

## Mercer Junior Rowing – Fall 2017 8<sup>th</sup> Grade Program

### Fall 2017 Schedule:

Fall Novice End Date: Friday, November 17th  
Monday, Wednesday, Friday 4:00pm – 6:00pm  
\*Saturday practice at coaches' discretion\*  
*Fall 8<sup>th</sup> Grade scrimmage schedule listed below.*

### 8<sup>th</sup> Grade Coaches:

Girls- Amanda Klaiber-Short & Hilary Gehman  
Boys- Zach Spitzer, Alfred Kleindienst Max Borghard

### Fall Attendance Policy:

If an athlete is boated and misses practice without notifying the coach, the athlete will not go out on the water the next day. The [Absentee Reporting Form](#) is our online form for athletes to fill out when they know they will miss a practice, giving the coach at least a 24-hour heads up. In the event that your absence is within 24 hours please attempt to notify the coach via email or phone call.

### MJRC Blog & Communication

All of our additional communication for the 2017 season will be posted on our blog. Please check the blog regularly especially during racing season.

**PNRA/Mercer Rowing uses a texting service for last minute changes to practice schedule. Text PNRA to 313131 to sign up for this emergency texting service.**

### Required Documents:

All documents need to be mailed, faxed, or handed in to the PNRA office by the end of the first week of practice. If you did a summer program we do not need the swim or health. Athlete Code of Conduct (Needs to be updated every year)  
Swim Test Form (This is one and done, we only need one on file)  
Medical Form (Needs to be updated every year)  
On-Line Waiver (Needs to be updated every year, USRowing Basic Membership)

### Financial Aid:

Rowing is an expensive sport, and we do not want financial considerations to keep athletes from participating. For these situations we do have a small amount of aid available. Application is online.

### Line of Communication:

Coach ⇔ Rower ⇔ Parent  
Parent ⇔ Parent Coordinators

As coaches, we give your children lots of information every day, so chances are, they have answers to questions you may have. If you have further questions, we encourage you to reach out to a parent coordinator or ask your rower to talk to their coach for the answers.

## **8<sup>th</sup> Grade Fall 2017 Scrimmage Schedule**

If you cannot attend a scrimmage, please let your coach know ASAP!!!

*Head of the Halloween @ Mercer Lake-* This head race will feature mixed lineups and costumes that athletes can row in! Saturday, October 28<sup>th</sup>, 10 AM-1 PM. Snacks will be served after at the boathouse.

*Mercer Lake Challenge-* Scrimmage against the teams from our boathouse, date TBA. This event will occur during regular practice time. (Wednesday November 1<sup>st</sup> is our best guess)

### **Boat Selection (What to expect from the Novice Team):**

Leadership, sportsmanship, perseverance, competitiveness, and compassion are all important qualities in rowing, and we look for our athletes to demonstrate these qualities over the course of the season. In other words, having a strong erg score but a bad attitude will probably not get you into the seat that you desire. Likewise, having a great attitude and a great erg score but bad technique won't get you there either. We want to see progress across each of these key criteria and this can only be achieved through regular attendance.

With technique, coaches are looking for improvement, "coachability," and for the athlete to take individual ownership of his or her progress. All athletes will receive feedback on and off the water; however, when an athlete is not responding to that feedback, coaches will eventually move on to athletes who are responding, and selections will be made based on that experience.

### **Why a Development Team?**

Rowing is a vigorous sport that requires mental, physical, and emotional maturity. To help young athletes develop, we have put in place a year of development before they reach a competitive level. Safety is our top priority, and pushing athletes into intensive workouts before they are ready can result in burnout or injury. As coaches, we want 8<sup>th</sup> graders to work hard but have time to develop a lasting team bond and love of the sport.

### **What Will I Be Doing?**

This year you will be working on fitness on and off the water. Running, circuits, erging and core will be part of your daily workouts to help build endurance. On the water you will be learning both types of rowing, sweeping and sculling. To start we will be utilizing the barge as a stable platform to practice our stroke and moving into the racing shells when the coaches have determined that the team is ready. Everyone will progress differently, so if you are feeling frustrated please talk to a coach before or after practice.

We are not a running team, but we utilize running and calisthenics on land to prepare athletes for the cardiovascular needs of the sport. If your rower has been on land frequently, it may mean that we as coaches need them to develop their cardio fitness to be better prepared for workouts on the water.

### **Parent Coordinators!**

Jeb Barkenbush – jebarken@gmail.com

Jennifer Closser – closserj@gmail.com