

FACT SHEET - NRR Fall Youth Competitive Crew 2019

NRR Fall Youth Competitive Team is a two month program focused on building speed, power, and technique for competitive racing. Tryouts will determine who makes the fall roster.

Program Starts: August 26th, 2019- at NRR

Program Ends: Sunday November 10^h, 2019

Program Cost: \$425 **Regatta Fees:** additional (billed at the end of each regatta)

Registration: Register through www.regattacentral.com

Tryouts for NRR Fall Youth Competitive Team

All rowers must attend tryouts

Friday August 16th Erg tryouts at CrossFit 13 Fairview Avenue, Little Silver 7:45am or 4:00pm

Monday August 19th– Water and run tryout at NRR 6:30pm

PLEASE REMEMBER TO BRING RUNNING SHOES WITH ALL TRYOUTS AND PRACTICES.

→→ Must be between the ages of 14 and 18 and be in High School

→→ Must scull at an intermediate level or above. This means you have completed at least one full session of NRR Intermediate Summer Program, rowed in a previous NRR competitive youth program, or competed in sculling boats for another club or high school.

★ All rowers will be required to sign the NRR competitive youth rowing manual, the code of conduct, the boat use policy, and parents to sign parent code of conduct. If any rower does not have a completed swim test on file with NRR, the individual will be required to pass a one-time test before participating in the program.

Practice Schedule: All rowers are expected to attend *all* practices. Plan to arrive 15 minutes earlier.

<u>EXPERIENCED TEAM</u>		<u>DEVELOPMENT TEAM</u>	
MON: 4:00-5:20 PM	WED: 5:35-7:00 PM	MON: 5:35-7:00 PM	WED: 4:00-5:20 PM
FRI: 4:00-6:30 PM	SAT: 8:45-10:45 AM	SAT: 6:30-8:30 AM	SUN: 8:45-10:45 AM
SUNDAY: 6:30-8:30 AM			

2019 Race Schedule

Out of Town:

- Sunday, September 29th: Kings Head, Upper Merion Boat Club, Bridgeport, PA
- Saturday, October 12th: Navy Day Regatta, Schuylkill River, Philadelphia
- Saturday/Sunday October 26th: Head of the Schuylkill, Philadelphia
- Saturday, November 3rd -Mercer Fall Classic, Mercer Lake, NJ
- Saturday, November 9th: Frostbite Regatta, Mercer Lake, NJ

Contact Information

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