



Rowing in College

Overview

The purpose of this document is to provide details on the different types of rowing programs available for college athletes.

COVID19 Updates from NCAA

Recruitment expectations and standards are constantly changing due to COVID19. The following link is recommended as a source for the most up to date information.

<https://www.ncsasports.org/coronavirus-sports/ncaa-recruiting-suspended>

Contents

Overview	1
Things to consider when choosing a program	3
What are the different types of programs?	3
NCAA	3
NCAA Additional Information	4
IRA	5
ACRA.....	5
Erg Times.....	6
Men’s Erg Times for Varsity and Club Schools.....	7
Men’s Heavyweight Rowing Recruiting 2k Times	7
Men’s Lightweight Rowing Recruiting 2k Times	7
Women’s Erg Times for Varsity and Club Schools	8
Women’s Heavyweight Rowing Recruiting 2k Times.....	8
Women’s Lightweight Rowing Recruiting 2k Times.....	8
Rowing Conferences	9
Women’s Varsity Conferences (DI)	9
Women’s Varsity Conferences (DII)	9
Women’s Varsity Conferences (DIII)	10
Women’s Lightweight Varsity Conferences (IRA)	10
Men’s Lightweight and Heavyweight Varsity Conferences (IRA).....	11
Club Rowing Regions (ACRA)	11
Things to Consider when Selecting a Program	11



Location.....	11
Team Culture.....	11
Team Culture.....	11
Recruit Ability.....	11
Admissions	11
Scholarships	12
Types of Outreach.....	12
Direct Outreach.....	12
Indirect Outreach.....	12
Types of Visits	12
Unofficial Visit	12
Official Visit	12
General Timeline for Recruitment	13
Contacting a Coach	13
What do I need in my “toolbox” before contacting?.....	13
Where do I get coaches contact information?	14
Additional Tips	14
Financial Aid.....	14
Helpful Links.....	14
How ARC can get you to College Rowing.....	15
Expectations for Rowers, Parents, and Coaches.....	16
Rower Expectations	16
Parent Expectations	16
Coach Expectations.....	16



Things to consider when choosing a program

- Create a list of schools that interest you. What are your reach schools? What are your safety schools?
- What do I want to study in college? Are the majors I'm interested in available? All schools have a complete majors list.
- Can I afford it?
- Do I have the academic credentials to be accepted?
 - GPA, SAT, ACT, Volunteering, High School Resume
- Do I fit into the campus and student body?
- How does this tie into your academics? Make sure you pick schools you will be happy at if you are unable to row midway through due to injury, etc.! Make sure you are preparing for post-rowing life.
- Unsure if DI, DII, or DIII is best suited for you? Check out [this link](#) for more details!
- Will need to register with the [NCAA Eligibility Center](#) if you want to row DI, DII, or DIII (this can be done later, but good to keep an eye on this!)

What are the different types of programs?

There are three different programs that are available for collegiate athletes. They are the NCAA, IRA, and ACRA.

Category	NCAA	IRA	ACRA
Open Men		X	X
Open Women	X		X
Lightweight Men		X	X
Lightweight Women		X	X
NCAA and IRA have scholarship opportunities			

NCAA

- **Number of Programs:** There are currently around 156 varsity programs competing in college women's rowing which split up into DI, DII, DIII - This includes Women's IVY league schools
- **Championship:** NCAA Rowing Championships
- **What is considered for recruitment:** Erg times, Physical Attributes, High School Experience, Video, Good Character, Finances
- **Source for additional information:** [DI, DII](#)
- **Full List of Schools:** [Full list of schools](#)
- **Women's coxswain scholarships:** Coxswain scholarships are not common. There are fewer boat seats and roster spots available for coxswains than there are for rowers, and coaches will have to decide whether to offer athletic scholarship money to a rower or coxswain. Receiving a coxswain scholarship is not impossible, but coxswains should go into the college recruiting process with realistic expectations.



