

College Rowing Night

Boston Latin School Crew
Fall 2017

There are many opportunities to row in college!



Types of Programs:

Div I - Varsity	Div II - Varsity	Div III- Varsity
<ul style="list-style-type: none">- 145 NCAA Varsity Women's Programs- 60 Men's Varsity Programs<ul style="list-style-type: none">- 28 Division 1- Division 1/Men's Varsity Offer Scholarships or financial aid packages	<ul style="list-style-type: none">- Offers Scholarships- Schools in US and Canada- Smaller schools- Only 12 women's programs	<ul style="list-style-type: none">- No Athletic Scholarships- Extremely competitive- Coaches actively recruit without timelines and barriers in Div I

Club Programs:

- Many extremely competitive
- Some recruit and have pull in admissions offices
- ACRA - American Collegiate Rowing Association has 160 member programs
- Six 2012 Olympic Team Members came from ACRA programs

Differences Between Men's & Women's Rowing

Women's Rowing:

- NCAA, recruiting rules are very specific
- Very common to receive scholarships
- Lots of admissions help

Men's Rowing:

- Not NCAA, but follow many NCAA rules
- As a result, fairly uncommon to receive scholarships
- Lots of admissions help (reach school to safety school)

Things to Remember:

1. In most cases, DO NOT pick a school for rowing. Rowing, like most other sports, does not pay the bills. Academics should be your main deciding factor when choosing a school.
2. Rowing CAN be the difference between two schools that are otherwise equal in your mind. It can also put some schools in reach that might have been out of reach.
3. If you receive a scholarship or admission help, you are expected to row for that school for four years.
4. Only a small number of individuals will get scholarships or admissions help. There are many options to row in college without getting recruited.
5. Rowing is the ultimate walk-on sport and many rowers in college are new to rowing or did not get recruiting assistance.

Division I Varsity Programs

- **Description/Expectations**

- Most competitive athletically
- Generally looking to recruit 1-2 eights worth of individuals, depending on program size/competitiveness
- Time Commitment: 20 hours/week plus on your own training (doesn't include travel time)
- Expectation is that you are fully focused on academics and training, so programs often give lots of support (laundry, academic tutoring, free gear, etc.)
- Think Training = JOB, highest level of commitment but also biggest and fastest teams.
- Many teams take walk-ons who show potential and get in on their own.

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 30th	August 31st 6:30am November Project 4pm Freshman/Transfer Athlete Orientation (Peer Leader Volunteer) 5:30pm Welcome Back Athlete BBQ 7pm Soccer Tailgate	September 1st 1pm Senior Crew Meeting 2:30pm SASS Check-in 3pm Athlete Compliance Meeting 4pm Team Meeting	September 2nd (First Day of Classes) 8:30am November Project 10:30am PDP GS140 (Class) 12pm Teaching PDP WF104 4pm Lift 6:30pm Novice Info Meeting (Volunteer)	September 3rd 6:30-9am Practice - 3x22'/3' rest @ B&B 9:30am SAR HP353 (Class) 2-3:30pm SAR HS325 (Class) 4pm BLS Practice 6:30pm Novice Info Meeting (Volunteer)	September 4th 6:30-9am Practice - 20' AER, 3x2k @28-30spm, 30' AER 10am-1pm SPH PH510 (Class) 12-4pm Work Day @ DeWolfe 1pm BLS Corporate Rowing Event 4pm BLS Practice	September 5th 8:15am Student Athlete Physicals (Return Students)
September 6th Google Comments Due 10:45am Freshman/Senior Brunch	September 7th Labor Day Holiday - No Classes 6pm Study for the GRE	September 8th Pick Up Team Gear 6:30-9am Practice 9:30-11am SAR HP 353 (Class) 11am-2pm SAR HS450 (Class) 2-3:30pm SAR HS325 (Class) 4pm BLS Practice 7pm Run (Solo Workout)	September 9th 6:30-9am Practice 10:30am PDP GS140 (Class) 12pm Teaching PDP WF104 4pm Lift	September 10th 6:30am Practice 9:30am-11am SAR HP353 (Class) 2-3:30pm SAR HS325 (Class) 4pm BLS Practice 7pm Erg (Solo Workout)	September 11th 6:30am Practice 10am-1pm SPH PH510 (Class) 4pm BLS Practice	September 12th 7:30am-11:30am Practice - 6k test & Row 1:30pm Run (Solo Workout)

