Become a Division I Student-Athlete – No Experience Necessary

ODU Women’s Rowing open try-outs begin this fall for all female full-time students!

To learn more about how to become a member of the ODU Women’s Rowing team, come to one of our scheduled interest meetings or fill out the Walk-On Questionnaire below.

If you have any questions, please email Coach Alyssa Armstrong at aarmstro@odu.edu

Interest Meetings:

Tuesday, Sept. 5th, 2017 at 7pm
OR
Wednesday, Sept. 6th, 2017 at 7pm

Student Recreation Center
Room #1004

Questionnaire:

Walk-On Questionnaire

Frequently Asked Questions:

Do I need prior rowing experience?
No! You need absolutely no rowing experience to try-out. We will teach you everything you need to know.

What type of student is ODU Rowing looking for?

- **Coxswains:** Coxswains are in charge of steering, motivating and executing race strategies. Coxswains typically weigh 115lbs or less and are natural leaders.
- **Rowers:** 5’7” or taller, athletic, hard-working and competitive.
How do I try-out?
Come to one of the scheduled interest meetings this fall semester. Following these meetings we will begin the try-out period.

What does it cost to join the rowing team?
There is no cost to try-out for the rowing team. The only cost directly related to trying out includes fees associated with a doctor’s check-up and an $80 fee for NCAA registration.

How can I prepare for try-outs?

- Running, biking, swimming, etc.
- Bodyweight circuits
- Stretching
- Core work

Try-Out Checklist:

- Be at full-time student status
- Complete a health physical within the last six months
- Complete Sickle Cell Blood Test
- Front and back copy of your insurance card