



Navesink River Rowing Youth Racing Summer Program

TRYOUTS – Saturday, June 18, 2011 6:45 – 9:15 AM

ABOUT THE PROGRAM:

DATES: Monday, June 20 through Saturday, July 16

NRR's Summer Youth Racing Program is a 4-week program for youth (14-18) with sculling experience and a strong commitment to training and competition. It will meet **six days a week** (Mon – Sat) from **5:45 – 7 am**, with most of the instruction and workload on the water. Video and ergometer instruction will be built in as well. **\$625** fee includes entry costs for 2 regattas – Independence Day Regatta on July 1-3 and Philly Youth on July 16.

10 Youth will be selected for this program based on 2K erg test scores and performance during tryouts on the water. Both boys and girls will be accepted. In addition to a strong technical and physical base, Head Coach Volodar Lojko and the NRR coaching staff will be looking for a high level of motivation and commitment from youth rowers.

ABOUT THE TRYOUTS

DATE: Saturday, June 18, 2011, 6:45 – 9:15 AM

Back-Up Date: Sunday, June 19 (in case of unrowable weather or the need to split a large group into two smaller ones trying out on separate days)

6:45, Meet at the NRR site (end of Maple Ave, off W. Front St, Red Bank) for introductions and stretching.

7:00, Walk/run up to Hammer House Fitness (80 Broad St) for 2K erg tests – 2 waves.

7:45-8:00, Return to NRR site, get boats ready

8:00 – 9:00, Water portion of tryout (swing row out; short pieces on return)

9:00 – 9:15 (or so), return, wash and rack boats and oars.

Reserve Your Spot. Deadline: Sun., June 12.

Contact Susan: nrrnews@gmail.com or 732.863.1321

FREQUENTLY ASKED QUESTIONS

Who should tryout?

Youth scullers between the ages of 14 and 18 with some competition experience who are serious about training hard and racing successfully.

What if I have rowed competitively, but do not scull?

Experienced rowers who have not sculled before should start by getting some instruction and experience in another NRR program. Try one of the new two-day "sculling intensive" sessions* for sweep rowers, followed by enrollment in the Intermediate program. If you pick it up quickly, you could move up to the Advanced level or even the racing program, if there is room.

What are my options if I don't make the cut?

Coach Lojko and the NRR coaching staff strongly encourage youth who do not make the racing program to sign up for NRR's Advanced Youth Program. You'll have the same coach and similar training, with the main difference being the number of days and intensity of workouts. Rowers who are not selected for the racing program automatically get a spot in the advanced program if they want it.

Will advanced youth be racing at all?

Yes, definitely at the 2nd annual Sprints on the 'Sink; possibly at the Philly Youth regatta; and of course, against one another every Friday!