on developing basic sculling techniques and skill development. Entry level participants must be Intermediate Sweep rowers and above. Members of all levels of fitness can participate after completion of basic flip test and swimming skills. Practices are typically held May – November.
6. **Intermediate/Advanced Masters Sculling:** Experienced rowers who have progressed from novice sculling and or rowers who have prior sculling experience. Rower focus is on training and technique, with an additional focus on skill and fitness development to participate in competition. Practice and training are typically held May – November.

Requirements

1. Team Expectations and Placement Criteria:

Intermediate Masters:

- Completion of Learn-to-Row or 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
- Participation in regional regattas is encouraged but not required

Competitive Masters:

- Desire to compete in regattas
- Recommendation by the Intermediates Coach and acceptance by the Head Coach after completion of a trial period (8-10 practices)
- Commitment to attend at least 2 out of 4 coached practices per week most weeks year-round and 3 out of 4 practices in the 6-8 weeks leading up to a regatta.
- Willingness to work hard, respond positively to coaching and support the team in effort to build competitive line ups for regattas
- Participation in coached fitness tests (erg, etc.) throughout the season
- High level of fitness and technical ability as assessed in Adult Rowing Program Placement Process (Section 2),
- Expected to complete a 2k erg test. Guidelines for the Competitive Masters Team are outlined below.

Masters 2k Erg Time Guidelines		
	<u>Women</u>	<u>Men</u>
Under 27	Below 8:00	Below 7:05
27 - 39	Below 8:08	Below 7:13
40 - 49	Below 8:16	Below 7:21
50 - 59	Below 8:24	Below 7:29
60+	Below 8:32	Below 7:40

* Lightweight Adjustment = 5 sec/500 meters

Note: Erg scores are one of several factors. The above table serves as a guideline. Members are not required to meet these criteria prior to joining the team but should aspire to achieve these targets after participation in training. Please consult with the Competitive Masters Coach if you have questions about overall fit.

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Recreational Masters:

- Recommendation by the Intermediates Coach and acceptance by the Recreational Masters Coach after completion of a trial period (8-10 practices)
- Commitment to attend at least 2 out of 4 coached practices per week most weeks year-round
- Willingness to work hard, respond positively to coaching and support the team
- Participation in coached fitness tests (erg, etc.) throughout the season
- High level of fitness and technical ability as assessed in Adult Rowing Program Placement Process (Section 2.)

Novice Masters Sculling

- Completed LTR or have prior rowing experience
- Willingness to work hard, respond positively to coaching and support the team
- Able to row on own after coaches approval and successful completion of a flip test
- Participation in regional regattas is allowed pending coaches approval

Intermediate/Advanced Masters Sculling

- Recommendation by Novice Sculling Coach and acceptance by the Intermediate/Advanced Sculling Coach
- Willingness to work hard, respond positively to coaching and support the team
- Able to row on own after coaches approval
- Participation in regattas is encouraged but not required

2. Adult Rowing Program Placement Process:

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. If you or your medical professional have concerns regarding your health, flexibility, stamina, or strength, please let us know prior to signing up. Evaluation by an SLRC coach of one's skills and/or ability to row will also be a part of the determination of an individual's level of participation.

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

Learn-to-Row Advancement:

Individuals new to the sport of rowing complete a 10-class Learn-to-Row (LTR) session .

Training sessions are typically held in February, June, July and August of each year.

Instruction from an experienced rowing coach covers the basics of the rowing stroke on an indoor rowing machine, and experience in an eight-person shell. Lessons focus on proper body position and movement, building boat speed, and working together as a crew.

Upon completion of the LTR program, rowers advance to the Intermediate Masters Team and continue to develop technique and overall fitness.

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Placement of New Members with Experience (Or Experienced Rowers Returning After > 6 Month Absence):

Returning rowers are invited to rejoin the team they participated in upon departure for a 8-10 practice trial period. During that time period, the coach will assess their skills and recommend placement in the appropriate program (i.e. approve their continued participation in the team, return to Intermediate Masters or repeat LTR).

