



ARC Jrs. Program

**Varsity Parents
Meeting**

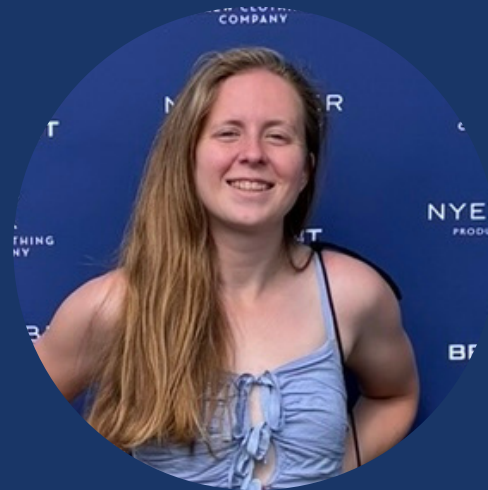
Varsity Coaches & Staff



**Head Program Coach
Head Boys Coach
PK**



**Head Girls Coach
Hannah**



**Program Manager
Liz Green**



**ARC Managing
Director
Carol Baxter**



**Varsity Girls Asst.
Ethan**



**Varsity Girls Asst.
Courty**



**Varsity Girls Asst.
Juliet**



**Varsity Girls Asst.
Selina**



**Varsity Boys Asst.
Pedro**



**Varsity Boys Asst.
Spencer**

September Events

- Sat, Sept 6th Bring a Friend Day, Attendance for fall regattas is due
- Sat, Sept 13th Lake clean-up after practice
12:30-2:30
- Sat, Sept 27th ARC Annual Member Meeting, 10:00 AM

Waco Rowing Regatta

When: Sun, Oct 12th. Drive up and back Sunday

Where: Waco, TX. Downtown

Who: All varsity that meet 75% attendance

Cost: est. \$200 per rower, billed mid-Sept.

Head of the Charles

When: Thu, Oct 16th - Sun, Oct 19th

Where: Boston, MA

Who: Girls: Youth 4+, U174+
Boys: U174+

Cost: est. \$2,000 per rower, billed Sept-Oct in payment plan

Head of the Colorado

When: Saturday, Oct 25th

Where: Austin, TX. Festival Beach

Who: All varsity that meet 75% attendance

Cost: included in main season cost

Head of the Hooch

When: Thu, Oct 30th - Sun, Nov 2nd

Where: Chattanooga, TN

Who: Girls: WY8+, WU178+, WNov8+
Boys: MY8+, MU178+

Cost: est. \$1,300 per rower, billed Oct-Nov in payment plan

Waco Duel Regatta

When: Sun, Nov 9th Drive up and back Sunday

Where: Waco, TX. Downtown

Who: All varsity that meet 75% attendance

Cost: included in main season cost

Jan- Feb '26

1

Thu, Jan 9th First day of spring practice

2

Sat, Feb 7th Erg Rodeo, Austin. NOT OFFICIALLY CONFIRMED

3

Sun, Feb 8th, Carson Smith Memorial Scrimmage, Austin.
NOT OFFICIALLY CONFIRMED

4

Sat, Feb 28th- Sun, Mar 1st Heart of Texas Regatta, Austin.

Mar- Apr '26

1

Mon, Mar 16th- Fri, Mar 20th Spring Break Training, Austin

2

Sat, Mar 21st Battle of the Brazos Scrimmage, Waco, downtown.

3

Sat, Mar 28th Ergathon Fundraiser

4

Sat, Apr 11th - Sun, Apr 12th OKC Invitational, Oklahoma City

May - June '26

1

Thu, Apr 30th - Sun, May 3rd Regionals, Oklahoma City.

2

Fri, May 8th End of Season Banquet

3

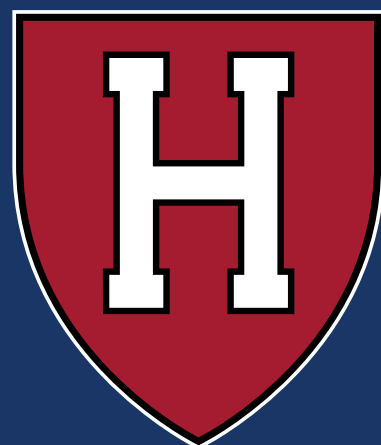
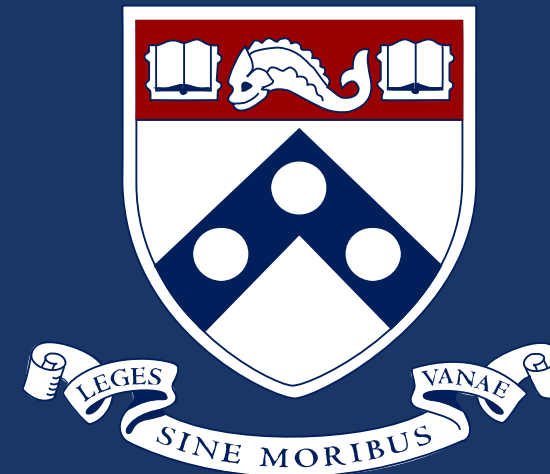
Sat, May 9th- Mon, June 8th Nationals Training

4

Tues, June 9th- Sun, June 14th Youth Nationals, Sarasota, FL.
NOT OFFICIALLY CONFIRMED

College Recruiting

- Info folders about rowing in college and recruiting timelines are pinned in the girls' parents slack channel
- Talk to coaches if you are interested in this process
- Erg scores are a primary factor in recruiting
- The best way to improve your erg score is to have good attendance at practice and to train consistently



Attendance

- Good attendance is the #1 factor that will contribute to our success as a team
- Attendance records affect coaches' decisions for racing lineups
- Rowers are responsible for marking attendance in the spreadsheet each week and communicating to coaches when they need to change attendance
- When you miss a day, try your best to get a workout in at home. Consistent training is key to success.

Racing lineups are decided based on...

On the
water
speed and
technique

Fitness and
erg test
scores

Good
attitude

Consistent
attendance
and effort

Preventative Care

- Proper warm-up and cool down for workouts (especially at home)
- Strengthening
- Recovery: nutrition, sleep
- Have a PT referral from your primary care physician
- Soreness
 - only lasts 2-3 days, based in muscles, not joints or tendons, dull pain, gentle activity helps rather than hurts
- Injury
 - lasts upwards of 4 days, felt in joints or tendons more than muscles, sharp pain, movement makes it feel worse

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

Jrs. Boosters Club

Community Building

Regatta Support

Team Spirit

Fundraising

**We are looking for regatta
sponsorships for Head of the
Colorado!**

**Talk to Sara Evans if
interested!**