

2018 FALL ROWING EVALUATION DATES

Location: Oxford Boathouse

Monday, 20 August from 4:00 to 6:00pm

Tuesday, 21 August from 4:00 to 6:00pm

All makeup evaluations will be done on Monday, 27 August, the first day of fall practice. Rowers doing their evaluations on 27 August will not go out on the water that day.

Evaluation:

- 5 minutes erg meters
- 500 meter erg time

Coxswains Requirements:

- Coxswain test (including short answer, terms and essay) on Monday, 20 August, 6:00pm at the boathouse
- Coxswain recording (either Video/Audio or just Audio) submitted on Monday, 20 August
- If coxswain cannot make this date, contact the head coach

Cost: \$475; includes; register at www.pwcacamps.org

- Tank uni-suit
- Team Hat, T-Shirt, and water bottle
- Boat registration fees for home regattas
- Separate fee for bus and boat registration fees for away regatta

Practices: Monday, 27 August to Sunday, 4 November; 10 weeks, four days a week

- Womens Team: Head Coach – Emily Hunt (hunt.emilyc@gmail.com)
- Mens Team: Head Coach – Kris Sorensen (KNSORENSEN@hotmail.com)
- End of Season Pasta Party: Friday, 2 November after practice

Regattas:

- Three home regattas:
 - Occoquan Challenge – 7 October
 - Occoquan Chase – 14 October
 - Head of the Occoquan – 3 & 4 November
- One away regatta – Head of the Schuylkill, Schuylkill River, Philadelphia, PA – 28 October. A and B boats only. Separate fee for bus and boat registration fees.

2018 PWCA FALL ROWING PROGRAM

This year, the experienced rowing programs, Competitive and Developmental, will combine into one team. The new structure will operate much like a spring high school rowing program in which all boats will be competing. This should allow for greater accountability, responsibility, and a more competitive atmosphere. Initial boat placements will be based on evaluations on the erg and on-water as needed.

The competitive team rowers will have a three payment plan option. The first payment of \$160 must be before 27 August, the second payment of \$160 on 15 September, and the third payment of \$160 on 1 October.

The top two men's and women's boats will be expected to participate in all regattas including one away regatta at the Head of the Schuylkill. The select rowers going to the Head of the Schuylkill will have an additional cost. Lower boats will compete locally at coach's discretion.

EVALUATION DAYS: 20 & 21 August, 4:00 to 6:00 PM at the boathouse

- **COXSWAINS:** Written and audio test submissions. The written test will occur on August 20 and 21. The audio submissions will be turned in at the time of the written test.
- **ROWERS:** All experienced rowers interested in participating in PWCA's fall Competitive Team will be evaluated on August 20 and 21
 - 5-minute erg time
 - 500 meter erg time
- Rowers will be placed in A to E boats (Initial rankings will be based on the evaluation criteria. Continued evaluations will be based on "on water" observation).
- During the fall season, rowers who desire to move from their current boat, may request a seat race for a new boat position.

DATES: 27 August to 4 November

TIME: 4:00 to 6:00 PM (with ability to flex)

DAYS: Monday, Tuesday, Thursday, Friday

Cost: \$475

UNIFORM: All rowers on the Competitive Team will receive the following:

- T-Shirt
- Uni-Suit
- Visor or Hat
- Water Bottle

REGATTAS: The competitive select boats (upper boats) are expected to compete in all regattas below. At the coaches' discretion, competitive boats (lower boats) will compete in the head races on the Occoquan Reservoir.

- Occoquan Challenge – 7 Oct
- Occoquan Chase—14 Oct
- Head of the Schuylkill—28 Oct (Competitive Select Boats only, additional fee)
- Head of the Occoquan—3 & 4 Nov