

Tulsa Rowing Club – Rowing Progression Requirements

Below are the requirements for rowing level progression.

1. Novice to Intermediate:

- a. Pass the TRC Captain's Test Administered by Testing Cohort [TRC-Captains-Test.pdf](#).
- b. OR attend a 3+ day rowing camp at reputable venues 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 with Testing Cohort.

2. Intermediate to Advanced:

- a. Minimum of 35 hours of on-water time, with 10 of these hours completed in a 1x as recorded in iCrew.
- b. Must request and pass skills test administered by Testing Cohort. Demonstrate bowing proficiently in 1x and 2x. Confirm ability to explain the correct rowing pattern and safety rules to novices.

3. Advanced to Advanced Plus:

- a. Minimum of 6 times bowing in quad as recorded as bow in iCrew.
- b. Must be recommended for Advanced Plus by an Advanced Plus rower who is familiar with your bowing.
- c. Must request and pass skills test administered by Testing Cohort demonstrating bowing proficiently in 4x and able to recover quad without running into the dock.

Note: If you have previous rowing experience, you can request an assessment by the Testing Cohort to determine your level. Please contact info@tulsarowing.com