**Try-Out for WPI ROWING**

If you are interested in joining WPI Women's Rowing, as a coxswain or a rower, please email Head Women's Coach Jason Steele directly. His email is jsteele@wpi.edu. In addition; you can meet the current team during a boathouse visit the week of New Student Orientation. A Pizza dinner will be served!!

**Dinner at the Boathouse**

Wednesday, August 24, 2016 5:00pm-6:00pm  
Bus Departs from Park Ave. Garage Turnaround

The Rowing Team welcomes new students to learn more about our competitive varsity program. Take a break from campus, tour our first-class rowing facilities, and enjoy a pizza dinner. This is a great way to meet new people while hanging out at beautiful Lake Quinsigamond.

**First Day of Practice**

Thursday, September 1, 2016

**Frequently asked questions**

**Do I need prior rowing experience?**
No! Many WPI rowers began their rowing career here. We are highly successful because of the broad range of athletic experience on the team. In your first year, you will learn what you need to begin your journey to the highest level of Division III collegiate rowing.

**I have class some afternoons, can I still try-out?**
Yes! During the first weeks of the season, we will have two practice times available and it is not mandatory that you attend every day. However, your attendance will impact the rate you learn and develop. If you hope to race at our culminating A-Term Regatta, The Textile Regatta in Lowell, you should strive to attend one practice during each date of scheduled practices.

**How do I get to the boathouse?**
The boathouse is located at a world-class rowing venue, Lake Quinsigamond, just miles from campus. WPI provides a shuttle to all team practices located at the Lake. Additionally, WPI is one of the only DIII programs in the country that has an On-Campus Indoor Rowing Center. This facility allows us to provide on-campus individual instruction. It also allows our team to practice in a highly effective rowing-specific and time-sensitive manner.

**Who are we looking for?**
Walk-on athletes come from all different backgrounds. We actually had an eventual Hall of Fame Rower who came to WPI as a competitive bowler? You never know!! Typically, the most successful walk-ons display more than one of the following qualities:

- Have a positive attitude
- Appreciate a challenge
- Love to work hard
- Rowers are tall (5'6" or taller)
- Coxswains are short and light (coxswains are typically less than 5'3" 115 lbs)
- Have an athletic background
- Are highly competitive and love to win
- Want to be a Varsity Division III athlete
- Appreciate being committed to a goal oriented and supportive team-environment
- Can commit to long term goals
What do I need to do for the initial try-out portion?
In order to try-out you must complete ALL medical clearance paperwork listed on our Sports Medicine Homepage: http://athletics.wpi.edu(navbar_red/sports_medicine/index

How can I prepare for try-outs?
Once you have completed all medical clearance, practice will begin slowly with general conditioning and an overview of the sport. Anything you do to build your aerobic capacity NOW will help. Running, biking, swimming are traditional cross-training activities for rowing. However, if you are an athlete YOU know what it means to be in good shape. You are your own best guide. If you have followed programs in the past for different sports that have gotten you “into shape”; rely on that experience. We are looking for overall good athletes and will help you slowly transition to competitive rowing once you join the team.

How is the selection process done?
The selection process is a 4 week process conducted during A-Term and concluding the week before Final Exams. During this time you will learn the about the sport, the team, and the coaching staff. You will see if you like rowing and learn about your potential in this sport. It is a longer process than most try-out periods as you need time to learn the basics of the sport before any relevant evaluations can be made. Once this period has concluded you can make a decision about continuing on the team as we prepare for our spring Championship Season.

What about my school work? Will my grades be affected by the time commitment?
Athletes at WPI have a higher GPA than the student body with about 90% of the Women's Rowing Team above a 3.0. Members of our most competitive boat (First-boat) typically average over 3.5. Although your freshmen year might seem overwhelming, having a more structured day can help keep you focused and on task. It is possible to be a great student and a great athlete. It is the exception that a sincerely motivated individual cannot handle the rigors of academics and athletics.

Why should I try-out for rowing?
- Learn something new
- Get into the best shape of your life
- Have the opportunity to compete at the NEWMAC and NCAA championships
- Form close bonds with teammates who will act as your family and support network throughout your time at WPI
- Be around other driven athletes