

Novice Rowing

Summary

Novice Rowing is the step between Learn to Row and Intermediate Masters. Time is spent practicing the skills needed to transition from rowing with pairs sitting out, to rowing all together in sweep boats (8+, 4+), and learning to scull in coxed boats (4x+), and small boats (4x, 2x, 1x). There will be a wide range of progress during the year as everyone works together to build on their skills. Rowers should expect to learn coxing skills as well, which involves directing the boat from the boathouse to the water and steering the boat during practice. During the year there will be opportunities to participate in regattas and scrimmages for those that are interested in experiencing races and rowing in different venues.

Who is this program appropriate for?

Any adult rower who has completed the Learn to Row program. Novice Rowing is not for those who are completely new to rowing, but includes the continuation in development of the basics from Learn to Row to reinforce skills and knowledge and may begin with rowing in the barge to assess skills.

What's Next?

Rowers typically spend a year in Novice Rowing. After that year if an athlete is completely comfortable with the skills from our Learning Goals and feedback from their coach, a rower may request to participate with Intermediate Masters. [VIEW RCRC MASTERS TEAMS PROGRESSION PLAN](#)

Novice Rowing Learning Goals

- Embodies the River City Rowing mission to “Get People Rowing, and Keep People Rowing”
- Demonstrates understanding that safety is the #1 priority and demonstrates knowledge of the Deep Water Channel traffic pattern, safety when passing large ships, familiarity with landmarks and hazards
- Completely comfortable with all basic rowing terminology
- Handle equipment with appropriate care following all written River City Rowing guidelines including reporting issues to coaching staff, the cox box procedures, launch set-up and breakdown, and general boathouse etiquette
- Can adjust footstretchers and spacers without assistance on the water
- Can carry and get in/out of the boat independently, or knowing to ask for assistance
- Understands how to keep up to date in two-way communications with the team.
- Participates in at least one session of coxing experience and is familiar with coxing basics
- Able to row in concert with the 8+
- In an 8+, comfortable rowing for the majority of the practice by 6's and all 8 for short stretches; in a 4+ or 4x+ by threes for the majority of practice and by all 4 for short stretches
- Knows how to set the boat, and can execute drills at regular speed: Pick, Inside/Outside arm, Pause Drills.