



FALL
2023

**TRYOUTS
INFORMATION
PACK**

Dates & Times:

ALL ATHLETES: Returning Varsity, Returning Novice and NEW Athletes Trying Out

TIMES FOR TRYOUTS WEEK Monday Aug 21 to Friday Aug 25:

Girls Team 3-5pm

Boys Team 5-7pm

Monday Aug 21: TRYOUTS BEGIN

Tuesday Aug 22: ROUND 1 CUTS

At the conclusion of the Tuesday Session the first round of athlete cuts will take place.

Round 1 Cuts will be made based on current fitness, conditioning, strength & endurance.

Wednesday Aug 23 - Friday Aug 25: PROGRESSION & SEAT RACING

Saturday Aug 26: 7-10am for ALL ATHLETES. TEAM SELECTION – End of Session

No training Sunday 27th or Monday 28th

Tuesday Aug 29: (First Day of School) SEASON BEGINS

Mon-Fri: Girls Team 3-5pm Boys Team 4-6pm Saturday Training times TBA

Compulsory Crew Athlete & Parent Meeting

At the High School immediately following the AD's Fall Meeting (Day & Time TBA). This is a **mandatory requirement**

for **ALL** athletes seeking to row Crew in the Fall – from Senior Varsity to new Freshmen

Shrewsbury Crew – Tryouts Information - Fall 2023



More Dates for your Diary:

Please read the attached Regatta Dates PDF carefully and note all race days.

In a nutshell, EVERY WEEKEND during October has a regatta. If you are not able to commit to being available for each and every date we are racing, please do not tryout for Crew. (*Head of the Charles* only applies to athletes selected in the 1V Crews)

Rowing is a 100% attendance sport. Training & racing.

No Training: Sept 4 (Labor Day) / Oct 9 (Columbus Day) / October 30 (Rest Day)

Halloween Row: Tuesday October 31 Last Day of Season: Wednesday Nov 1



DRC Lake Quinsigamond

Location:

Shrewsbury Crew Boathouse.

DRC (Donahue Rowing Center) 237 N Quinsigamond Ave, Shrewsbury MA

Our Boathouse is on the far right if you are looking from the lake.

Parking & Drop-Off:

Parking & drop-off for Shrewsbury Crew is in the BIG public carpark only. Athletes will then walk next door to the DRC.

Pick up is in the same location.

Please do not enter the DRC driveway at any time – rain, hail or shine. Boathouse access is restricted to Coaches & Staff only. It is NOT a drop-off location.

Athletes, please note, you need to be at the Shrewsbury Boathouse **ready for practice at your designated time.**

If you're not early, you're late.



Map:



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As a NEW ROWER, what will I be doing during Tryouts?

- Learning the basics of rowing on land-based rowing machines
- Learning the terminology and technology of our carbon fiber racing shells
- It is our aim to have every attendee in a boat and on the water from Day 1
- At Shrewsbury Crew – we learn by DOING!

A parent or guardian **MUST** complete & sign the Swim Aptitude Form found here **BEFORE** Crew Tryouts:

<https://docs.google.com/forms/d/e/1FAIpQLSdhJ9X80folwjul2AuQmAM1eCqdilEBLezp--s8LXwT5N5a2Q/viewform>

No Swim Form = No rowing.

VIP: To participate, ALL Student-Athletes must also have a current (as of August 21, 2023) Sports Physical from their healthcare provider. Coaches in all sports will be sent a list of any athletes without a current Physical on file with the school. These athletes will not be able to participate in Tryouts. Please check the status of your Sports Physical right now and book an appointment if you need to.

*** Freshman Athletes will be dismissed early on the day of their orientation during Tryouts Week so they can get to the Freshman Orientation in plenty of time***



What to bring:

- Water bottle (and a sock to put it in)
- Sunscreen
- Sunglasses
- Wet weather gear. We row in the rain. A waterproof spray jacket to keep you dry and warm is a must during Fall.
- A towel and dry change of warm clothes – just in case.

What to wear:

- Spandex / Lycra shorts or tight-fitting shorts
- T-shirt (Not cotton) Wicking / tech fabric is the best.
- Socks
- Hat
- Athletic shoes (You won't be allowed to run or lift weights in Crocs – even if they are in 'Sport Mode')

As soon as selections are made, the Crew Team Merch Store will open and successfully selected new athletes will be able to purchase the navy Shrewsbury Crew T-Shirt (Approx \$20) which will be their race uniform for the first season.





Head of the Charles Fall 2022 – Girls 1V 8+

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Celebrating an historic 86 years of tradition, leadership & excellence, we are fortunate to be one of the oldest public school rowing clubs in the USA. It is both an honor and a privilege to row at Shrewsbury.

Let's go Shrewsbury Crew!

Coach Mitch

Rowing Director & Head Coach, Shrewsbury Crew

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SHREWSBURY
CREW



***SPRING
CREW***

2022



STATE CHAMPIONS

