
CHATTANOOGA JUNIOR ROWING

Summer Competitive Program

Grant Williams, Head Coach

grant@k4uuq.com
(706) 676-6564

Quinn Nash, Assistant Coach

quinnasnash@gmail.com
(423) 903-6550

The summer competitive program is executed with the ambition of providing the highest level of biomechanical, technical, mental, and physical training to aspiring athletes whose values align most with the goal of top-range performance rowers and coxswains alike. As a coaching staff – emphasis is placed on data driven, scientific exploration of efficient mechanical and physical implementation of rowing technique while further investigating and correcting the mental barriers and teammate-chemistry standing in the way of progress. Many approaches [both on the water and on land] will be taken to provide the most conclusive improvement as well as education possible, ultimately culminating in competition at the **Youth Summer National Championships hosted in Oak Ridge, TN from July 15-17**. The bottom line goal of the program is to equip eligible and able-minded athletes with the tools and knowledge necessary to compete at the highest tier possible in their present and continuing rowing journey.

The program is a 7-week intensive course that will provide athletes all the equipment and environment needed to progress in the field of competitive rowing. With an anticipated start date of May 31st, the program will meet in person once per day [and on-your-own workouts will be given for the mornings], Monday through Friday, from 4:00 PM to 7:00 PM EST. And Saturday from 9:00 AM to 11:00 AM. Saturday practices are of question with potential to change due to athletic exhaustion or scheduling conflicts. Athletes are required to maintain the following during the duration of the program:

- 1 missed day per week is acceptable.
- 2 missed days per week is acceptable with verified and legitimized reason BUT must not be consecutive days.
- No later than 24 hour notice for missed days via our virtual organization tool, TeamSnap.
- **Attendance at the final regatta is required unless unforeseen circumstances arrive.**

With proper execution of the above attendance expectations, the coaching staff will be able to actively post lineups and workouts ahead of time, facilitating adequate physical and mental preparation. This policy also builds teammate accountability and dependency.

Availability to compete in the program is by **selection basis only**; the coaching staff (with an accompanying letter of recommendation from the athlete's coach) no later than one weeks time of the beginning of the program – and with the receipt of requested documents by prospective athletes – will inform those that will be invited to attend the program. Selection is based on the following metrics: 2K time, 6K time (if applicable), video footage, prior coaching experience, race results and past boat involvement, mentality, physicality, and eagerness. **Athletes must display interest in the program no later than 1.5 weeks before the program starts.**

Aside from attendance, athletes are expected to uphold the following values to further the enrichment of the program and those that attend it:

- Utmost respect for teammates and coaching staff both on the water and off the water.
- Motivation and enthusiasm in the sport of rowing.
- Flexibility and patience towards teammates and coaching staff.
- Self-accountability and responsibility in given tasks as well as workouts.
- Willingness to learn and help others.
- Positive attitude.
- Desire to learn, progress, and compete at a high level of rowing.

Finally, the program fees will be strictly collected within the week leading up to the start of the program and include coaching, transportation of boats, and registration. Rowers are expected to fund their own transportation to Oak Ridge, hotel costs, and the purchase of a required uniform tank-top.

We look forward to working with all athletes in respect and admiration of the sport of rowing.

Any questions can be forwarded to Coach Grant Williams at the email or phone number listed above.