



Rower Level System Guidelines

Level system pertains to all members rowing singles at Rowing Club of The Woodlands

- Meters can be logged by using a stroke coach or GPS watch and should be posted on the log safety log for verification.
- Rowers must contact our head coach to schedule to be tested to advance to the next level before rowing up in a boat.
- During a coached session the coach may see fit to assign a rower to a higher-level boat and test them without request based on observation of skills demonstrated.
 - The rower may not subsequently row in a higher-level boat on their own until completing the level test and meter requirement.
- Levels 1 and 2 will be the boats of greatest demand, especially during LTR weekends. Please plan accordingly to get your meters in.

Bow Certification (still being developed)

- All rowers wishing to bow a quad or double must complete this course or meet with the head coach of RCTW to prove experience and ability to bow.
- Course includes reading material
- Course includes on the water experience/practice to demonstrate ability
- Course includes written exam

Coxswain Certification (still being developed)

- All rowers wishing to cox must complete this course or meet with the head coach of RCTW to prove experience and ability to cox.
- Course includes reading material
- Course includes on the water experience/practice to demonstrate ability
- Course includes written exam