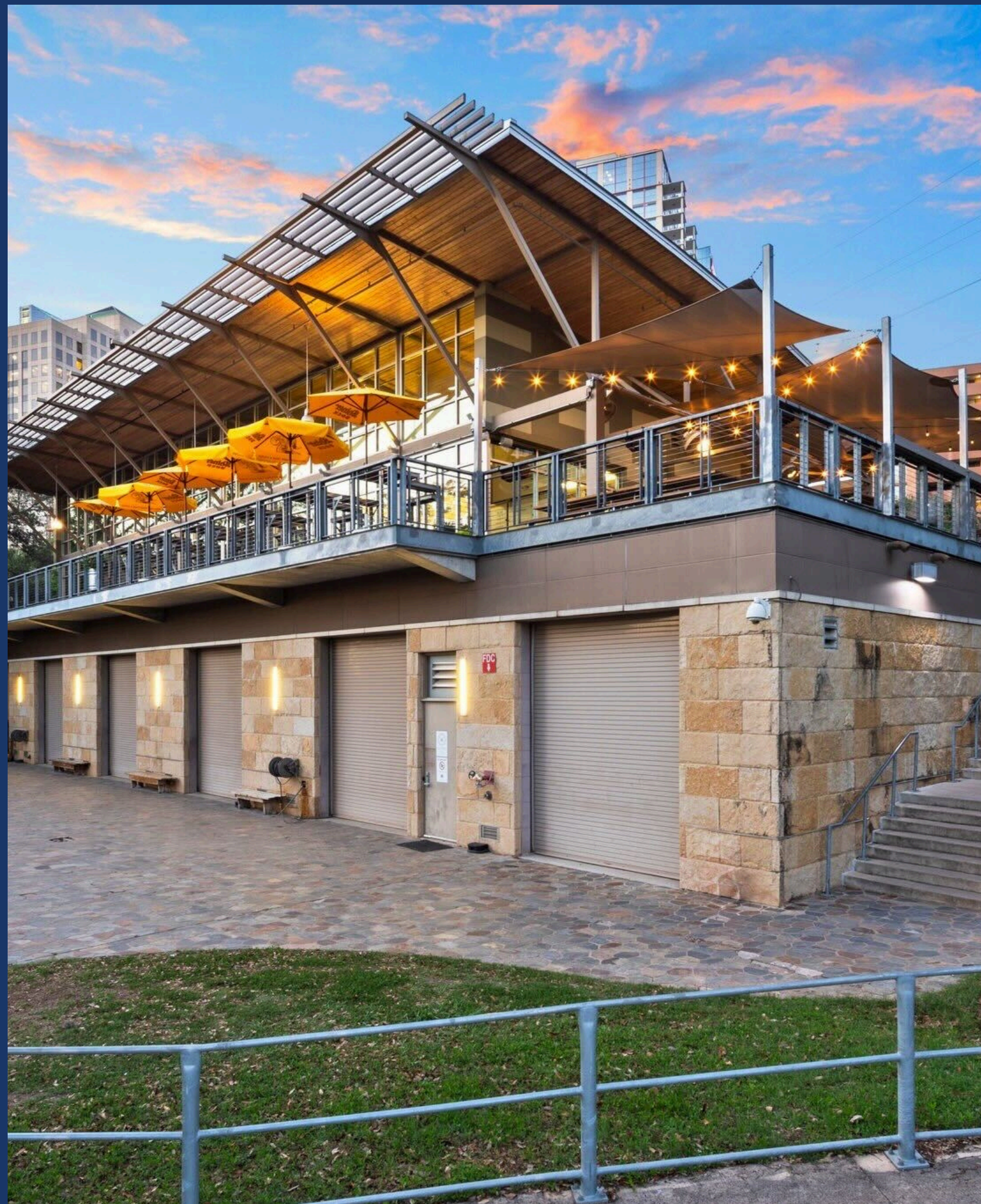




# ARC Jrs. Program

## Parent Info Session





# Who is ARC?

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- We are a nonprofit that serves the Austin community
- Rowing, kayaking, paddleboarding for youth and adults
- We incorporate outreach into everything we do
- Oldest operating rowing club in Texas, founded in 1981
- 400+ members from ages 12 to 91



