



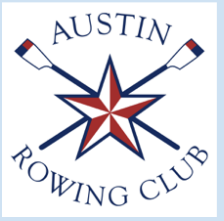
Rowing in College



Information covered

- Things to Consider when Selecting a Program
- Types of Programs
- Erg Times
- Contacting Schools/Coaches
- General Timeline for Recruitment
- Financial Aid/Scholarships
- How can ARC get you to College Rowing
- Expectations at ARC
- Questions to ask yourself about your recruitability
- Questions

Things to Consider When it Comes to Selecting a Program



Location:	Team Culture:	Coaches:
<ul style="list-style-type: none">● Commute - How close is the boathouse? Do you have to bus/drive to campus or can you walk?● What are the campus fitness facilities like?● What is the boathouse like?● What are the time commitment expectations outside of practice?● What are the off season expectations?● How much travel is involved in racing?● What is the weather like?● Do you like the body of water?	<ul style="list-style-type: none">● What is the culture with regards to academics, extra curriculars, etc?● Could you imagine yourself as part of the team?● Are there people on the team you look at and think “I want to be like them!”● Will practices conflict with classes?● How is the academic support?	<ul style="list-style-type: none">● Are the coaches interested in the growth of the program and likely to stay? <i>**Do not entirely tie your interest and commitment to a school to it’s coaching staff, coaches can leave**</i>● What is the coaches philosophy on living abroad, classes that conflict with practices, etc.?



Things to Consider When it Comes to Selecting a Program

Academics/Student Life

- What do I want to study in college?
- Are the majors I am interested in available?
- Do I have a list of schools that I would like to attend from an academic perspective? (Reach schools and Safety schools)
- Will I be happy on campus if I get injured and cannot row? Make sure you pick schools that you will be happy at if you are unable to row. Make sure you are preparing for post-rowing life
- Do I fit into the campus student body outside of rowing?
- Do I have the academic credentials to be accepted?
 - GPA, SAT/ACT, Volunteering, High School Resume

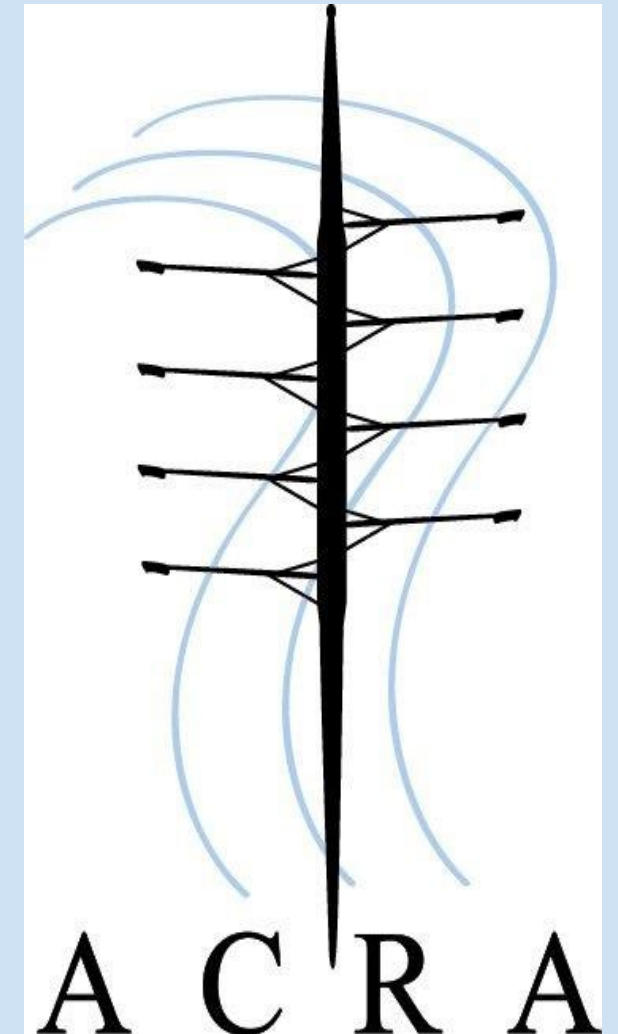
Cost

- Can I afford it?
- Can I afford it if I do not have a rowing scholarship?
- Do I have financial options available to me outside of my athletic performance on the team?

What types of programs are available and how are they different?



NCAA
ACRA
IRA



What types of programs are available and how are they different?



Category	NCAA (Division I-III)	IRA	ACRA
Open Men		X	X
Open Women	X		X
Lightweight Men		X	X
Lightweight Women		X	X

NCAA Division I, NCAA Division II, and IRA have scholarship opportunities
There are many different conferences/regions for each type of program. This information will be located in a packet that ARC can share if you are interested.

