

# Tulsa Rowing Club - Rowing Levels

## **Novice:**

Rowers in this category are new to the sport, or less experienced, and are learning the basic techniques and fundamentals of rowing. They often train together and focus on mastering the basic stroke and developing a foundation for future development. Novice rowers will build on what they learned in the Learn To Row classes.

## **Intermediate:**

Intermediate rowers have gained some experience and are developing their skills and fitness. They may participate in more advanced workouts, learn more complex rowing concepts, and possibly begin to explore different boat types and disciplines.

Intermediate rowers are looking to continuously improve their skills and gain confidence in moving the boat.

## **Advanced:**

Advanced rowers are experienced and proficient, often with a solid understanding of rowing techniques and tactics. They may be involved in competitive racing, participate in advanced training programs or potentially represent the club or team at rowing events.

## **Advanced Plus:**

This category is for Advanced rowers who are bow-qualified, meaning the rower is deemed proficient and competent enough to occupy the bow seat in both doubles and quads. The bow plays a crucial role in steering the boat, maintaining the course, and contributing to the overall rhythm and balance of the crew.