



Thursday April 14th, 7:30pm to 8:45pm via Zoom:
<https://us06web.zoom.us/j/83588639160?pwd=QUor-cUI5NnQvdW1HUIM3TkF2WnJ2dz09>

Learn all about the sport of rowing. Aimed primarily at Novice Parents, this presentation is open to anyone curious about what goes on each day at practice AND on race day - grandparents, aunts, uncles, neighbors, friends are all welcome!

*Photo by
Andrew Block*

Join Bruce Beall, Director of Rowing and Boys Varsity Coach for an evening of learning more about this unique sport.

Have you wondered how Coaches select crews? What is "seat racing"? Why is my child particularly worked up on "Erg Test Days"? What is the importance of Ergometer scores anyway?

We'll cover the following topics and more, with extra time for Q&A.

- What are the physical demands of rowing?
- Why do they train the way they do?
- What do the terms "swing," "set," "down to port or starboard" mean?
- What is going on during a race?
- What does the start look like?
- How do coaches select crews?
- How do coaches determine who sits in what seat?
- What is "seat racing"?
- What do erg scores tell coaches?
- Why are coxswains worth their weight in GOLD?