NCAA Additional Information

	DI	DII	DIII
Size of Program	89 total programs, Average of 47 athletes per team	15 total programs, Average of 26 athletes per team	52 total programs
Scholarships	<p>**The Ivy League does not offer athletic scholarships**</p> <p>Up to 20 full athletic scholarships that can be awarded per team, though these scholarship amounts can be divided by the coach as they see fit. The coach can choose to give a bit of money to all rowers or give out full rides to a few top rowers. You are not guaranteed a full ride/scholarship</p>	<p>Up to 20 full athletic scholarships that can be awarded per team, though these scholarship amounts can be divided by the coach as they see fit. The coach can choose to give a bit of money to all rowers or give out full rides to a few top rowers. You are not guaranteed a full ride/scholarship, however DII provides the greatest chance to get a scholarship</p>	None, athletes apply for financial aid if possible
Additional big Regattas	<p>There are different conferences which provide different regattas throughout the season. Some examples include: BIG 10, PAC 12, Head of the Charles, San Diego Crew Classic, American Athletic Conference Championship Standings, Eastern Sprints, Ivy League Championship, NCAA</p> <p>There are many additional larger and smaller regattas - recommended to do additional research</p>		
GPA Qualifications	Earn at least a 2.3 GPA in your high school core courses - Additional Information		
How Competitive	<p>This can vary! In women's college rowing, top Division 2, Division 3 and club teams can be just as competitive as some Division 1 teams. To provide a more complete snapshot of college rowing, cMax rankings provide a relative estimate of how fast college women's crews are by including both varsity and club teams and comparing race results from across the country. While not definitive, the rankings are helpful in ballparking where teams stand and show Division 3, lightweight and even club teams outperforming several Division 1 teams. It is recommended to start here to compare NCAA (DI, DII, DIII) and Club programs: cMax Rankings, row2k</p>		
Are there Novice/JV/Varsity Events available?	<p>There are events for V8, 2V8, and V4 for NCAA Championships</p> <p>There are additional events at smaller regattas that include smaller boats</p> <p>Yes you can compete as a novice, you will be part of the Freshman program (this is gradually becoming less and less common)</p>		
Additional Resources	<p>http://www.ncaapublications.com/productdownloads/CBSA16.pdf</p> <p>https://athleticsrecruiting.com/rowingscholarships.html</p>		



IRA

The IRA runs the IRA National Championship Regatta, which is considered to be the United States collegiate national championship of men's rowing. This regatta includes both men's and women's (lightweight) events for sweep boats of all sizes and the Women's lightweight double event.

- **Number of Programs:** Due to COVID19, it is important to follow up on how many programs are available for Men's Heavyweight + Lightweight Rowing and Women's Lightweight Rowing.
- **Championship:** [IRAs](#)
- **What is considered for recruitment:** Erg times, Physical Attributes, High School Experience, Video, Good Character, Finances
- **Scholarships:** Men's college rowing scholarships are not as widely available as women's college rowing scholarships. A small number of colleges and universities do offer men's rowing scholarships. The actual total of men's rowing scholarships nationwide would not match the total number of women's rowing scholarships within some major college conferences. Stanford University, Boston University, Northeastern University, and the University of California are some of the major D1 universities which offer men's rowing scholarships. Ivy League schools such as Princeton and Harvard do not offer men's rowing scholarships, but there are financial assistance grants available if you qualify for these.
- **Number of Teams:** The IRA currently consists of 51 member institutions competing across men's heavyweight, men's lightweight, and women's lightweight categories. [List of Teams from IRA Website](#)
 - [Background information for Men's rowing \(also applies to ACRA\)](#)
 - **Lightweight Women:** In 2019, there were 7 women's lightweight teams. Due to COVID19, there could be less.

ACRA

The ACRA National Championship Regatta is considered the National Championship for collegiate club programs and all programs outside the NCAA/IRA structure.

- **Number of Programs:** This varies year to year. The best way to see the number of available teams that are competitive throughout the country is to check the cMax rankings on Row2k. [Row2k cMax Rankings](#)
- **Championship:** ARCA
- **What is considered for recruitment:** For club teams, there are usually tryouts on campus to join the team once the school semester begins. Club teams vary greatly in size so each school may handle the onboarding process differently. When school begins, research when tryouts are and be sure to be in shape for them! Erg times, physical attributes, high school experience, video, good character and finances are still considered for recruitment, however it is very likely that these items will not be considered until the school year has begun.
- **Scholarships:** Club programs do not provide athletic scholarships. Students additionally pay out of pocket dues to join their respective teams.
- **Walk on to Varsity Program:** This is very common and possible. There are many schools that have club and varsity teams – which compete in different divisions.
- **Additional Regattas:** There are regattas all throughout the country during all parts of the year! We hold several regattas here in Austin that many club teams attend. There are also many



regattas where club teams can compete against masters and Varsity programs within the Championship events or Open Categories. It is recommended to research which regattas schools regularly attend and how they place. Results are usually posted on Regatta Central, the Regattas website, or on herenow.com

- **GPA Requirements:** GPA needs to meet minimum requirements for admittance to the school you would like to row at
- **How Competitive is ARCA compared to NCAA and IRA?** This varies greatly. For the mens rankings, there are many club programs that are consistently faster than teams that compete in IRA. There are also many teams that are significantly slower. For womens rankings, NCAA for Open Weight Women and IRA for Lightweight Women are generally much faster than ACRA. However, there can be exceptions. It is best to check the cMax Rankings to see how schools stack up against each other. [Row2k cMax Rankings](#)
- **What events are available?** It is possible to race as a novice again in college. However, be prepared that most club teams place a greater focus on sweep events. There are more sculling events available in the ACRA division compared to IRA and NCAA.

