



## Souhegan Crew Club Boat Selection Criteria

Rowing is a competitive and athletically challenging sport. The goal is to provide a positive experience for all, while also fielding the most competitive boats possible. Attendance is very important as boat line-ups depend on each crew member being ready to row. Speed of the boat depends upon all 8 rowers practicing in unison. When line-ups have to be changed, this impacts the flow and rhythm of the boat. It also affects coaching objectives.

Boat selection is based on work ethic, raw power, technique on the water, ability to row with others, and coach-ability. It ultimately comes down to who can move the boat the fastest. Sometimes this is the largest, strongest person on the erg, and sometimes it is a smaller person with good technique. 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.

While the coaches strive to ensure that each rower participates in 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. During some practices, it may be necessary for crew members to observe from the coach's launch. While it is obviously beneficial for rowers and coxswains to be in the boat, there is great value in observing as well. There is no guarantee that rowers and coxswains will participate in every event.

Questions are always encouraged, especially from athletes. Please speak to your coach at practice if you have concerns about placement in a boat.

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

### Components of Boat Selection:

- Attendance
- Fitness Testing Results
- Coach-ability
  - Open to constructive criticism
  - Making the effort to correct errors the coach has pointed out
- Physical Traits
  - Experience level
  - Capacity for work and performance
  - Training status (fitness level)
  - Health status (injuries, physical limitations)
- Psychological Traits
  - Ability to communicate with peers and coaches
  - Ability to listen well
  - Attitude
  - Competitiveness
  - Honesty
  - Sportsmanship
- Technical Rowing Ability
  - Body position and posture in the boat
  - Blade work/oar control
  - Ability to match others
  - Ability to adapt technique