

2018 Masters Program Outline

INTRODUCTION:

The Masters team is composed of experienced rowers of varying ages, backgrounds, and athletic abilities with a focus on competitive training and racing. Technical ability, fitness level, and flexibility must be high. The coach will boat rowers based on technique, strength, fitness, and commitment. Ergometer tests, additional workouts, land training, weekend time and travel fees are required. Our structured and social atmosphere makes this competitive group a rewarding experience.

GOALS OF THE MASTERS PROGRAM:

- Facilitate Master Rowers' and coxswains' ability to reach their personal goals by offering a program with tools to advance rower development and satisfaction.
- Develop a progression plan for new/existing Masters Team member(s) in order to benchmark progress.
- Develop a team, with improved outcomes and an increased number of higher level competitive rowers.

STRUCTURE:

Men and women's teams will practice 3 times a week.

Women's Team Practice: Monday/Wednesday from 6:15-8:10 p.m. and Saturday from 6:00 or 8:00 a.m.
(Dependent upon size, 10-12 Masters men may follow the women's schedule for practice)

Men's Team Practice: Tuesday/Thursday from 6:15-8:10 p.m. and Saturday from 6:00 or 8:00 a.m.
(Any scheduling changes through the season will be announced 2 weeks in advance)

Masters Team Benchmarks - Admittance into the competitive program is based on several guidelines. To maintain a competitive nature, team members are expected to complete a 1K test no later than April 28th.

Erg scores must be submitted to the Head coach and include your weight and age. Tests must be observed and signed by a coaching staff member. *The Masters team coaching staff will make the final determination whether a member is fit to row in the program.* Please refer to the attached document titled "2018 WRRRA Masters Team Benchmarks" for additional information.

Everyone who comes to the Masters program comes to be competitive and improve upon their rowing ability. All rowers will be ranked according to several factors by the coaching staff in determination of boat ranking. *Scheduled rower assessments will include erg tests, seat races, and/or fitness evaluations. The parameters will be developed and communicated by the coach prior to the start of the season.*

Captains will be voted on by the team. The captains' job is to disseminate information from the coach to the team. A captain must create team unity and maintain the necessary skills to inspire others to be better rowers and teammates. Captains will work closely with the Head Coach on a myriad of team matters.

The following details the duties of a Masters Team Captain:

- Communicate with the Head Coach any concerns the rowers on the team may express.
- Manage and set-up the practice schedule monthly through a Doodle.
- Maintain a list of "sub" rowers with whom to contact if needed to fill-out line-ups.
- Coordinate volunteers to perform on the water videotaped sessions.
- Work with the Head Coach on away regatta logistics.
- Act in accordance with the Masters Program Outline and help achieve the teams stated goals.

PRACTICE AND REGATTA SIGN-UPS:

Team members commit to a schedule of practices, assessments, and regatta schedule.

- Attendance at a majority number of practices is expected for all team members.
- Practice signups will have a 24-hour freeze. Team members will be given a weekly alternative workout if unable to attend a practice on the Doodle sign-up. *Consequences for repeated absences after the 24-hour freeze will be dealt with by the Head Coach.*
- If a team member cannot make practice once he/she has committed on the practice sign-up he/she should contact the captain. The designee will determine if the team member should try to find a replacement.
- Once a sign-up due date has passed and a regatta commitment has been made it is a final commitment for that member to the team. If unable to keep that commitment that team member ***will be responsible to pay regatta fees, if he/she cannot find an equivalent replacement acceptable to the coach.***
- Team members along with coaches and coxswains will be expected do their share of de-rigging, loading and volunteering. The regatta chair will be responsible for assigning duties for each away regatta.

THE REGATTA SCHEDULE INCLUDES:

- The Masters team will attend a minimum of 4 sprint races; not including Nationals.
- Decisions regarding attending and entries will be set by a pre-determined date allowing master rowers a reasonable amount of time to plan for attendance and make travel arrangements. (See Masters Team Benchmarks document for additional information).
- The Masters team will attend a minimum of 5 head races; not including the Charles. The Head of the Hooch will be set as the last head regatta for the season. This race, in conjunction with the Head of the Charles, will be considered the *peak head race(s)*. This will affect line-ups for practices and races.
- Head of the Charles—the expectation is that the possible qualifying WRRRA members must make a ***commitment early***. If there is a good possibility to fill any guaranteed bids then the bid should/will be entered. The Head Coach will decide on other bids by August 15th in order to allow a reasonable amount of time to plan for attendance.
- The Head Coach, in conjunction with the Captains, will determine which regattas the Masters team will attend; ranking importance/competitiveness of each regatta.

2018 WRRRA Regatta Schedule— (Final regatta schedule posted April 28, 2018)

**Only select boats will attend these regattas based upon coaches' selection criteria.*

	REGATTA NAME	LOCATION	DATE	DISTANCE
Sprint Season	Cleveland Masters Home Scrimmage	Cleveland, OH	June 23, 2018	0.0 hrs
	Indy Summer Sprints	Indianapolis, IN	June 23, 2018	4.5 hrs
	Independence Day Regatta	Philadelphia, PA	June 30-July 1, 2018	6.5 hrs
	Chicago Sprints*	Chicago, IL	July 7-8, 2018	5.5 hrs
	RowOntario Masters Championship	Welland, Ontario	July 14-15, 2018	3.5 hrs
	The 135 th Royal Canadian Henley*	St. Catharines, Ontario	August 4-5, 2018	3.5 hrs
Head Season	Head of the Cuyahoga	Cleveland, OH	September 15, 2018	0.0 hrs
	Head of the Welland	Welland, Ontario	September 22, 2018	3.5 hrs
	Head of the Charles*	Boston, MA	October 21-22, 2018	9.0 hrs
	Head of the Speakmon	Columbus, OH	October 27, 2018	3.0 hrs
	Head of the Schuylkill*	Philadelphia, PA	October 27, 2018	6.0 hrs
	Head of the Hooch*	Chattanooga, TN	November 3-4, 2018	8.5 hrs

(Regattas highlighted in yellow will be voted on by the team to either attend or pass for the season)