

Bergen County Rowing Academy
Program Organization
Fall 2022

Developing Rowers
Tue (3:30-5:00 PM), Wed (4:30-6:00 PM), Thu (3:30-5:00 PM)

Competitive Rowers
Mon, Tue, Thu, Fri (Sept - 5:00-6:30 PM / Oct – 5:00-7:00 PM)

Developing Rowers B

Description:

This is the next step for rowers who completed a Learn-to-Row class. It is intended to continue developing a rower's technique and get familiar with all aspects of the sport. Participants will learn how to care for the equipment and the boat pen, as well as get to know their teammates!

Learning Objectives:

- Introduction to technical skills:
- (1) Boat Balance
 - (2) Keeping hands close together
 - (3) Lengthening the Stroke
 - (4) Steering
 - (5) Rhythm
 - (6) Able to row 2000 m without stopping

Developing Rowers A

Description:

The goal of the Developing A rowing program is to teach the athletes the fundamentals of the sport like discipline, work ethic and how to have fun in a competitive environment! This is a non-racing team, so athletes will take their time to learn the ins and outs of the wonderful sport of rowing.

Athletes will do a combination of land and water training to get familiar with all aspects of the sport. They will learn how to care for the equipment and the boat pen, as well as get to know their teammates.

Athletes that show a knack or enthusiasm for the sport may be asked to tryout for the Competitive B racing team if in 8th grade or older.

Learning Objectives:

- Introduction to various Workouts:
- (1) Stroke Rates
 - (2) Power Pieces

- (3) Steady State rowing without stopping
- (4) Starts

Competitive Rowers B

Description:

To be placed on the Competitive B Team, the athlete must have completed a Development season, either with BCRA or another team. The athlete must be evaluated by the BCRA coaches to ensure they are prepared for Competitive A athletics. This can be done during the first week of each season.

Coaches are evaluating an athlete's work ethic, attitude, and enthusiasm. Every athlete that has competitive aspirations is encouraged to try out for Competitive B! Once the tryout period is completed, coaches will inform the athletes who have earned a spot on the Competitive B Team!

If an athlete completes tryouts and is not ready for the Competitive B Team, they will be invited to join or remain on the Developing Rowers team. Moving from Developing Rowers to Competitive B during the season/year will be dependent on an athlete's development! If rowing competitively is something you really want; show it!

Once on the Competitive B Team, athletes will be expected to attend all practices. Athletes are allowed five excused absences and must communicate with the Head Coach prior to the absence. Athletes that miss more than the allowed numbers of practice may not be allowed to compete at races. Time management and communication are essential to being a successful student athlete!

Athletes on the Competitive B Team will be learning skills like discipline, time management, work ethic and an enthusiasm for the sport of rowing. These skills will not only help them move to Competitive A, but throughout their lives!

Competitive Rowers A

Description:

To be placed on the Competitive A Team, the athlete must have completed a Development or Competitive B season, either with BCRA or another team. The athlete must be evaluated by the BCRA coaches to ensure they are prepared for Competitive A athletics. This can be done during the first week of each season.

Coaches are evaluating an athlete's work ethic, attitude, and enthusiasm. Once the tryout period is completed, coaches will inform the athletes who have earned a spot on the Varsity Team!

If an athlete completes tryouts and is not ready for Competitive A athletics, they will be invited to join the Competitive B Team.

Once on the Competitive A Team, athletes will be expected to attend **all** practices. Athletes are allowed three excused absences and must communicate with the Head Coach prior to the absence. Athletes that miss practice without an excuse, or go over the allowed three absences, put themselves at risk of not being allowed to compete at races. This policy does not apply to recruiting visits for athletes in the Fall of their Senior year. Time management and communication are essential to being a successful student athlete!

Athletes on the Competitive A Team will be learning skills like discipline, time management, worth ethic and an enthusiasm for the sport of rowing. These skills will help them throughout their lives!