Mens Erg Times (Varsity + Club)

Men's heavyweight rowing recruiting 2k times					
Tiers			2k Erg Time	Height	HEALTHY Weight
Tier 1	Elite varsity programs with potential to reach IRA National Championship Regatta finals in the V8+.	California-Berkeley, Washington, Yale, Harvard, Princeton, etc.	6:10s and under	6'3+	H E A L T H Y
Tier 2	Strong varsity programs that consistently qualify for the IRA National Championship Regatta in the V8+	Includes: Wisconsin, Navy, Syracuse, Penn, etc.	6:10s to mid 6:20s	6'1+	
Tier 3	Competitive varsity programs with potential to qualify for the IRA National Championship Regatta or reach the Dad Vail Regatta finals in the V8+. Also may include elite club programs during strong year.	Includes: Colgate, Drexel, Hobart, Temple, etc.	mid 6:20s to 6:40	6'0+	
Tier 4	Varsity programs and top club programs.	Includes: Jacksonville, UCSB, Michigan, Trinity, etc.	6:30s to 6:40s	5'11+	
Men's lightweight rowing recruiting 2k times					
Tier 1	Elite varsity lightweight programs with potential to qualify for the IRA National Championship Regatta in the 8+.	Includes: Cornell, Columbia, Princeton, Yale, etc.	6:30s and under	5'11"+	Under 160
Tier 2	Programs that put together a lightweight 8+ on a regular basis.	Includes: MIT, California, Temple, etc.	6:40s and under	5'10"+	Under 160

Womens Erg Times (Varsity + Club)

Open Women's rowing recruiting 2k times				
Tiers		2k Erg Time	Height	Weight
Tier 1	Top Division I teams	low 7:20s and under	5'10"+	H E A L T H Y
Tier 2	Top Division III teams	mid 7:20s to 7:30s	5'9"+	
Tier 3	Division 2 teams, middle Division 3 teams and lower Division 1 teams	7:30s to 7:50	5'8"+	
Tier 4	Lower Division 3 teams and top club teams	under 7:55	5'7"+	

There is a large healthy range for open women's weight. Do not overthink this.

Women's lightweight rowing recruiting 2k times				
Tier 1	Top lightweight teams like Stanford and Princeton	under 7:35	5'7"+	Sub 130
Tier 2	Lower-tier teams like California and MIT	under 7:55	5'7"+	Sub 130
Tier 3	Club Programs	ranges	ranges	Sub 130

If lightweight rowing interests you, have a conversation with yourself and your coaches to **determine if your body naturally sits at a place where lightweight rowing is not detrimental to your body.**

Am I at a healthy weight right now racing lightweight at age 15 (for example)? Will I be at a healthy weight racing lightweight when I am 22?

Contacting schools/coaches - Outreach



There are two different types of outreach

Indirect Outreach

- Team Homepage recruiting questionnaires

Direct Outreach

- Opportunities to cross paths (Head of the Charles, Crash-Bs, official camps, SWEAT, Erg Rodeo)
- Email updates (at least once a month!) with erg PRs, race results, grades, test scores, etc.
- Periodic calls to assess their interest.
- Unofficial visits

Contacting schools/coaches - General



What do I need in my “tool box” before contacting?

- Unofficial or official copy of your transcript
- Video of you rowing
- 2k score

Where do I get coaches contact information?

- Online, through events (Erg Sprints), School website portals, Recruiting Sites (links at the end - there are several)

Additional Tips you should ask

- (Ask yourself) Do I have the grades? Can I send my transcript over?
- Overall goal should be to learn if you are a good candidate for the school
- Athletes need to reach out - not parents!
- Be willing to accept feedback from a coach - Do I need to improve on anything?
- Almost all schools have recruiting information on their websites - start here
- Consistent follow up

Contacting schools/coaches - Visits



- Unofficial Visit
 - Unofficial visits are completely paid for entirely by the prospective student-athlete and/or their family.
- Official Visit
 - A visit to a college campus by you and your parents paid for by the college. (typically in the fall semester of your senior year)
 - The school typically covers travel, and has a rower be your host in a dorm room for your stay.
 - Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the Eligibility Center.



