



## 2023 Minneapolis Rowing Club Competitive Women National Team

### Goal

The goal of the CWN team is to select the fastest women to represent MRC at competitive local, national, and international regattas prioritized by our club.

### Expectations

Members of the CWN Team are expected to:

- Consistently attend weekly practices (max 4 weekly)
- Commit to independently improving rowing skills + fitness level
  - 1-2 independent on the water sessions a week in addition to coached practices
  - Additional on and off-the-water training to maintain excellent health and fitness
- Complete multiple team erg tests throughout the year

*We understand that family and work obligations take priority, but every effort should be made to maximize participation.*

### Selection

- Prospective members must have at least three years of competitive (both sprint and head racing) rowing experience
- Head Coach approval is required to join to ensure that the athlete is ready to compete at a national level, which will be evaluated based on:
  - **Physical Ability:** Overall strength, fitness level, and erg scores
  - **Technical Ability:** Bladework, boat maneuvering, ability to effectively blend in with a boat, and adaptability in different weather, water, and boat conditions
  - **Mental Ability:** Ability to follow directives, handle equipment safely and responsibly, and hold oneself accountable for performance
  - **Sound Judgement:** Ability to make good decisions in high-pressure situations
  - **Attitude:** One's demeanor when subjected to rigorous physical and mental demands and behavior toward and interaction with 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

CWN is a nationally competitive team and attendance is expected at the majority of team regattas to ensure proper preparation and fitness is maintained throughout the season.

- The team typically competes at the following regattas:
  - **Local:** Minneapolis Sprints, Head of the Mississippi
  - **Regional:** Duluth International Regatta, Head of Des Moines, NWIRA Championship
  - **National:** USRowing Masters Nationals, Head of the Charles
- Regatta boat selection will be determined by a combination of erg testing, seat racing, racing experience, and the coach's discretion and a seat is not guaranteed