OLD DOMINION ROWING
NO ROWING EXPERIENCE NECESSARY

Interest Meetings:
Aug 26\textsuperscript{th} & 27\textsuperscript{th} at 7:00 PM
Student Recreation Center, Room 1004

We are looking for athletes, come learn more.

Questions? Contact Coach Chavers at kchavers@odu.edu
How often do we practice?

We practice six days per week, on average you will commit 15-18 hours per week. Practices start the first week of September and continue through the end of May, although you will have the same school breaks that other students have.

When are practices?

In the fall we practice from 6:30am to 9:30am MWF, 9:30am to 12:30pm TR, & Saturday mornings. Try to keep this time clear when scheduling your classes.

How often will we travel?

In the fall, novices (new rowers) will have one or two races – Oct 12th the Head of the Lafayette in Norfolk and Nov 2nd at the Cooper River in Cherry Hill, NJ. Fall travel is minimal with no class time missed. In the spring, novices will have 6 to 8 races with at least one home race in Norfolk. Other spring races are hosted by AAC, A10 and other Division I schools. Athletes will not miss more than three class days in the spring, which are excused absences. In addition to our race schedule, we also travel for two training trips with one occurring prior to the start of the spring semester and one during Spring Break. The Athletic Department and Rowing Program cover all expenses of team travel and competition.

When are try-outs?

The try-out period will start September 6th. Interest Meetings will be held August 26th & 27th at 7:00pm in the Student Recreation Center (Room 1004) and will outline what try-outs entail, when, and where they will be. Tryouts are open to anyone interested in joining the team, regardless of prior rowing experience. Tryouts are a way for you to try rowing and learn more without committing to the team.

What are we looking for in our athletes?

A strong athletic background. A desire to compete as a Division I athlete. Exemplary fitness. An ability to learn quickly. Committed and team oriented. A willingness to work hard and have lots of fun.

What should you do to prepare for try-outs?

Keep doing what you have been doing. Whatever sports or fitness activities you have done through high school, keep doing them. The key thing is just to be in great shape when you arrive on campus in the fall. Focusing on abdominal strength is also very helpful. We will get you in shape, no matter how fit you come in.

How does Old Dominion support Student-Athletes?

Old Dominion Athletics offers comprehensive student-athlete development programs and services to ensure progress toward achieving athletic performance and academic goals. Old Dominion Athletics offers services including: academic, strength and conditioning, leadership and life skills, health and wellness, and technology. These athletic department services are combined with cutting-edge resources from other parts of the University. Old Dominion Rowing prioritizes academic success, our athletes graduate in four years and our team maintains a minimum 3.2 GPA.

Other helpful things to do to prepare:

Ensure you are enrolled full-time for Fall 2019 and will maintain full time status for the 2019-2020 Academic Year.

Complete the enclosed paperwork and upload it into your ARMs Profile – Physical & Medical History Form and Insurance Form. Must also complete and upload Sickle Cell Test. Contact Coach Chavers for instructions at kchavers@odu.edu.

You can also save yourself some time and hassle by registering with the NCAA Eligibility Center. You can register online at www.eligibilitycenter.org