Example Schedule
(Fall & Spring)
Red = Crew Related

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 20th 12:45pm Birthday Brunch @ The Beehive	March 21st 6:30-9am Practice @ DeWolfe 11am-8:30pm Health Science Practicum (Degree Requirement) 7-8pm Teaching Tanks @ Simmons	March 22nd 6:30-9am Practice @ Dewolfe 9am Lift 11am-12:30pm D&I (Class) 12:30-2pm Consumer Health (Class) 3-6:30pm Health Science Practicum	March 23rd 6:30-9am Practice @ DeWolfe 9am Lift 10am Athletic Training 12-2pm MEEI Interview 2-6:30pm Health Science Practicum 10pm D&I Weekly Reflection Due	March 24th 6:30-9am Practice @ DeWolfe 10am D&I Discussion (Class) 11am-12:30pm D&I (Class) 12:30-2pm Consumer Health (Class) 3-6:30pm Health Science Practicum	March 25th 6:30-9am Practice 9am Athletic Training 11am-2pm Pathogens, Poverty and Populations (Class) 2-6:15pm Health Science Practicum	March 26th 6-11am Beanpot (Race) 1:30 Birthday Brunch
March 27th 10:30am Brunch	March 28th 6:30-9am Practice @ DeWolfe 9am Lift 10am Athletic Training 12:45pm Arms & Abs @ Barry's (Solo Workout) 2-6pm Health Science Practicum 7pm Teaching Tanks @ Simmons	March 29th 6:30-9am Practice @ Dewolfe 9am Erg (Solo Workout) 11am-12:30pm D&I (Class) 12:30-2pm Consumer Health (Class) 3-6:30pm Health Science Practicum	March 30th 6:30-9am Practice @ DeWolfe 9am Lift 10am Athletic Training 12:30pm MEEI Lunch 2-6:30pm Health Science Practicum 8pm Run (Solo Workout) 10pm D&I Weekly Reflection Due	March 31st 6:30-9am Practice @ DeWolfe 10am D&I Discussion (Class) 11am-12:30pm D&I (Class) 12:30-2pm Consumer Health (Class) 3-6:30pm Health Science Practicum		

Division II & III Varsity Programs

- **Description/Expectations**

- Generally second most competitive programs behind DI varsity programs
- Generally looking to recruit one boat worth of individuals/year
- Time Commitment: 15-20 hours/week plus on your own training
- Generally, not as much support structure as DI programs
- High level of commitment and lots of high performing academic schools.
- Wide variation in this category from program to program
- **Almost all teams take walk-ons who show potential and get in on their own.**

Division I, II, & III Club Programs

- **Description/Expectations**
 - Generally least competitive programs, but there can be exceptions
 - Generally don't recruit in the form of scholarships or admissions help
 - Time Commitment: Lots of variation from 3 practices/week to 20 hours/week of training plus administrative tasks of running the program
 - Most programs rely on a student board to run aspects of the program.
 - Most teams are composed of all walk-ons, many of whom have never rowed before.
 - Wide variation in this category from program to program.
 - Often, a fast women's program will share space/resources with a men's club program, which can often result in fast men's programs (UMASS, UConn, etc.)
- **Generally no recruiting standards**

Athlete Spotlight: Nick Carter

Did you row in high school: I started rowing in 2010 at CRI before BLS had a boys team.

Where did you row in college: UMass Amherst - we are a club team that was formed in 1871 and have been running continuously since the 1960s.

What were some of the responsibilities rowing for a Club team that a varsity program wouldn't have to do? We do a lot of fundraising, as well as a lot of work to keep the boathouse running. The team had a lot of pride in the work we did. There is a strong sense of ownership when you have to run the team yourself.

Memorable story during your time rowing: One summer we had to remove a several ton tree stump that was lodged under the dock then rebuild the dock. Probably one of the most challenging things I've ever done. Definitely will always remember it.

Lightweights & Coxswains

Recruiting of lightweights and coxswains is highly variable.

