Youth Program FAQ Sheet

This form should be reviewed by anyone interested in joining Row New York, especially those who apply.

What is Row New York, what am I getting myself into?  
Row New York is an afterschool program that uses the competitive sport of rowing, and comprehensive academic support, to help participants achieve their fullest potential.

Our participants learn to row on the water, and eventually compete in races locally and regionally against other programs. It is a physical sport, our participants become fitter, stronger, and healthier, and master a fun and unique sport along the way.

Our participants work with academic staff to receive guided homework help, prep for Regents exams, and prep for the SAT. Additionally, our participants and parents will receive support in the college search, application, and decision process.

What will my first year look like?  
New participants will learn to row in the Fall, out on the water in training barges, and on indoor rowing machines. In the Winter, we practice indoors to build fitness, and continue to learn the fundamentals of the sport. Additionally, we will teach those who need it how to swim. In Spring we will be back on the water, training in preparation for participant’s first competition. Our season culminates in June with championship racing. Row New York is a challenging but extremely rewarding program.

How often is programming?  
High School: 6 days/week -- Middle School: 4 days/week

What are the times of programming?  
4:30pm - 6:30pm during the week; 9am - 11:30am on Sat.

What is the yearly schedule of programming?  
Programs run at the above schedule throughout the school year, with certain breaks between seasons and over holidays. We have programming in the Summer as well, but it is our shortest season, and operates differently than our year round programs.

Are there any age restrictions?  
New participants who wish to join must be at least 13 years old by Oct. 1st, 2019 (born on or before Oct. 1st, 2006). We typically look for 8th and 9th graders to join.

I am in 10th, 11th, or 12th grade. Can I still join?  
Row New York would like to take everyone into our program, however roster space is limited, and we must prioritize those who stand to be in the program longest. If you are in 10th grade in the Fall of 2019, please apply and attend tryouts, but preference may be given to 8th - 9th graders. Only in extreme circumstances can we accept 11th and 12th graders into the program. So if you are in 11th - 12th grade, you are welcome to apply, but we encourage you to speak with a coach directly before the tryout.
What are the attendance expectations?
Row New York expects participants to attend every session, rowing and academic. It is critical to reaching our goals, and for participants getting the most out of the program. We understand conflicts happen occasionally, but regular attendance is important.

Those that can commit to the full scope of the Row New York program and attend the most sessions will have the best chance of being invited to join the team. If you would like to join the program but you know you cannot attend certain days or times of year, speak with our coaches in advance of the tryout and talk through your situation.

What if I am invited to join the team, but have to miss a session?
We understand conflicts arise, so once you are invited to join the team, if you cannot make a programming session, we ask that you communicate with your coach ahead of time.

What does RNY look for? How do we select participants to join?
RNY prioritizes the following things in selecting participants to join the program:

- Availability - Are you able to attend the program as scheduled? Do you have any regular conflicts that will prevent attending?
- Accessibility - Can you get to our program locations by the start of programming each day? Will your commute to and from our program be sustainable throughout the year?
- Attitude - Are you genuinely excited about all aspects of the program? Are you eager to learn and try something new?
- Potential - Do you think you would benefit from being in RNY? What do you think you could bring to a team?

Why is RNY a great program?
- RNY participants master the unique sport of rowing
- RNY visits colleges throughout NYC, Upstate NY, Philadelphia, Boston, DC, and more!
- RNY gets you fit
- RNY provides SAT prep and homework help
- RNY is a great way to make friendships that last a lifetime
- RNY participants travel to compete and race against other programs.
- RNY teaches every participant how to swim
- RNY provides exposure to different career paths and professional networks.
- RNY helps participants and parents navigate college search, application, financing, and decision.

Why is RNY a challenging program?
- We are a high dosage program: we ask participants come to Row New York a lot. While that is challenging, the payoff is huge! Participants improve their fitness, health, and academic standing, teammates become family, and lifelong bonds are created.
- Rowing is a physically and mentally challenging sport, that requires a lot of practice to master. While that is challenging, rowing is also one of the most gratifying sports: it builds confidence, teaches teamwork and accountability, and is fun, outdoors on the water, and something unique!
- We push our participants to be successful in the classroom: that is a challenge, but with our academic staff and tutors, we provide the support needed to navigate life as a student now and for college.