The previous rowing experience of New Members is reviewed by the SLRC Registrar in consultation with the appropriate coach(es) to make a recommendation for initial placement 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 coach will assess their skills and recommend placement in the appropriate program. This may be approval of their continued participation in the team or placement with another team for more skill development (e.g., Intermediate Masters, take or repeat LTR).

Intermediate Rower Advancement Process:

Intermediate rowers are evaluated approximately three times per year. The trial periods are held on or around March 1st, August 15th, and November 1st each year. Decisions to consider rowers for evaluation will be a collaborative effort between the involved coaches and the rower. In addition, effort will be made to balance the interest of the rower (i.e. competition), alignment of skills and team specific criteria and managing crew size.

During the evaluation process, The Intermediates Coach will identify potential rowers who are ready to advance and inform the other Masters level coaches. The Competitive, Recreational and Intermediate Masters Coaches will then work collaboratively to observe and discuss the rowers prior to them being moved. Rowers who are deemed ready to advance are given the choice to move to either the Competitive Masters or Recreational Masters Crews based on their interest and criteria alignment (i.e. competition). After completion of a trial period (8-10 practices, the coach of the receiving group will either confirm readiness or recommend the rower spend more time with the Intermediate Crew for further skill development.

The rower will be evaluated on the following criteria:

- Able to successfully row 3k (once around the lake) at 22-24 spm without stopping* Rowers interested in Competitive Masters should meet the 2K erg test guidelines in section 1 above.
- On-the-Water rowing technique (assessed by full crew rowing at 24+ spm) as well as steady state and technical drills.
 - Can properly set the boat when sitting out and can add in and out smoothly.
 - Rowing techniques: feathers and squares the blade correctly, leans into oarlock, adequate blade depth and oar control, adequate slide speed control, able to understand and follow cox calls.
- Demonstrated basic level of competence at coxing: understands and uses basic coxing commands, can safely get boat in and out of racks of all levels and safely into water, coxes rowers into and out of the boat on docks, follows coach's instruction, executes basic calls on the water and steers the boat in a straight line.
- Overall fit with the specific criteria for group the rower is interested in joining. (See section 1)

Intermediate Masters may also decide to remain in the Intermediate group if they choose, but may not be eligible to race as a Novice for more than one year from the date of their first race.

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Advancement into Novice Masters Sculling:

New Members without prior sculling experience are required to participate in the Sweep Learn-to-Row classes. Upon completion of the Learn-to-Row program rowers advance to the Intermediate Masters. At that point, they have the option to participate in the Master Novice Masters Sculling Team instead of or in addition to sweep rowing.

New members with prior sweep or sculling experience are also able to participate in Novice Masters Sculling upon approval of the Novice Masters Sculling Coach.

NOTE: All new Novice Sculling participants must demonstrate the ability to re-enter the boat after capsized by completion of the “flip test” during their first session (weather permitting).

Advancement into Intermediates/Advanced Masters Sculling:

Progression into the Masters Intermediates/Advanced Masters Sculling group is managed on a case by case basis. Scullers must possess the following minimum level of sculling expertise:

- Equipment management: (Log boat/sculler out, carry boat/oars to dock and back to racks, adjust rigging, and enter/exit the shell safely)
- Navigate in compliance with traffic patterns (standard and potential special considerations due to wind, etc.)
- Demonstrate general competence in sculling: ability to safely row in a racing shell (no longer use stable Aero type shells), looking back frequently, stopping quickly, steering, turning in place, backing, confirming there is a whistle in the shell, ability to scull in expected conditions (wind, waves, large wakes, temperature, etc.), ability to stabilize the shell while one hand is off of oars, such as removing shirt, etc. and ability to rapidly return to dock/shore as required.

