



Bergen County Rowing Academy

*A 501(c)3 Not-for-Profit Incorporation
137 Bergen Avenue, C4 • Ridgely Park, NJ 07660
www.bcrowingacademy.com*

Skills Expected for Athletes on the Competitive Team

1. Rowing Skills

- a. Athlete is able to row a single scull without pontoons (*if planning to compete in a single*)
- b. Athlete knows how to set up their footstretcher correctly.
- c. Athlete is able to launch and dock without assistance.
- d. Athlete is able to row 2000 m without stopping and at pace.
- e. Athlete is able to back row.
- f. Athlete is able to back into a Stake Boat.
- g. Athlete is able to row a Standing Start.
- h. Athlete is able to steer a boat safely and stay straight in a race-course lane.
- i. Athlete knows how to rig, de-rig, and load their boat on the trailer.

2. Training

- a. Athlete is prepared with a Training Device (SpeedCoach or CrewNerd App).
- b. Athlete knows the difference between On-Stroke and Paddle-Stroke.
- c. Athlete is able to row at various indicated Stroke Rates.
- d. Athlete knows how to execute a Power Pyramid.
- e. Athlete is familiar with high-performance training language (they understand the directions given by the coach. There may be some explanations necessary, but the athlete understands the basics).
- f. Athlete displays proper usage and care for the equipment.

3. Character

- a. Athlete is coachable.
- b. Athlete is willing to consistently work hard and focus on improving their technique and abilities.
- c. Athlete is self-motivated to push him or herself.
- d. Athlete is willing to work as a team member for the benefit of the entire team.

4. Time Commitments

- a. Athlete will commit to all practices.
- b. Athlete will commit to attending practices on time.
- c. Athlete will be able to participate in most anticipated competitions.