



# BERGEN COUNTY ROWING ACADEMY

A 501(c)3 Not-for-Profit Incorporation  
 137 Bergen Avenue #C4 • Ridgefield Park, NJ 07660  
[www.bcrowingacademy.com](http://www.bcrowingacademy.com)  
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## Team Selection Process

Competitive Juniors

Fall 2015

In order to increase the quality and competitiveness of the Bergen County Rowing Academy Competitive Junior Team we will employ the following selection process, and require the following expectations of each athlete:

### Selection Process:

Tuesday, September 8, 2015	Team Meeting to lay out Plans for the Fall Season
Wednesday, September 9, 2015	5K Ergometer Test
Friday, September 11, 2015	5K Rowing Stake Race
Saturday, September 12, 2015	Final Boating for the Season

### The team will be divided into two teams:

<b>Team A</b>  <u>Coach:</u> Clemens Reinke	Top athletes based on 5K Erg, 5K Row, and Commitments  About <b>10 Seats</b> available  <u>Practice Time:</u> Mon, Tue, Wed, Fri — 3:15 – 5:00 PM Sat — 7:00 – 9:00 AM	<u>Commitments:</u> <ul style="list-style-type: none"> <li>• Be on time for every scheduled practice</li> <li>• Be available for all regattas</li> <li>• Be responsible to sign up for program in a timely fashion</li> <li>• Care properly for boats &amp; Equipment</li> <li>• Act with true sportsmanship</li> </ul>
<b>Team B</b>  <u>Coach:</u> Assistant Coach	Aspiring athletes based on 5K Erg, 5K Row, and Commitments  About <b>10 Seats</b> available  <u>Practice Time:</u> Mon, Tue, Wed, Fri — 3:15 – 5:00 PM Sat — 7:00 – 9:00 AM	<u>Commitment:</u> <ul style="list-style-type: none"> <li>• Be on time for every scheduled practice</li> <li>• Be available for agreed upon regattas</li> <li>• Be responsible to sign up for program in a timely fashion</li> <li>• Care properly for boats &amp; Equipment</li> <li>• Act with true sportsmanship</li> </ul>
<b>Rec Team</b>  <u>Coach:</u> Clemens Reinke & Assistant Coach	Those who will benefit from working on technique and athletic development in order to advance to the competitive team in the future.  About <b>20 Seats</b> available  <u>Practice Time:</u> Mon, Tue, Thu, Fri — 5:00 – 6:30 PM (Sept) Mon, Tue, Wed, Thu — 5:00 – 6:30 PM (Oct)	<u>Commitment:</u> <ul style="list-style-type: none"> <li>• Be on time for every scheduled practice</li> <li>• Have a commitment to improve technique, strength, and endurance</li> <li>• Be responsible to sign up for program in a timely fashion</li> <li>• Care properly for boats &amp; Equipment</li> <li>• Act with true sportsmanship</li> </ul>