

# FACT SHEET - NRR Fall Youth Competitive Crew 2018

NRR Fall Youth Competitive Team is a two month program focused on building speed, power, and technique for competitive racing. Tryouts will determine who makes the fall roster.

**Program Starts:** Wednesday, September 4<sup>th</sup>, 2018- at NRR

**Program Ends:** Sunday, November 11<sup>th</sup>, 2018

**Program Cost:** \$425 **Regatta Fees:** additional (billed at the end of each regatta)

**Registration:** September 3<sup>rd</sup>, 2018 **Register through [www.regattacentral.com](http://www.regattacentral.com)**

## **Tryouts for NRR Fall Youth Competitive Team**

All rowers must attend tryouts

**Friday, August 24<sup>th</sup>**- ERG 5k tryout at Monmouth Crossfit-968 Shrewsbury Ave-Tinton Falls

Girls and Boys 7:30

**Saturday August 25<sup>th</sup>** – Water and run tryout at NRR

Boys 7:30am, Girls 8:30am

**MAKEUP TROUTS**-Friday August 31<sup>st</sup>-ERG 5k at Monmouth Crossfit

Girls and Boys 7:30 am

**Water and run** – Sunday September 2<sup>nd</sup> at NRR

Boys and Girls 7:30 am

→→ Must be between the ages of 14 and 18 and be in High School

→→ Must scull at an intermediate level or above. This means you have completed at least one full session of NRR Intermediate Summer Program, rowed in a previous NRR competitive youth program, or competed in sculling boats for another club or high school.

★ **All rowers will be required to sign the NRR competitive youth rowing manual, the code of conduct, the boat use policy, and parents to sign parent code of conduct. If any rower does not have a completed swim test on file with NRR, the individual will be required to pass a one-time test before participating in the program.**

**Practice Schedule:** All rowers are expected to attend *all* practices. Plan to arrive 15 minutes earlier.

**MONDAY BOYS 4:00 TO 5:30 GIRLS. 5:30 to 7:00**

**WEDS. BOYS 4:00 TO 6:30 THURS GIRLS 4:00 TO 6:30**

**FRIDAY GIRLS 4:00 TO 5:30 BOYS 5:30 TO 7:00**

**SATURDAY: Boys 6:30-8:30am, Girls 8:30-10:30am**

**SUNDAY: Girls 6:30-8:30am, Boys 8:30-10:30am**

## **2018 Race Schedule**

### Out of Town:

- Sunday, September 30: Kings Head, Upper Merion Boat Club, Bridgeport, PA
- Saturday, October 13: Navy Day Regatta, Schuylkill River, Philadelphia
- Saturday/Sunday October 27-28: Head of the Schuylkill, Philadelphia
- Saturday, November 3<sup>rd</sup> -Mercer Fall Classic, Mercer Lake, NJ
- Saturday, November 10: Frostbite Regatta, Mercer Lake, NJ
- Sunday, November 11<sup>th</sup> Braxton, Cooper River, Camden County-NJ

## **Contact Information**

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