Erg Times

Erg times are generally the most important part of the application process. There are many exceptions depending on coaches preferences.



Men's Erg Times for Varsity and Club Schools

Men's Heavyweight Rowing Recruiting 2k Times

Tiers			2k Erg Times	General Height	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+	195+
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+	190+
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+	185+
Tier 4	Varsity programs and top club programs.	Includes: Jacksonville, UCSB, Michigan, Trinity, etc.	6:30s to 6:40s	5'11+	180+
Tier 5	Average Club Programs	Includes: Georgia Tech, Purdue, Bucknell, etc.	6:40s+	5'10+	Varies

Men's Lightweight Rowing Recruiting 2k Times

Tiers			2k Erg Times	General Height	Weight
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

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?



Women's Erg Times for Varsity and Club Schools

Women's Heavyweight Rowing Recruiting 2k Times

Tiers		2k Erg Times	General Height
Tier 1	Top Division I teams	low 7:20s and under	5'10"+
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"+

Women's Lightweight Rowing Recruiting 2k Times

Tiers		2k Erg Times	General Height	Weight
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?



Rowing Conferences

Do adequate research to confirm that the program still exists. COVID19 caused many schools to cut their lightweight or heavyweight programs. **

Women's Varsity Conferences (DI)

The conferences below receive one automatic qualifier to NCAAs from their conference championships. The NCAA team fields a V8+, 2V8+, & V4+.

Conference	Schools & Conference Championship	Championship
American Athletic Conference	AAC Rowing Championships	NCAA Rowing Championships
Atlantic 10 Conference	A10 Rowing Championships	
Atlantic Coast Conference	Atlantic Coast Conference	
Big 10 Conference	Big 10 Conference	
Big 12 Conference	Big 12 Conference	
Colonial Athletic Association	CAA Rowing Championships	
The Ivy League	Ivy League Rowing Championships	
Metro Atlantic Athletic Conference	MAAC Women's Rowing Championships	
Pac-12 Conference	Pac-12 Rowing Championships	
Patriot League	Patriot League Rowing Championships	
West Coast Conference	West Coast Conference Rowing Championships	

Women's Varsity Conferences (DII)

Only 4 of these teams go to NCAA. The NCAA team fields a V8+ and V4+. Two additional at-large schools are selected to field only an eight.

Conference	Schools & Conference Championship	Championship
East	Franklin Pierce, Assumption, Mercyhurst, Thomas Jefferson University, & Merrimack	NCAA Rowing Championships
South	Tampa, Rollins, Nova Southeastern, Embry-Riddle (Florida), Barry, & Florida Tech	
West	Humboldt State, Western Washington, Seattle Pacific, UC San Diego, & Central Oklahoma	



Women's Varsity Conferences (DIII)

Only 6 of these teams go to NCAA. The NCAA team fields a V8+ and 2V8+. Conferences in Pool A receive an automatic qualifier and 2 schools from the Pool A non-automatic qualifiers and Pool B/C are selected. 2 at large V8+s are also selected.

Conference	Schools	Regattas	Championship
Liberty League (Pool A)	Liberty League	Liberty League Championships	NCAA Rowing Championships
Mid-Atlantic Rowing Conference (Pool A)	MARC	Mid-Atlantic Rowing Conference (MARC) Championships	
New England Small College Athletic Conference (Pool A)	NESCAC	NESCAC ROWING CHAMPIONSHIPS	
New England Women's and Men's Athletic Conference (Pool A)	NEWMAC	NEWMAC Rowing Championships	
Pool B/C	University of Puget Sound, Pacific Lutheran University, Pacific University, Mills College, Lewis & Clark College, State University of New York Maritime College, Sarah Lawrence College, D'Youville College, & Massachusetts Maritime Academy		

Women's Lightweight Varsity Conferences (IRA)

[IRA selection criteria \(2018 example\) - see for full selection breakdown](#)

Conference	Championship
Harvard-Radcliffe	IRAs
Boston University	
Princeton	
Stanford	
University of Wisconsin-Madison	
MIT	
Georgetown	
IRA selection estimate:	
Top three (3) varsity lightweight crews from the Women's Sprints. Top two (2) varsity lightweight crews from the Dad Vail Regatta.	Top (1) finisher varsity lightweight crew from the Pacific Coast Rowing Championships, the SIRA Championships and the WIRA Championships (total of three (3)). Four (4) at-large bids.



