



Rochester Rowing Club

Requirements and Expectations

Novice Program:

The Novice program is for first-year rowers of all ages. Most regattas include a separate category so that new rowers can compete against others of the same general ability.

Novices have a reduced mandatory workload, but also have the option to attend varsity practice on other days if they wish.

Novices are expected to attend winter practices on Monday, Wednesday and Friday. Captain's practice on Saturday is strongly encouraged, but not mandatory.

There have been rare cases in the past where novice rowers have earned a varsity letter by exceeding all the Varsity-level requirements listed below.

Varsity Program:

The Varsity program is for rowers interested in competing at the highest junior level. Practices are mandatory on all weekdays as well as on Saturday (captain's practice).

The RRC is able to give Varsity letters from Rochester high schools. The minimum requirements to be considered for a varsity letter are: attendance at all mandatory practices and regattas including spring training, rowing in a varsity-level boat in at least one race and an effort level and attitude which embodies the varsity spirit. Varsity letter decisions will be made by all the RRC coaches and given out at the Spring Banquet.

There have been cases in the past where rowers who have previously earned a varsity letter were not granted subsequent letters for failing to meet expectations. There have been cases in the past where rowers have made varsity boats but not earned a letter.

Time management is the duty of the rower. You expect your teammates and coaches to attend practices and they expect you to attend.

Acceptable excuses for missing mandatory practice (with parent's call or doctor's note): sickness, family emergency, unsafe driving conditions. Unacceptable excuses: too much homework, stayed up too late, alarm didn't go off. If a rower has two un-excused absences, they will not earn a varsity letter.

Time off for vacations, exams, etc can be arranged in advance. Rowers must supply their own suggested and completed workout schedules for that time. If the rower does not supply the workouts or complete them, they will not earn a varsity letter.

Any questions may be directed to Phil Greipp at greipp@rrcmn.com or Eve Richer at eve5vet@gmail.com