

## Station L Rowing Club 2022 Member Programs and Descriptions

In setting forth new descriptions for member programs in 2022, it's important to recognize the changes that took place in the club during the 2020 and 2021 seasons. Most of our members now scull, and the sweep groups have practiced jointly since July of 2021. Additionally, our Learn to Row program is now sculling based. In developing programs for the 2022 season, the following guiding principles have been considered:

- Competitive AND non-competitive programs seek to help members gain the skills, fitness and experience to achieve their individual goals in a team environment.
- Each program at the club features three coached practices per week and schedules that allow members to participate in both sweep AND sculling programs.
- It is important that any groupings of members be constructed transparently, with an option for member-initiated squad changes throughout the year (all changes require coaching staff review and approval).
- No squad will train in isolation--squads will share most practice times with related groups.
- A majority of our members wish to compete, at least semi-regularly. Competitive programs will feature a training program based around [the regatta calendar](#).
- [Open Rowing](#) sessions (generally April through early October) are opportunities for rowers in our competitive or recreational squads to take out singles in addition to each members' 3 coached program practices per week.

### Sculling Squads

Nationally Competitive  
Regionally Competitive  
Recreational  
Development  
Beginner

### Sweep Squads

Nationally Competitive  
Regionally Competitive  
Development

[Annual Regatta Calendar](#)

[2022 Rowing Schedule](#)

# Sculling Squad Notes

Practices are [scheduled](#) so that squad members can also participate in sweep programs.

## Nationally Competitive (NC) Sculling

Our NC womens and mens sculling squads train [for major regattas on an annual schedule](#), some of which are limited entry events. Weekday practices will generally focus on team boats, while Sunday practices will feature more mixed boats and all boat classes (1x, 2x and 4x). Squad members are encouraged to row singles/doubles during open row times beyond the 3 coached practices per week. Placement in this squad subject to coaching staff review and approval.

### Expectations:

- Regular attendance at practices and regattas. Some seasonal attendance requirements may be set as part of selection for limited entry regattas.
- Singles time trials as announced
- Erg testing as announced

## Regionally Competitive (RC) Sculling

Our RC womens and mens sculling squads train [for regattas on an annual schedule](#). Weekday practices will generally focus on team boats. Sunday practices will feature more mixed boats and all boat classes (1x, 2x and 4x). Squad members are encouraged to row singles during open row times beyond the 3 coached practices per week. RC squad members are invited to participate in singles time trials and erg testing, but are not required to do so.

### Expectations:

- Regular attendance at practices.
- Participation at some regattas

## Development Squad--Sculling

Our sculling development program is designed for rowers who have advanced into skinny singles. The purpose of the program is to develop skills and fitness by rowing in singles and introducing team boat sculling. There are three scheduled practices per week. The development sculling program does not train for specific regattas, but members may elect to compete--[see the regatta calendar for details](#).

### Requirements:

- Previous sculling experience, in a skinny single.
- Any member can choose this squad if they meet the experience requirement.

## Beginning Sculling

Our beginner sculling program is designed for rowers who have completed a Learn to Row program in singles. The purpose of the program is to develop skills and fitness in a single. There are at least three scheduled practices per week. Rowing will be in Aeros, with an introduction into skinny singles. Once a rower demonstrates basic competence in a skinny single they can move to the development squad.

Requirements: Completion of a Learn to Row program in a single (Edon, Wherry or Maas Aero type), or be a current Station L member with sweep rowing experience.

### **Recreational Sculling**

Our recreational sculling program offers guided practices with a focus on technique, fitness and enjoyment of your time on the river. Recreational sculling is offered in singles and team boats several times per week, including morning, noon and evening sessions. This program does not organize training around the regatta calendar.

Requirements: One year of sculling experience.

# Sweep Squad Notes

Practices are [scheduled](#) so that squad members can also participate in sculling programs.

## Nationally Competitive (NC) Sweep

Our NC womens and mens sweep squads train [for major regattas on an annual schedule](#), some of which are limited entry events. Placement in this squad is subject to coaching staff review and approval.

