



## NEW TRIER PARENT/ROWER FAQ'S

### 1. I'VE NEVER ROWED BEFORE BUT WANT TO TRY OUT NEXT SEASON. WHAT HAPPENS AT TRYOUTS AND WHAT SHOULD I DO TO PREPARE?

Tryouts consist of a variety of land-based strength and endurance evaluations. All athletes will complete a timed run (3 miles or less) and timed pieces on the "erg" (rowing ergometer). For tryouts it is important that a student be in strong physical condition to do their best in these events without injury.

Students do not need to have taken any specific classes prior to trying out, but erg workout classes are offered in the summer and winter through New Trier Extension for new and experienced rowers. Additionally, summer on-the-water rowing classes coached by New Trier Rowing coaches are offered through New Trier Extension and the Skokie Park District for new and experienced rowers. On-the-water summer classes are a great opportunity to learn to row (sweep/scull), to gain additional rowing experience, to further develop your rowing technique and to improve your rowing specific fitness. Please check the New Trier Rowing website tabs labeled "Summer Workouts" or "Winter Workouts" for links to all NTX/Skokie Park District class offerings.

### 2. HOW DO I REGISTER FOR TRYOUTS?

Several weeks before tryouts the link to the on-line registration form will open on the New Trier Rowing website. The following must be completed:

- Tryout Registration form - submitted on-line
- NT Athletic Physical & Parent Consent Form - Must be submitted to NT Athletic Dept (Winnetka or Northfield) **at least one week prior to tryouts**. Incoming Freshman who have submitted a valid physical as part of their registration will only require a parent signature. For all other students **this form requires a doctor's signature so be sure to plan ahead**. The Athletic Department (not NT Rowing) should be contacted with questions about the Physical/Parent Consent Form or Annual Physical Form.
- Signed "Emergency Form" must be **handed to Coach on first day of tryouts**.

Once the teams are selected the following must be completed:

- US Rowing On-Line Waiver
- Paypal Payment of regatta fee (For details see "What Does Rowing Cost" below)

### 3. WHEN ARE TRYOUTS?

Fall Rowing tryouts generally take place at the same time as the tryouts for all other New Trier fall sports, however, some years they are different so be certain to check the NT Rowing website for the most up-to-date information. Spring tryout dates vary by sport. Spring rowing tryouts usually take place the first full week of March and when the final dates are determined they will be listed on the New Trier Rowing website. (Note: New Trier Fall Tryouts Dates for the next few years can be found on the New Trier Athletics website. Note that Rowing tryout dates may vary from these dates).

### 4. DO I NEED TO KNOW HOW TO SWIM?

All new rowers and coxswains must pass a swim test prior to practicing on the water and after team rosters are posted.

Due to the rare but inherent risks of an on-the-water sport, it is the expectation that all rowers and coxswains who make the team can demonstrate a minimum level of swim proficiency. The swim test includes being able to swim four laps in a 25-yard pool and tread water for 10 minutes while wearing a rowing uniform.

## **5. IF I MAKE THE TEAM IN THE FALL DO I NEED TO TRY OUT AGAIN IN SPRING?**

Rowing is a two-season sport and all rowers are required to try out each season every year. Just because a rower makes the team in the fall does not mean that they will make the team again in the spring. Likewise, just because a rower makes the team in the spring does not mean they will make the team the following fall. All current rowers are subject to cuts again in the following season. All rowers are required to re-register for tryouts each season through the link on the New Trier Rowing website.

## **6. WHAT IF I DON'T MAKE THE TEAM?**

The New Trier coaches encourage anyone who did not make the team but is interested in rowing to train with New Trier during the summer and winter months with the New Trier Extension classes. This is a great opportunity to work out with New Trier coaches and get feedback on areas of improvement.

## **7. WHEN AND WHERE DO WE PRACTICE?**

Practices will be held 5 to 6 days per week either at the Winnetka and Northfield Campuses for land workouts or at the Dammrich Rowing Center (DRC) for rowing tank/on-the-water workouts. The DRC is located in Skokie at 3220 Oakton (northeast corner at McCormick). The boathouse is located on the east bank of the North Shore Channel of the Chicago River.

Training consists of rowing on the water, rowing in the tanks, rowing on ergometers (ergs), running, circuit training, weight training, running steps and running hills.

## **8. HOW DO WE GET TO PRACTICES HELD AT THE DRC?**

There is a two-way shuttle bus to take crews to and from the DRC weekdays for the 4pm practices; Buses transport students from both the Winnetka and Northfield campuses, however, all buses return to the Winnetka Campus after practice arriving at approximately 6:45pm. The bus is free-of-charge.

