

SELECTION CRITERIA

SPRING 2015 GIRLS VARSITY SELECTION CRITERIA:

Academic and Athletic Commitment (Rowers and Coxswains):

- The willingness to bring your best effort to **every** practice leading up to the 2015 USRowing Northeast Regional District Championship and the 2015 Massachusetts Public School Rowing Association State Championship.
- **90% attendance while remaining in good academic standing** is required of any athlete who wishes to participate in CRLS athletics. This means you are allowed 6 absences, starting day one of tryouts until MPSRAs, excluding permitted absences for SAT/ACT exams or religious holidays. These six or fewer absences should be marked in the [Crew Spring 2015 Unavoidable Absence Calendar](#)

CONSIDERATIONS (Rowers and Coxswains):

- Attitude, punctuality, and attendance **during selection week**
- Attendance from previous seasons
- Your honest completion of the 14'-15' Unavoidable Absence Calendar [Crew Spring 2015 Unavoidable Absence Calendar](#)
- **Athlete ownership** of communication with coaching staff
- **Team oriented behavior and competitive spirit.** The coaches are looking for athletes who cooperate with and support each other.
- Members of the CRLS Varsity squad are expected to follow and sign the CRLS Crew Code of Conduct
- Treat all members of the CRLS **and** CBC community with a positive, respectful attitude, both at CRLS, CBC, and beyond.
- Athlete's "Coachability" and willingness to make changes in order to improve. No athlete is expected to be perfect. What we, as coaches, are looking for, are athletes who demonstrate a willingness to improve by making changes when given feedback, regardless of whether those changes result in the desired outcome. Being open and receptive to feedback, and putting forth a genuine and consistent effort is just as valuable as "natural" athletic skill.

Physical Fitness (Rowers):

Athletes will be evaluated on both their relative performance within their school grade and the general tryout group. In other words, an upperclassman's performance will be gauged relative to other upperclassmen, freshman/sophomores relative to other sophomores, etc. in addition to their overall standing within the group.

Each candidate for the Varsity team should be able to meet **TWO** of the following three criteria:

1. Harvard Stadium (full tour)
 - a. Pass: **60' or less**
 - b. Gold Standard: **45' or faster**

2. Ergometer assessment: 2k
 - a. Pass: **8:30 or faster**
 - b. Gold standard: **7:50 or faster**
3. Ergometer assessment: ((1:40 on 20 sec off) x12) x3) 3min rest between sets
 - a. Pass: Sustain **2.5 Watts/kg @ or below 26spm for the first 2 sets**.
Click [here](#) for instructions on calculating 2.5W/kg.
Click [here](#) for watt/split conversion chart.
 - b. Gold standard: **3.5W/kg average on Set 3**.
 - c. Detailed parameters:
 - i. **Sets 1 and 2 @ exactly 2.5 Watts per kg, rate cap 26.**
Data recorded until any interval **average** drops under 2.5 w/kg, OR **stroke rate exceeds cap**, OR completion of full set.
 - ii. **Set 3: Max total distance** under the following parameters:
At or above 2.5W/kg. Rate cap: 26.
Each interval must be faster than the last
Data collection **ends** after first interval drops below **previous average** or workout is completed.

Physical Condition (Rowers and Coxswains):

Joint Mobility and Core Stability/Stamina: Controlled, deliberate movement patterns deemed requisite for injury prevention and effective output.

Assessment Exercises:

1. Overhead Air Squat (**Rowers**): must be able to perform 10 reps with **Proper Form** and 5" hold at bottom position. Feet must remain flat throughout movement.
2. Plank Position (**Rowers and Coxswains**): must be able to hold **PROPER** plank position without shaking for **10" on 5" off minimum of 6 times**.
3. Swim Test (**Rowers and Coxswains**): Tread water with head above water for 15 minutes, and swim 100 yards. The test will be scheduled during the week before tryouts (exact date TBA). If you fail the test you will be given one week to pass before the end of tryouts. If you fail to pass, you will not be eligible for the team.

Additional Considerations for Coxswains:

- Confidence/Assertiveness
- Mastery of rowing vocabulary
- Willingness to take initiative
- Dedication
- Knowledge of the rules of the river
- Demonstrated respect of coaches, equipment, rowers, CBC members, and other participants on the river

FAQ:

What do I need to do BEFORE tryouts?