General Timeline for Recruitment

	Division I	Division II	Division III
Anytime	Questionnaires, Camp Info, NCAA Publications, & Nonathletic Publications	Questionnaires, Camp Info, NCAA Publications, Nonathletic Publications, & Unofficial Visits	Recruiting Materials, Telephone Calls, Digital Communication, & Unofficial Visits
Sophomore Year	Recruiting Materials, Electronic Correspondence, & Telephone Calls (incoming/outgoing) June 15th between sophomore and junior year Verbal Offer June 15th between sophomore and junior year	Official Visits & Off Campus Contact June 15th between sophomore and junior year	See Above
Junior Year	Off Campus Contact, Unofficial Visits, & Official Visits August 1st prior to junior year Maximum of 5 official visits	Athletically Related Recruiting Materials, Electronic Media & Transmissions, Telephone Calls, and In Person, Off Campus Recruiting Contacts No limits for an athlete entering their junior year Off-Campus Contact June 15 - No more than three off campus contacts	Off Campus Contact may occur after sophomore year Official Visits May take after January 1st of their junior year
Senior Year	See Above	See Above	See Above

Financial Aid and Scholarships (General)



Information on getting an athletic + academic scholarship at the same time: [Athletic and Academic Scholarships - General Information](#)

Sometimes financial aid, academic scholarships, and other options can be more financially viable than athletic scholarships - do your research!

[General Financial Aid Information to get Started](#)

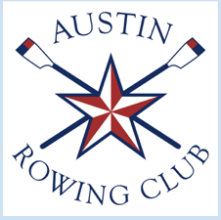
How can ARC get you to College Rowing



What do coaches look for in rowers who want to row in college? Why is ARC the right club to get rowers to the collegiate level?

- **Correct applications and processes.** Have you done your research and are you prepared with paperwork?
- **Erg Times.** Do you have the 2k times needed to keep up and grow within the programs
- **Physical Attributes.** Are you healthy? Do you eat right? Does your body have the ability to keep growing and getting faster?
- **High School Experience.** How are your grades? Can you be admitted to the school? Will you fit in? Do you have depth within your highschool experience such as additional after school programs or volunteering?
- **Correct applications and processes.** All Varsity coaches have done in depth current research and have recent experience on how to navigate all applications and paperwork needed in addition to when items are due.
- **Erg Times.** All Varsity coaches work together collaboratively to ensure that the correct training plan will get all rowers who **actively work hard** can all achieve their 2k goals. Competitive times are very difficult to conquer and require passing big mental barriers in addition to physical! ARC has the coaching staff that will continue to push hard so that all rowers can hit their 2k goals.
- **Physical Attributes.** ARC has trained coaches in nutrition. P **This takes effort on the athletes end as well.**
- **High School Experience.** School performance is very important. If a rower is struggling with academics, adjustments will be made to ensure that grades are good FIRST, with rowing following.

How can ARC get you to College Rowing



What do coaches look for in rowers who want to row in college?

- **Good Character.** Are you a good teammate? Will you fit in with the program? Will you be a positive influence on your future teammates?
- **Video or Regatta Performance.** Do you have recent video of your rowing technique? Have any of your boats placed in big regattas recently?
- **Finances.** Can you afford going to this school?

Why is ARC the right club to get rowers to the collegiate level?

- **Good Character.** It is incredibly important to ARC that all athletes treat each other with respect and learn from each other.
- **Video or Regatta Performance.** ARC Coaches are able to give more individual attention to rowers with a lower rower to coach ratio. This allows athletes to receive more technical feedback on the water and more video! Especially with COVID19, **Video is VERY IMPORTANT.** Coaches also look at race results to supplement if there is lack of video or to help boost an application.
- **Finances.** While ARC cannot help with the financial option monetarily, the ability for rowers to build volunteer hours at a non-profit organization allows for rowers to apply to scholarships that look for depth within a high school program apart from GPA and sports.

Expectations for Rowers, Parents, and Coaches

ROWER EXPECTATIONS

- Attendance
 - 6 workouts/week
- Workouts
 - 4/ week at ARC
 - Assigned OYO SS at home
 - 2-3 Lifting workouts
- Nutrition & Overall Health
 - Am I eating good food?
 - Am I eating enough food?
 - Am I sleeping enough?
 - Can I balance school with rowing?
- Check-ins
 - With Squad Coach

PARENT EXPECTATIONS

- Attendance
 - Ensure the athlete attends all practices that are assigned to them to the best of your ability
- Nutrition & Overall Health
 - Provide nutritional food
 - Ensure rower is eating ENOUGH food
 - Ensure rower is sleeping enough
 - Ensure rower is getting enough study time

COACH EXPECTATIONS

- Workouts
 - Provide workouts to get rower to achieve fitness goals needed for erg + on the water performance

QUESTIONS

