

Minneapolis Rowing Club 2021 - What the heck is going on?

Steps to Row

1. Join or renew your MRC membership [here](#)
2. Log in to [iCrew](#) to complete the Pre-season Checklist (required for ALL rowers)
 - a. If you used iCrew in 2020, your profile should still be there (as long you did #1)
 - b. To create or reactivate your iCrew account, contact Jen Sowins, clubadmin@minneapolisrowing.org
3. If desired, declare a pod by completing the [Declared PODS Form](#)
4. If interested in coached programs, view the [Adult Teams](#) page on the MRC website for schedule and program fees
5. Pay program fee on MRC website, www.minneapolisrowing.org
6. Sign-up for spring sessions in [iCrew](#) starting March 28

FAQs

Are we rowing this year?

Yes! Though COVID-19 guidelines remain in place to help ensure member and community health and safety, MRC will be offering opportunities to row independently and in coached programs. Coached programs will start in singles and doubles, similar to last year. We hope to transition to our traditional teams in June, pending guidelines.

Docks In (putting the docks back in the river) is tentatively scheduled for March 27. After that as conditions permit (see our [Safety Matrix](#)), members may begin independently rowing boats for which they are bow listed. Adult coached programs start April 19.

Yee-hah! Independent rowing - sign me up!

Your bow level (or how you are bow listed) carries forward from year to year. Your bow level should be listed on the website. However, we strongly encourage members the first couple of times they row after a long winter break to take out a more stable trainer. Start slow and row with at least one other boat. Make sure you check weather and water flow on the Safety page. Wear a PFD. Even highly experienced rowers need a couple of times out to get back in the swing of things.

What's this I hear about pods?

USRowing continues to recommend rowing singles. USRowing also has a list of guidelines to follow if larger boats are rowed with people not of the same household. The Minnesota Department of Health also has a list of guidelines for adults and youth who participate in athletics. Taking all this together, the MRC Board of Governors is permitting members to form pods of up to 5 people. This is OPTIONAL. If the best decision for you is to continue to row singles, please do so.

Members who ONLY plan to row with other members of their household do not need to declare a pod. So if you live with a spouse/partner/roommate who you want to row a double with, no problem. You can

row a double independently as your bow level permits. You can sign up for a 2x coached session and row together (you can row with them, Sam I Am).

If you want to row with anyone outside your household, then you must declare your pod. You may only join one pod. Crossing pods, like crossing the streams of your proton pack, would be bad. (Try to imagine all life as you know it stopping instantaneously and every molecule in your body exploding at the speed of light.)

Keep in mind bow levels when forming pods. If you want to row a 4x, at least one person in your pod must have a bow level that permits reserving quads, i.e., unrestricted Bow Level 3 or higher. And per the Safety Matrix, some conditions require a higher bow level (4) or more experience (at least 4 years) to row independently.

Will masks still be required this year?

Yup! Masks are still required at all times for everyone while in the boathouse, on the apron or on the docks. Everyone in team boats must also wear masks while on the water unless the entire crew lives in the same household. That last one is straight from the Minnesota Department of Health.

I rowed racing singles last year, does that mean I am a Bow Level 3 and can reserve quads in iCrew?

No. In 2020, many members achieved Level 3* Racing Single Only. To achieve an unrestricted Bow Level 3, you must demonstrate proficiency in 2x and 4x per MRC Bow List Requirements, generally achieved through coached programs.

Ooh, coached programs - what's up with that?

The spring season, April 19 - June 13, we will be rowing singles and doubles. Check out the schedule on the MRC [Adult Teams](#) page. Members can sign up for any session - HOWEVER - you need to self select. Discuss the schedule with friends if you can, and you are encouraged to sign up for the same sessions as others you enjoy rowing with. 3rd year rowers may sign up for High Performance sessions, but it's best to do so with other rowers you know and who are at your similar level. Everyone, regardless of rowing goals, could probably benefit from a Development session. Coaches will review schedules once registration is complete, and may make changes to promote session cohesion.

Sessions with a "2x" are specifically for doubles. You must find your own 2x partner, one will not be assigned. If you want to row a 2x in coached sessions with someone outside your household, talk to the person (will they accept this rose?), agree on which 2x session(s) you both can attend, and declare your pod [here](#).

Sign-ups for coached sessions in iCrew will begin March 28 and will follow a similar format as last year. Specific sign-up instructions will be available soon. In fact, more information regarding iCrew in general will be forthcoming. We're still updating and reactivating iCrew accounts.

Are we doing teams? What team am I? Where are my people? Who's on first?

MRC leadership is currently operating under the assumption that we will be able to resume rowing team boats this summer. That is, we are extremely hopeful that when the MRC summer season begins June 14, we are back to a schedule similar to 2019 when we rowed on Recreational, Competitive Women's, and Competitive Men's teams. Obviously, we will adjust as necessary to comply with MDH and USRowing guidelines.

So, everyone gets to pick if they want to row rec or comp. Even if you were supposed to be a member of the Green Team in 2020, this is now your third year with MRC, you've had a solid year of sculling experience, and now you get to decide if you want to row recreationally or with a competitive program. As the summer approaches, there will be Recreational and Competitive team informational meetings to help you evaluate your options. Patience, young Grasshopper.

The Program Committee will solicit feedback during the spring to determine interest for summer/fall teams and guide scheduling. If you are not yet ready for teams, there will also be an opportunity to indicate your preference to keep rowing singles. With sufficient demand, we will continue to offer small boat sculling this summer.

What's on second.

I'm still not finding my people or have other questions, comments, or concerns.

Contact Club Administrator [Jen Sowins](#) or Program Chair [Erika Nelson](#). One of MRC's goals is fostering a welcoming boathouse and supporting inclusivity, especially as we transition back to team boats. Keeping newer members in the know is something MRC has tried to do better for years, the pandemic didn't help, and we're still not there yet. The spring season is short. We have a lot of rowing ahead of us this season. If you don't have a pod, it's ok. If you really want to row 2x this spring and need help finding a partner, let us know. MRC leadership does not plan to make any coached program changes during the spring. Any adjustments for changing COVID guidelines that impact coached programs will be put in effect no earlier than June 14 when the MRC summer season begins.

We look forward to seeing you back out on the water!