

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
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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
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