## **9. WHEN AND WHERE DO WE RACE?**

Although not everyone will race at every regatta, everyone putting forth the effort will race during the season. Our fall competitions will include Head Races (with a racing distance of about 3 miles on rivers) that take place in locations that may be a day-trip or may require an overnight stay. In the past fall seasons we have competed in Rockford, IL, Milwaukee, WI, Columbus, OH among other regatta locations. In the fall select Varsity crews will compete in the Head of the Charles Regatta in Boston.

Spring regattas (with a racing distance of approximately 1,500 – 2,000 meters on lakes) also include both day-trips and overnight stays. In the past spring seasons we have competed in Madison, WI, Columbus, OH, and Crystal Lake, IL among other regatta locations. In the spring select crews will compete in the Scholastic Rowing Association of America National Championship regatta which takes place at rotating venues generally on the East Coast.

## **10. IS ROWING A FALL & SPRING SPORT?**

Yes, rowing is a two-season sport. However, the fall races are Head Races which are generally 2.5-3 miles long. The spring races are Sprints Races which are generally 2,000 meters (1.25 miles).

## **11. IS THERE WINTER TRAINING?**

Optional Winter Workouts on ergometers (through New Trier Extension) and tanks (through Skokie Park District) with NT coaches are recommended but not mandatory. It is essential for rowers to maintain their level of conditioning. Good cross-training includes swimming, running, biking, cross-country skiing and weight training.

## **12. WHAT IF I KNOW I WON'T BE ABLE TO MAKE ALL PRACTICES?**

Being the team sport that crew is, it is impossible to row a boat without all rowers and a coxswain present. Rowers should expect to commit to practice 6 days per week. Coaches need to be notified in advance of missed practices. Typically it is best to schedule dentist or doctor appointments on land training days.

## **13. HOW ARE LINEUPS SELECTED?**

Boat lineups are selected entirely by your coach based on a variety of factors that result in the fastest lineup, such as rowers' erg test scores, technique in boat, seat racing, attitude and attendance.

## **14. WHAT IF MY SON OR DAUGHTER DOESN'T MAKE THE BOAT FOR WHICH THEY ARE STRIVING?**

Keep working hard for next time. As a parent it is important to encourage your child to strive to do his/her best. But keep in mind all the things your child is learning from rowing: appreciation for the sport, character development, teamwork, cooperation, hard work, goal setting, technique, visualization techniques, appreciation for outdoors, competition, time management, listening, following directions, leadership, sportsmanship, respect, responsibility, timing, strategy, personal bests, rewards of belonging to a prestigious group, how to pull their own weight (literally and figuratively), how to get in the best shape of their life, friendship, and how to have fun!

## **15. DO I GET A KINETIC WELLNESS (KW) WAIVER?**

Kinetic Wellness (KW) waivers are available for junior and senior rowers during rowing season.

## **16. ARE PARENTS REQUIRED TO VOLUNTEER?**

**We ask that every parent plan to help facilitate at AT LEAST ONE regatta.** Traveling and feeding 140 rowers for daylong competitions far from New Trier is a serious undertaking! Rowers and their families enjoy competition and camaraderie that can only happen with the commitment of parents to volunteer. Volunteer opportunities include on-site regatta needs such as tent/food set-up, working our grill and food prep operations, last-minute local shopping and clean up. We ask that every family volunteer for one "set up" or "take down" for at least one regatta; however, even if you won't be able to attend the regatta itself there are many ways to support the team such as shopping or pre-cooking for our extensive regatta menus or washing utensils and tarps after the regatta. We depend on the repeat help of parents, and while there is sacrifice in the effort it is generally very rewarding!

## **17. WHAT DOES ROWING COST?**

For more precise costs, please refer to the "What Does Rowing Cost?" link on the NT Rowing website. Regatta fees vary each season depending on the events in which we compete. As a **very broad estimate**, the regatta fee is generally in the range of \$300-\$400 per season. The Regatta Fee covers transportation costs, food and hotel accommodations. In addition, the cost for mandatory uniforms is approximately \$100. There may be additional fees for certain regattas in either season. For those rowers who are selected to compete in Championship regattas there will be an additional fee per regatta to cover airfare/hotel/food. This fee varies depending on airfare costs. The Rowing Team travels together on flights booked by the NTRC Regatta Travel Coordinator. New Trier HS provides significant financial support for the program.

## **18. WHAT IS THE BEST WAY TO GET CURRENT INFORMATION ABOUT NT ROWING?**

The New Trier Rowing Web site at [www.newtrierrowing.com](http://www.newtrierrowing.com) is the definitive source for NT Rowing information as well as links to other great rowing web sites.

## **19. WHO CAN I CONTACT WITH QUESTIONS?**

General questions can be directed to [newtrierrowing@newtrierrowing.org](mailto:newtrierrowing@newtrierrowing.org). Please refer to the "Contact Information" box on the New Trier Rowing website if you need additional contact information.