Men's Lightweight and Heavyweight Varsity Conferences (IRA)

[IRA selection criteria \(2018 example\) - see for full selection breakdown](#)

Club Rowing Regions (ACRA)

There are 6 regions for Club Rowing that all work towards the national championship, ACRA. They include:

- South
- West
- Great Lakes
- Northeast
- Plains
- Mid-Atlantic

All schools and associated regions can be found here: [List of Clubs from ACRA Website](#)

Things to Consider when Selecting a Program

Location

- 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?

Team Culture

- 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?

Team Culture

- Are the coaches interested in the growth of the program and likely to stay?
- ****Do not entirely tie your interest and commitment to a school to it's coaching staff, coaches can leave****
- What is the coach's philosophy on living abroad, classes that conflict with practices, etc.?

Recruit Ability

- Where do you fit in the coach's recruiting plans?
- What do you need to demonstrate or accomplish in order for the coach to support your application? All schools have slightly different academic and athletic expectations.

Admissions

- Can the coach "support" or "grant" admission? At some larger state schools, coaches can grant admittance whereas at Ivy League and smaller liberal arts schools, coaches are only about to support your application.
- How many applications can the coach support each year?
- How many of a coach's supported applications do not get admitted every year?



Scholarships

- Are there scholarships available for rowers? ***The Ivy League does not offer athletic or academic scholarships****
- Are there other benefits to being an athlete at that school? Dorm assignments, special dining halls, academic assistance through tutors, schedule/course selection
- Does the school issue “likely letter”? A “likely letter” is a coach’s official commitment to support your application.

Types of Outreach

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

Indirect Outreach

- Team Homepage recruiting questionnaires
- https://www.captainu.com/get-started?tag=event&event_id=241260&campaign=webinfo&sport=rowing
- Berecruited.com

Types of Visits

Unofficial Visit

- Unofficial visits are completely paid for entirely by the prospective student-athlete and/or their family.
- Great opportunity to meet coaches with your parents to help thin the field.
- Great opportunity for coaches to put a face to that person from Austin sending all those emails.

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)
- As a recruit, you are limited to five official visits, though taking fewer is typical.
- These visits are a great way to gauge your fit with the team (and for them to see how you fit).
- 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

This timeline applies primarily for NCAA. Mens Varsity Programs generally follow these requirements as well. It is best to check with the schools website to confirm.

	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	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
Relevant Links Recruiting Rules Overview Recruiting - NCAA	Recruiting Calendar - DI Dead Periods - DI	Recruiting Calendar - DII Dead Periods - DII	Recruiting Rules Overview

Contacting a Coach

What do I need in my “toolbox” before contacting?

- Unofficial or official copy of your transcript
- Video



- 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

- (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

Financial Aid

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 more financially viable than athletic scholarships - do your research!

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

Helpful Links

- [The Rules of Recruiting](#)
- [Guide to College Recruiting for Rowers and Parents](#)
- [College Rowing Teams - Row2k](#)
- [The Difference in the College Division Levels](#)
- [NCAA Eligibility Center Registration](#)
- [CaptainU recruiting](#)
- [Berecruited.com](#)
- [Athletic Financial Aid Rules Mandated by the National Collegiate Athletic Association \(NCAA\)](#)
- [IRA selection criteria \(2018 example\)](#)



How ARC can get you to College Rowing

What do coaches look for in rowers who want to row in college?	How ARC can help
Correct applications and processes. Have you done your research and are you prepared with paperwork?	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. Do you have the 2k times needed to keep up and grow within the programs	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. Are you healthy? Do you eat right? Does your body have the ability to keep growing and getting faster?	Physical Attributes. ARC has trained coaches in nutrition. Proper nutrition education will be part of Varsity programming starting Fall 2020. This takes effort on the athletes end as well.
High School Experience. How are your grades? Can you be admitted to the school? Will you fit in? Do you have depth within your high school experience such as additional after school programs or volunteering?	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.
Good Character. Are you a good teammate? Will you fit in with the program? Will you be a positive influence on your future teammates?	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. Do you have recent video of your rowing technique? Have any of your boats placed in big regattas recently?	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. Can you afford going to this school?	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