

FACT SHEET - NRR Spring Youth Competitive Crew 2018

NRR Spring Youth Competitive Team is a two month program focused on building speed, power, and technique for competitive racing. Tryouts will determine who makes the 20 boys and 20 girls spring roster. The top performers in the tryouts will begin on the racing travel team. All 40 rowers on the spring roster will train together with their teammates (as outlined below).

Program Starts: Saturday, March 24, 2018 - water practice begins as weather permits

Program Ends: Sunday, May 20, 2018 - at our annual In-House Regatta

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

Registration: Open

Register through www.regattacentral.com

Tryouts for NRR Spring Youth Competitive Team

Minimum erg times for racing team: Girls = 8:15 or under Boys = 7:15 or under

Minimum erg times for racing singles: Girls = 7:30 Boys = 6:40

All rowers must attend try-outs

- **Sunday, March 18th** - ERG 2K tryout at Monmouth CrossFit 968 Shrewsbury Avenue Tinton Falls
8:00am to noon.

→→ Must be between the ages of 14 and 18.

→→ 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.

Mon. & Fri. Dev: 3:45-5:15pm	Racing: 5:30-7:15pm	Sat. Racing: 6:30-8:15am	Dev: 8:30-10am
Wed. Racing: 3:45-5:30pm	Dev: 5:45-7:15pm	Sun. Dev: 6:30-8:00am	Racing: 8:15-10am

Plan to arrive 15 minutes earlier.

2018 Race Schedule

Out of Town Races:

- * **Saturday, April 21** and **Sunday, April 22** : Mercer Lake Sprints
- * **Sunday, April 29:** William and Sarah Cooper Cup, Camden, NJ
- * **Saturday/Sunday, May 12/13:** US Rowing Mid-Atlantic Youth Championships, Mercer Lake, NJ

On the Navesink: (all youth participate)

- * **Sunday, May 20** - NRR Spring Sprints - In-House Regatta

Contact Information

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