- Coxswains
 - Most D1 teams will recruit at least one coxswain. It depends on the number of boats of recruits they will have in that class.
 - High importance for coxswains on:
 - Racing experience (Youth Nationals/HOCR in particular)
 - Grades/GPA - Smart individuals make good coxswains
 - Race Recordings/Video - They want to see what makes you a top coxswain
 - **Even if you are not recruited, many schools will take walk-on coxswains.**
- Lightweights
 - Men max weight 160 - boat average 155; Women max 130 - boat average 125
 - Some teams will have separate lightweight programs, while others may not. Best place to look are race results/Row2k for lightweight programs.

Walking On

- If you have the grades to get into a school you want, there is an option to walk onto their rowing program.
- Many D1 programs accept walk-ons
 - Some schools have try out process.
 - But many top schools do not make cuts in rowing.
- If you get into a school and plan to walk on, email the coach and ask what the process involves and if there's training you can do over the summer.

What do you need to be doing:

Recruitment Div I Officially starts **July 1** after your junior year BUT if you wait this long you are **LATE**

- **Freshmen**
 - Grades, Grades, Grades
 - Focus on school
 - Summer rowing camp or skills development camp
- **Sophomore**
 - Grades
 - Tell BLS coaches interest in college rowing
 - Focus on Technique
 - Work on erg scores
 - Coxswain begin race recordings/ practice recordings
 - Row with summer competitive club/dev. prgms

Junior Year

FALL

- NCAA Eligibility Center
- Rowing Resume
- Begin filling out [recruitment questionnaires](#) on College sites
- Email coaches (Please have a professional email, not something like chickenuggetjc@yahoo.com)
- Rowers ask coaches to get video; 5k ERG
- Coxswains head race audio/recordings and practice recording
- **Optional - Create BeRecruited Page**

SPRING

- Unofficial visits to schools
- Late Winter - Apply summer competitive teams/development programs
- SATs/SAT II
- Grades
- Coxswains - sprint race recording and practice recording
- **ERG SCORE**

Summer - July 1 - Coaches can contact you!

Grades + Ergs: The Numbers Game

When beginning to contact coaches, they'll want to know cold, hard numbers so they can begin to understand if you're in the range of what they're looking for.

- Grades/GPA/SAT/ACT are EXTREMELY important
- Sliding Scale: The faster you are on the erg, the more leeway you have for academics and vice versa
- However! You have to be VERY VERY FAST (sub 6:05/7:05) on the erg for that to offset low(ish) grades and SAT scores, and even that may not be enough.

ERG SCORE

2k	Division I	Div III	Lwt
Top	M - <6:15 F - <7:15	<6:30 <7:30	Sub 6:25 Sub 7:25
Mid	M - 6:25 F - 7:30	6:40 7:40	Sub 6:35 Sub 7:30
Low	M - 6:35 F - 7:35	6:55 7:55	Sub 7:00 Sub 8:00

Other tests taken into consideration:

- **30 min**
- **6k**
- **5k**
- **10k**
- **500m**
- **Max Watts**

Rowing Resumes and Coaches Emails

Submit In This Order:

1. Draft e-mail to coach(es), have it fully ready to send.
2. Fill out recruiting form (if available) on the school's website, press send/submit.
3. Press send on the draft e-mail to the coach

E-mails should be SHORT and include:

1. Name and program you row for
2. Height/Weight
3. Erg score/resume for coxswains
4. GPA/Academic Info
5. **Why you are interested in this school**
6. Optional - FUN FACT
 - a. Race results
 - b. Summer experience

So you've gotten noticed... what's next?

Coaches who are very interested in individuals will bring them out for official visits. This can only happen after the first day of classes senior year. You are not allowed to participate in practice with the team while on a visit.

- **Official visits**

- Generally offered by DI and D3 programs
- Programs will pay for your travel to the school and you will spend a day or two with the team. Think of this as a job interview for both you and the school - dress and conduct yourself appropriately. Get an impression of the program and whether you can see yourself fitting in. Have questions to ask the coaches and team.
- Only allowed to take 5 according to NCAA rules.

- **Unofficial Visits**

- Offered by all programs.
- Travel will be unpaid, but the rest of the process is similar. Generally, you will be able to watch practice and get a feel for the team.

- **Coaches Visiting BLS**

- Local coaches may want to watch a practice - generally, the time we are on the Charles in the fall of senior year is the best time for this.