# Who are ARC Jrs.?

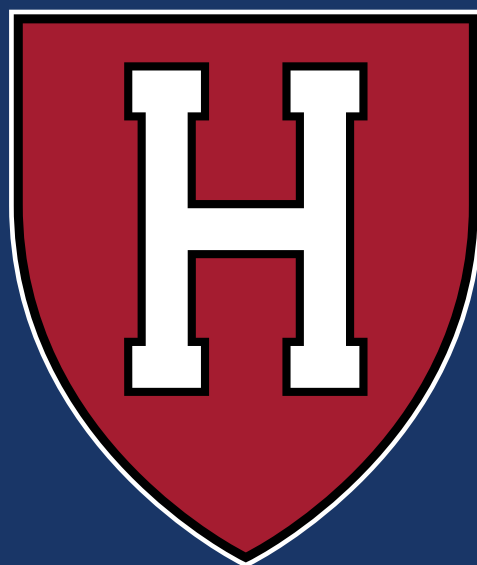
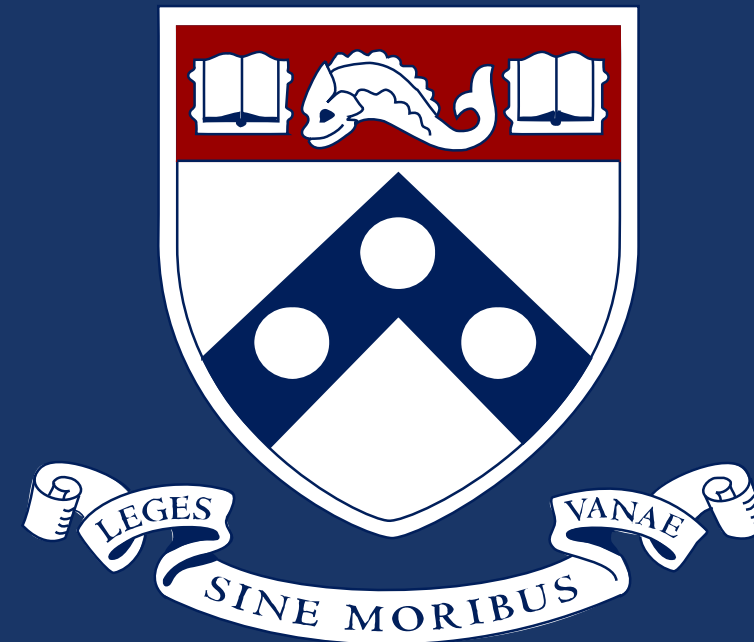
- 100+ rowers in our programs each year from 30 different schools in the Austin area
- year-round program that competes at local, regional, and national level
- 10+ recruits to DI and DII rowing programs over last 4 years







SMU





# What does rowing teach?

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Teamwork

Leadership

Toughness

Discipline



# What does rowing teach?

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Perserverance

Appreciation for nature

Positive body image

Lifelong passion for sport



# Fall Semester

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- Squads organized into “Novice” and “Varsity”
- Novices get to compete mostly against other beginners
- Head races, mostly local for novices

# Spring Semester

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- Squads organized by age-U16, U17, U19
- Competitions organized by age
- Sprint races, full team travels to Regional Championships



# Fall Dates

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**Oct 25<sup>th</sup>**

**Head of the  
Colorado,  
Austin  
full team**

**Oct 30<sup>th</sup> -**

**Nov 2<sup>nd</sup>**

**Head of the  
Hooch, TN  
select  
novice**

**Nov 9<sup>th</sup>**

**Waco Duel  
Regatta,  
Waco  
full team**

**Dec 17<sup>th</sup>**

**Last day of  
fall season  
practice**



# How to be a successful rower





# Racing lineups are decided based on...

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On the  
water  
speed and  
technique

Fitness and  
erg test  
scores

Good  
attitude

Consistent  
attendance  
and effort

# How to stay caught up...

- 1 Team slack channel
- 2 Attendance spreadsheet
- 3 Jrs. Website
- 4 Weekly Newsletter
- 5 Email me!  
[elizabeth.green@austinrowing.org](mailto:elizabeth.green@austinrowing.org)



# Jrs. Boosters Club

**Community Building**

**Regatta Support**

**Team Spirit**

**Fundraising**