4. Expectations for Regatta Participation

When a member of any squad commits to racing at a regatta, they must plan to attend a minimum of 75% of the practices leading up to the regatta. This enables the coach to practice actual lineups prior to the event. Any deviations should be discussed with the coach in advance of committing to participate

If a team has decided to participate in a regatta, the coach will make effort to place each rower in at least one race. However, on occasion, the circumstances might be such that it is impossible to find a few people races without negatively affecting the rest of the team. In this event, the rowers will be discretely notified. The focus of the Competitive Masters' team is to build competitive lineups for races. The focus of the Recreational and Intermediate Masters is participation.

If a team has decided not to participate in a regatta, a rower who still wishes to compete should let the coach know. If the rower can help another team complete a roster, they may be allowed to participate. In this event, they would need to attend practice with the team with which they will compete.

5. Use of Club Equipment without Coach Supervision:

Boat House (Ergs and Weights):

Current Adult/ Alumni Members can use SLRC ergs and weight training equipment EXCEPT for times which could interfere with other scheduled team practices (e.g. Junior practice, Learn-to-Row, etc). Members are NOT allowed to bring non-members into the boathouse for practice without explicit approval of the Coach or Board of Directors (e.g. approved guest, etc.)

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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
equipment@stlouisrowingclub.com

It is understood and agreed by all Members, whether Junior or Adult, that the use of SLRC training equipment is done at the sole risk of the Member using the equipment, and Rowers shall not hold the Club liable or seek redress from the Club for injuries or accidents that may occur, except in the case of negligence or malfeasance on the part of the Club.

Sculling Equipment:

While the Club does not encourage scullers to go out on the lake alone or without a coach, it recognizes individual adult members and boat owners may choose to scull on occasions without the supervision of a coach. Club members can row SLRC-owned singles only after they submit a request for approval based on the criteria in Attachment 1 and have been formally approved by an SLRC coach. All equipment use must be properly logged. Adult Members should avoid the using SLRC equipment during scheduled Junior practice times.

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 unless explicitly approved by the Coach of their assigned team and communicated in advance to other coaches holding practices during the same time period. Again, Adult Members should avoid the using SLRC equipment during scheduled Junior practice times.

4. Other Expectations

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

- Conduct themselves in a manner consistent with the SLRC Adult 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 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 Adult Code of Conduct

Maintained By

SLRC Registrar

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Approved By

Signature on File

SLRC Head Coach

Signature on File

SLRC President

Attachment 1: Adult approval to scull without coach supervision



This [Approval Link](https://goo.gl/forms/G1au2Dlb9kd82zdi2) (<https://goo.gl/forms/G1au2Dlb9kd82zdi2>) provides approval for SLRC Adult Active and Alumni Members with demonstrated sculling experience to use Club equipment at Creve Coeur Lake unsupervised by a coach. Please use the link above to submit the approval request. You may begin to use Club equipment AFTER you are notified by an SLRC Coach regarding acceptance. Please note, the Coach may require periodic renewal.

Generally, the knowledge, skills and abilities one needs to master to take out a sculling shell without supervision include at a minimum:

- Log boat/sculler out in Log Book in boat bay when going out on the lake
- Carry boat/oars to dock
- Make any necessary adjustments to rigging
- Enter boat from dock
- Leave dock and enter general lake traffic pattern
- Navigate in compliance with traffic patterns and weather conditions
- Demonstrate general competence in sculling:
 - Looking back frequently, stopping quickly, steering, turning in place, backing, ascertain that there is a whistle in the shell, ability to scull in expected conditions (wind, waves, large wakes, temperature, etc.), ability to stabilize the shell while one hand is off of oars, such as removing sweatshirt, taking a drink, etc. (at least one hand should always control the oar handles), ability to rapidly return to dock/shore as required
- Demonstrate ability to re-enter boat after capsize
- Demonstrate ability to properly dock boat
- Return boat/oars to boathouse (cleaning/wiping down as appropriate)
- Log boat/sculler in Log Book when return
- Swimming skills
- Knowledge of SLRC Safety procedures, inclement weather and emergency procedures
- Commitment to record and report to the Club Captain and/or the Sculling Coaches any equipment conditions of the shell or sculling oars that require attention