Senior Year

FALL

- Goal July 1st phone calls - need to have material ready to talk to a coach about their school.
- Official Visits - 5 schools max
- Early National Letter of Intent Signing Period (November 8th - November 15th 2017)
- SAT/SAT IIs

SPRING

- Regular NLI Signing Period (April 11- August 1, 2018)
 - Keep your grades up!
 - Do **NOT** post anything stupid on social media!!!
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Recruit Spotlight: Maxwell Kosberg Blumenthal



Where did you row/cox in high school: OKC Riversport (woohoo!!)

Did you row/cox all 4 yrs: Started my sophomore year of high school.

When you started the recruiting process, what did you send to coaches:

A ton of emails. Quick intros mostly, but all had a personal touch about why I was interested in their school and their program. A HUGE component was to incorporate my own personality into the emails. I would often include a short “about me” section, and I’d always mention that I’m terrified of snakes. Even today when I walk around the Charles, some of those coaches (specifically Penn, Princeton, Brown, and Cornell) will say hey and bring up the snake thing. It also helped quite a bit that I raced competitively at Penn AC during the summer after my Junior year. Erg scores and coxswains are a commodity. Be experienced and be memorable!

Did you take any officials – where and how many?

I only took an official to Cal. I had one scheduled with Cornell, but I cancelled it after my visit to Cal. I took a ton of unofficial visits, which is why I didn’t care so much to go on a ton of officials. I knew where I wanted to go (Cal), and I used my official to confirm my decision.

Story of what you did to get noticed/ most memorable thing that happened during the process?

Put yourself out there through emails and experience. If your team isn’t winning every race, and you REALLY want to get noticed by the top programs, spend a summer racing competitively. I chose Penn AC, but there are a ton of programs out there. Make sure that the program you choose is *actually* competitive though. It’s so important to surround yourself with people who are better than you, who also have aspirations to be recruited.

In fact, Penn was the first school to actively pursue me as a recruit. It started because of my emails to their coaches, and their ability to follow my progress at Penn AC. This is kinda a funny story... the Penn coaches followed me during practice one day at Penn AC to observe how I cox. During practice starts that day, we managed to hit three geese in one start. Killed two of em. Stupid geese.

Know your value. If you don’t know why you’re more valuable than other recruits, create that value.

For **rowers**, go harder on ergs than you ever thought you can, and not only during tests. I promise you can go WAY harder than you think you can. So much about improving scores is about getting better at ignoring your mind during pieces.

For **coxswains**, begin recording as early as possible. Buy a little voice recorder from Amazon, or get a waterproof bag for your phone and use that to record practices. Keep everything in Google Drive. Feel free to send me or Jasmine snippets for advice. You’ll amaze yourself by listening to your progress as the months and years go by. Record practices and races. Record everything. Your best recordings will also be super useful to give to coaches during the recruiting process.

How did you decide on a collegiate program?

I wanted to be in a great academic environment, and frankly, I wanted to win. Cal (Berkeley) was the obvious choice. It also fit my general criteria to be at a big state school near a major city with a campus.

Final Notes:

- Starting in the summer, the coach will cut down their list and decide who to offer officials too. After officials they may cut down to the athletes they are fairly serious about. They may then have admissions “pre-read” this list. The admissions department of the school will “green light” an application based on GPA/Transcripts/SAT/etc.
- Once a coach has a good idea of who can get in, they will make their final list of however many people are actually getting recruited.
- After they have made this list, they will generally extend some form of offer. You will give them your word or sign a letter of intent to go to that school, depending on the level of the school. You will apply to that school, and they will make sure you are on their list of individuals that goes to admissions.
- Being on the list is generally a sign that you are IN, but know that the list is generally ordered - I.E. the top recruit is at the top of the list. You aren't in the clear until you have you've received an admissions letter and have paid a deposit..
- Don't be afraid to ask where you stand in this process. As long as you ask politely, there is nothing wrong with this.
- **You parents should NOT be contacting the coaches or doing the work for you!!!!**

Takeaways:

1. There are many ways to row in college - whether as a recruit, walk on, club, etc.
2. Don't choose a school solely on rowing - if you get hurt or rowing doesn't work out you still have to get a degree and transferring schools is a pain.
3. Make sure to talk to the BLS coaches before and throughout the process so we can use our connections to best help you!

Resources:

Skills Camps:

<http://www.row2k.com/camps/>

Row2k College Headquarters:

<http://www.row2k.com/teams/>

USRowing Info:

<http://www.usrowing.org/domesticrowing/youthrowing/collegerecruitinginfo>

Questions