### Goals:

- To develop and race nationally competitive boats
- To actively develop depth and quality of individual rowers and the team
- To honor individual and team commitment to highly competitive goals

### Expectations / Requirements:

- Coachability
- Constructive mindset and attitude
- Demonstrated control and consistency in rowing technique and skill development, as assessed and approved by the coaching staff
- Active commitment and demonstration of your fitness and rowing technique
- Erg testing, as announced
- Commitment to the necessary practices in preparation for the races you sign up for / want to be considered for, as announced
- Appropriate consistency in attending practices in support of the NC Sweep Goals, if not racing

## Regionally Competitive (RC) Sweep

Our RC womens and mens sweep squads train [for major regattas on an annual schedule](#), RC squad members are invited to take part in erg testing, but it is not required.

### Goals:

- To develop and race regionally competitive boats
- To actively develop the depth and quality of individual rowers and the team

### Expectations / Requirements:

- Coachability
- Constructive mindset and attitude
- Demonstrated consistent foundation in rowing technique and skill development
- Clear goal-setting (e.g., what do you want to get out of rowing? what do you want to aim to achieve presently & in the long run, with consideration to other life priorities?) and developing a course for progress in conversation with coaches
- Regular attendance at practices encouraged, especially if participating in a regatta
- Participation at some regattas encouraged

## **Development Sweep**

Our development sweep program is designed for rowers who know how to scull, or have a bit of experience sweep rowing. The purpose of the program is to develop skills and fitness and enjoy the camaraderie of team boat rowing. There are three scheduled practices per week. The development sweep squad does not train for specific regattas, but members can take part in some events [on the annual schedule](#).

### Goals:

- To actively develop sweep rowing skills and fitness
- To experience the camaraderie of team boat rowing
- To have opportunities to participate in local and some regional regattas

### Expectations / Requirements:

- Coachability
- Constructive mindset and attitude
- Previous sweep rowing experience OR sculling experience and the completion of one or more Beginning Sweep clinics.

## **Beginning Sweep Clinics**

For rowers who only have sculling experience, we offer regular sweep rowing clinics to learn the basics of sweep rowing. After attendance at one or more of these sessions, a member can join the Development sweep squad. This group meets on Sundays as announced.

### Expectations / Requirements:

- Coachability
- Constructive mindset and attitude
- Six months of sculling experience, through Learn to Row and/or our Beginning and Development sculling groups

## Sweep FAQ

### **# Is there an attendance requirement for the NC program? I am unable to attend all the practices due to my work / life schedule.**

Attendance expectations will be set for specific NC regattas. We recognize there are possible conflicts between practice times and work / life schedules, and we do not want that to detract from people participating and contributing to the depth and quality of the program. *We expect NC members to participate consistently in practices to the extent that they are able to in support of their teammates, and to meet the other listed expectations for the program.*

### **# How will race lineups be made for NC and RC Sweep?**

Race lineups, for both NC and RC Sweep, will be developed with consideration to:

- Technical proficiency and consistency
- Erg scores / OTW power application efficacy, as applicable for NC Sweep
- Strategic age averaging, where applicable
- Attitude, mindset, and commitment:
  - Many NC Sweep regattas will have practice attendance expectations
  - For those participating in RC Sweep regattas, consistent practice attendance is encouraged
  - Competitive seats are not guaranteed to anyone.
  - We do not condone bad attitudes, unconstructive comments, or covert gossiping about each other

### **# How will practice lineups be made on days where sweep programs overlap?**

On days where sweep programs overlap, practice lineups will be made with consideration to:

- Sign-up numbers
- For safety, the ratio of coach(es) to boats, and expected boat speeds
- Technical proficiency & fitness
- Providing appropriate opportunity for race lineups to practice with their cohort
- Providing appropriate opportunity for developing depth across the program

### **# I have frustrations, concerns, questions, or feedback about something I have experienced, observed, or heard about. What should I do?**

Please reach out to the coaches if:

- You notice something in a person's rowing that you believe the coaches are overlooking
- You have frustrations, concerns, questions, or feedback about what you have experienced, observed, or heard about

