



## What Program Is Right for Me?

What We Offer	Learn to Row & Crew League	CRI Intermediate Youth Rowing	CRI Competitive Youth - Novice
Program Type	Recreational	Development for Competitive	Competitive
Ages/Grade	12+	Grades 8-11*	Grades 8+
Rowing Experience Required	No	Yes+	No**
Tryouts	No	Yes^	Yes
Rain or Shine	Yes	Yes	Yes
Strength, Conditioning & Mobility	No	Yes	Yes
Sculling	No	Yes	Yes
Racing	No	No	Yes
Attendance	Flexible	Strongly Recommended	Mandatory
Coaching Ratio	1-12	1-10	1-10
Number of Practices per week	2 or 3	4	6
Program Intervals	6 Weeks	8 Weeks	Varies
Program Duration	4 Seasons	4 Seasons	4 Seasons
Weekend Practices	Optional	Yes	Yes
Practice Length Per Day	90 Minutes	90-120 Minutes	150-180 Minutes

\*8th graders maybe be accepted with approval coach approval

\*\*Young people interested in competing may tryout out for the team and start their rowing career on the competitive youth team.

+The Intermediate program is a developmental program for athletes who have learned to row either through our recreational or competitive programs.

^Placement in the Intermediate program is determined at Competitive Novice or Varsity tryouts.

If you have further questions about which program is the best fit, please contact the Novice coaches:

Andy Sayles [Boys]: [andy.sayles@communityrowing.org](mailto:andy.sayles@communityrowing.org)

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