Each athlete must have completed **ALL** REGISTRATION REQUIREMENTS NO LATER THAN **THURSDAY, MARCH 12TH** (Tryouts start Tuesday, March 17th)

[**CRLS CREW REGISTRATION PAGE**](#)

Anyone who comes to tryouts without registering in advance **Will Not** be considered for selection, **NO EXCEPTIONS**. You will be sent home immediately.

Not being able to complete this on time when the opportunity to do so has been available for over a month shows a lack of commitment and responsibility that does not meet the standards of a successful varsity athlete.

How many seats are on the '14-'15 Women's Varsity team?

The total number will be dependent on the number of athletes registered for tryouts, and will therefore be decided once registration has closed, and announced after attendance is taken on the first day of tryouts.

Remember, we are limited by the amount and size of equipment available to us, in addition to safety restrictions, so it is not possible, nor is it safe to select everyone.

If I don't make the team, will there be any opportunities to try out again?

Anyone not selected for the spring team will be given concrete goals in the areas needing improvement and suggestions on how to achieve them. There will be an opportunity to participate in the fall, and the opportunity to tryout again the following spring if the goals provided after tryouts have been met.

What should I do if I have scheduled a college visit that conflicts with practice?

Note it in the "unavoidable absences" calendar linked above **AND** contact the head coach. The coaching staff must be aware of any unavoidable absences before tryouts begin.

What about providing all CRLS students with the opportunity to row?

No one who wants to row will be turned away from the CRLS rowing team. However, the boathouse and the equipment therein can only accommodate so many athletes at a given time. For this reason, we've determined that the aforementioned capacity is what will allow the competitive teams to function at the level they aspire to during the Spring Competitive Season, and also share the boathouse with the other squads within the greater CRLS rowing program. Anyone who is not selected to participate in the Spring Varsity program will be given the opportunity to join the team in the fall, winter, and tryout again the following spring.

Novices who tryout for Varsity and are not selected will be permitted to return to their novice squad

I have a schedule conflict and will miss some of the tryouts? What can/should I do, and will this affect my selection?

1. Communicate the schedule conflicts directly and immediately with the Head Coach
2. Missing part of tryouts due to a schedule conflict WILL NOT affect selection decisions. However, **All** criteria must be satisfied before any decision is made regarding selection. For example, if you are going to miss part of tryouts due to a college visit, you can perform any one of the tryout activities before or after the tryout period, but before the team selection is announced- i.e. on Monday, March 16th or Sunday, March 22nd before 8pm.
3. YOU are responsible for scheduling the missed activities outside of regular practice hours. Additionally, all activities must be witnessed by one of the varsity coaches.

What if I am injured and cannot take part in some or all of the tryout activities?

We will make determinations on a case-by-case basis. That said, if you cannot perform the ergometer portion, it is safe to say that you are not yet ready/healthy/fully healed to resume full on rowing activities.

THURSDAY MARCH 12TH 11:59PM:

!!! ALL REGISTRATION REQUIREMENTS ARE DUE!!!

CLICK HERE-> [CRLS CREW REGISTRATION PAGE](#) <-CLICK HERE

Tryout Week Schedule (Tuesday 3/17 - Saturday 3/21)

Tuesday 3/17 5:05-7:30PM

@ CRLS Field House Multipurpose Room:

Attendance

Review selection criteria

FMS assessment

Ergometer Technical Review

Wednesday 3/18 3:05-5:30PM

@ CRLS Field House Multipurpose Room:

Explosive power: recorded during 2k warm-up in the form of 4 – 6 bursts at max rate and power

2k Ergometer Opportunity

Thursday 3/19 5:05-7:30PM

@ CBC:

Core Stability/ Stamina Assessment

On Water Skill Assessment

Friday 3/20 3:05-5:30PM

@ CRLS Field House Multipurpose Room:

Watts Ergometer Assessment

Saturday 3/21 10:35-1PM

@ Harvard Stadium:

Stadium Run-Assessment

Sunday 3/22 8pm:

Spring roster announced via email

SPRING VARISTY SCHEDULE

VARSITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GIRLS	3:05 - 5:30p	5:05 - 7:30p	3:05 - 5:30p <i>at CRLS</i>	5:05 - 7:30p	3:05 - 5:30p	10:35a - 1:00p
Boys	5:05 - 7:30p	3:05 - 5:30p <i>at CRLS</i>	5:05 - 7:30p	3:05 - 5:30p	5:05 - 7:30p	8:35a - 11:00a