



What to Expect from our Middle School Program

MISSION STATEMENT

Oakland Strokes is committed to creating nationally competitive teams, by empowering youth from culturally diverse backgrounds and encouraging these youth to pursue excellence in all facets of their lives through the education and training in the art of rowing.

PURPOSE OF THE MIDDLE SCHOOL ROWING

Middle school rowing is an opportunity to learn a new sport. At a time when many kids are realizing the sport they currently play may not going to be a good fit as they get older and/or competition gets stiffer, many kids find themselves without a sport. Rowing is unique in that it is a sport most kids begin in high school. Middle school rowing allows your athlete to familiarize themselves with the sport of rowing and learn rowing fundamentals in a fun environment.

WHAT TO EXPECT FROM PRACTICES

Every day will have some conditioning aspect, abs, running, erging, weights, etc...and then some rowing. We will row often in the Barge which allows us to row in most weather conditions and will allow athletes the highest coach/rower ratio. Much more hands on instruction is available in the Barge than in boats and this will allow us to give the middle school athletes a better experience.

What makes a good rower or coxswain:

In middle school everyone is invited to row and even in high school we work with everyone, but if your rower is looking to row in college, here are some tips for you.

For Rowers: body construction, size to strength ratio, leadership, technical ability, coach-ability, competitiveness, positive "I can do it", "I will try it" attitude, confidence, sportsmanship, team player mentality and general athletic potential.

For Coxswains: they need to be small and be able to handle many inputs at once. Being a coxswain is very difficult, and requires steering a 60 foot boat with 8 rowers and dealing with wind, current, etc...while remembering the race plan, where they are and not crashing...it is fun, but very difficult.

A good athlete will want to master all aspects of the sport and will want to perform daily to the best of their ability. This sport requires 100 hours of training per 1 minute of racing (or about that) so it is important that it the athletes find the training fun and challenging and they will see improvement.



What to Expect from our Middle School Program

WORKING WITH YOUR COACH

The coaching staff at Oakland Strokes has many years of experience, many national titles and innumerable championship victories. The staff is focused on the best interest of your athletes. We would never try and have them do things beyond their abilities or that we find unsafe for your child.

It is important that if you ever have a question or concern please call their coach or the coaches liaisons. They are here for you to call. Any information you give them will be anonymous if you don't want the coach to know. The Liaisons have years of rowing experience and they will help you understand any decisions made by the coaches.

SCHOLARSHIP INFORMATION

The Oakland Strokes will provide scholarships to the best of our ability to make rowing available to all. It is important that the request is made as soon as possible as funds are limited.