

Bedford Crew Club

Boat Selection Criteria

Rowing is a competitive and athletically challenging sport. It is the goal of the team to provide a positive experience for all while also fielding the most competitive boats possible. Attendance is very important for ALL rowing programs. Rowing is different from other sports where substituting a person does not have a huge impact on the overall team. In rowing, the line-ups in a boat need to be thought of as a single athlete. When one person is missing it means the line-ups as it is intended is not able to practice so the athlete is not able to practice.

Boat selection will be based on work ethic, raw power, technique on the water, ability to row with others and coachability. It ultimately comes down to who can move the boat the fastest. Sometimes this is the strongest person on the erg and sometimes it is a smaller person who happens to row very well. Line-ups do not stay the same from season to season and every athlete will have to prove his/her ability every season. Decisions are not made through seniority, but rather through ability. Questions are always encouraged, especially from athletes. Please speak to your coach at practice if you have concerns about placement in a boat.

While the coaches strive to ensure each rower competes in at least one race at every event, there may be times when this cannot be accomplished (odd numbers, rowers not ready to row safely, rower/equipment conflicts, etc). In all cases, the decision of who will be selected for a particular boat remains with the coaching staff.

What we expect from the team: *Positive Attitude, Dedication, Consistency, Attendance*

Boat Selection Criteria:

1. Attendance
2. Ergometer Testing results
3. Coachability
 - a. Open to constructive criticism
 - b. Making the effort to correct errors the coach has pointed out
4. Physical Traits
 - a. Experience level
 - b. Capacity for work and performance
 - c. Training status (fitness level)
 - d. Health status (injuries, physical limitations)
5. Psychological Traits
 - a. Ability to communicate with peers and coaches
 - b. Ability to listen well
 - c. Attitude
 - d. Competitiveness
 - e. Honesty
 - f. Sportsmanship
 - g. Self-esteem
6. Technical Rowing Ability
 - a. Body position and posture in the boat
 - b. Blade work/oar control
 - c. Ability to match others
 - d. Ability to adapt technique