

# **TULSA ROWING CLUB**

## **Rowing Level Progression**

**This document outlines the requirements for rowing level progression.**

1. Novice to Intermediate:
  - a. Pass the TRC Captain's Test OR attend a 3+ day rowing camp at reputable venue such as Craftsbury, Vermont, or Florida Rowing Center
  - b. If attending 3+ day rowing camp, must review Boathouse Policies section of the TRC Captain's Test by an Advanced rower
2. Intermediate to Advanced:
  - a. Minimum of 6 months as Intermediate
  - b. Minimum of 50 hours of on-water time in any combination of quads, doubles or singles - member must be recorded in iCrew as a crew member
  - c. Must be recommended by an Advanced rower for advancement
  - d. Must be approved by the Board of Directors
3. Advanced to Advanced Plus:
  - a. Minimum of 6 times bowing in double - member must be recorded as bow in iCrew
  - b. Minimum of 6 times bowing in quad - member must be recorded as bow in iCrew
  - c. Must be able to recover both double and quad without running into the dock
  - d. Must be recommended for Advanced Plus by an Advanced Plus rower who is familiar with your bowing, either by spending time in the boat with you or by being on the water when you are bowing
  - e. Must be approved by the Board of Directors

**\*\* For Advanced Plus bow practicing:**

- DoubleShot may be used for bow practice – this boat is an Intermediate level boat in which all crew members must be at least Intermediate level
- Hudson or Kaschper doubles may be used but must have at least one Advanced Plus rower in the boat

**\*\* Recommend to practice some bowing in doubles first and feel confident before progressing to quads. There is no minimum number of times to bow in doubles before bowing in quads. Bowing in doubles does not have to be complete before bowing in quads - both can be done simultaneously.**