



# Pinecrest Lakes Prep Rowing (Crew)



Rowing: The Fastest Growing Youth Sport in the United States

# Coaching <https://rowlcra.org/our-story/>

- **USRowing Certifications - All Coaches Certified; Head Coach Level 3**
- **SafeSport Certified**
- **Head Coach / Rowing Director:**
  - **Men's and Women's High School**
  - **National Championship Winning Crews**
- **Freshman / Novice Coach**
- **Middle School Coach**
- **Strength and Conditioning Coach**





# Facilities

- Operated by Lake County Rowing Association - <https://rowlcra.org/>
- Clermont Boathouse: City / Lake County Partnership
- Lake Minneola / Clermont Chain of Lakes
- South Lake Bike Trail
- 2k and 1k Olympic Rowing Course System
- Full Range of racing equipment, Concept2 Rowing Machines, and strength training equipment
- Home to International and Collegiate Winter / Spring Training





# Collegiate Athlete Preparation

Student-athletes who intend to continue their athletic career at the college level demonstrate passion, a strong work ethic, and most of all, discipline.

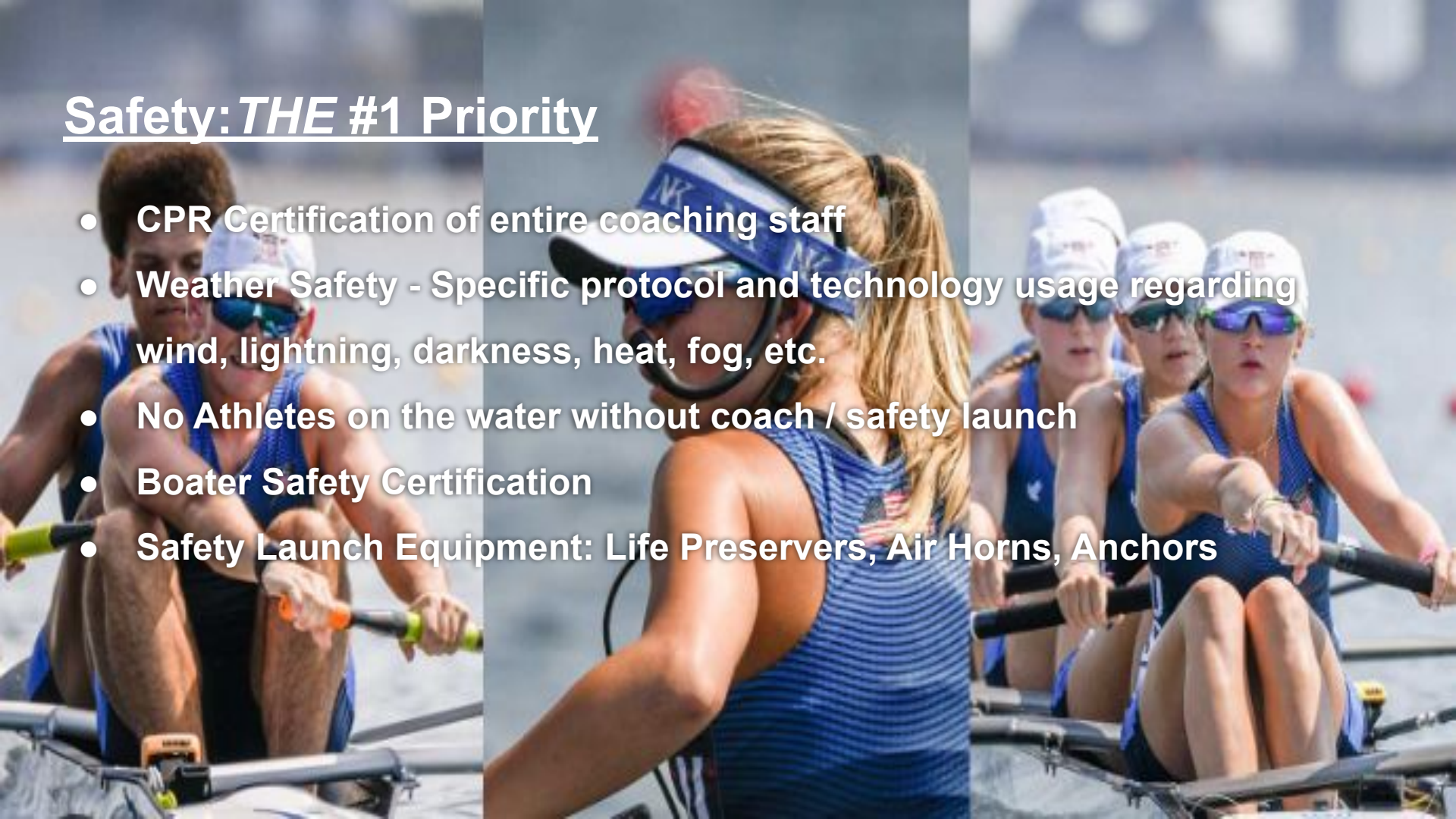
- Student-athletes are supported by their coaches and college counselors to ensure a prospective college has the full picture of each student-athlete.
- With the resources to train the entire athlete as well as assistance with editing and preparing highlight videos that showcase each student's strengths, staff works with students to find the best fit and opportunity.
- Extend the Student-Athlete Experience to include opportunities for elite academic institutions (ex. - Ivy League Schools)
- Past Collegiate Rowing Institutions and Scholarships: Temple, Jacksonville U., Stetson, U. of Alabama, West Virginia,





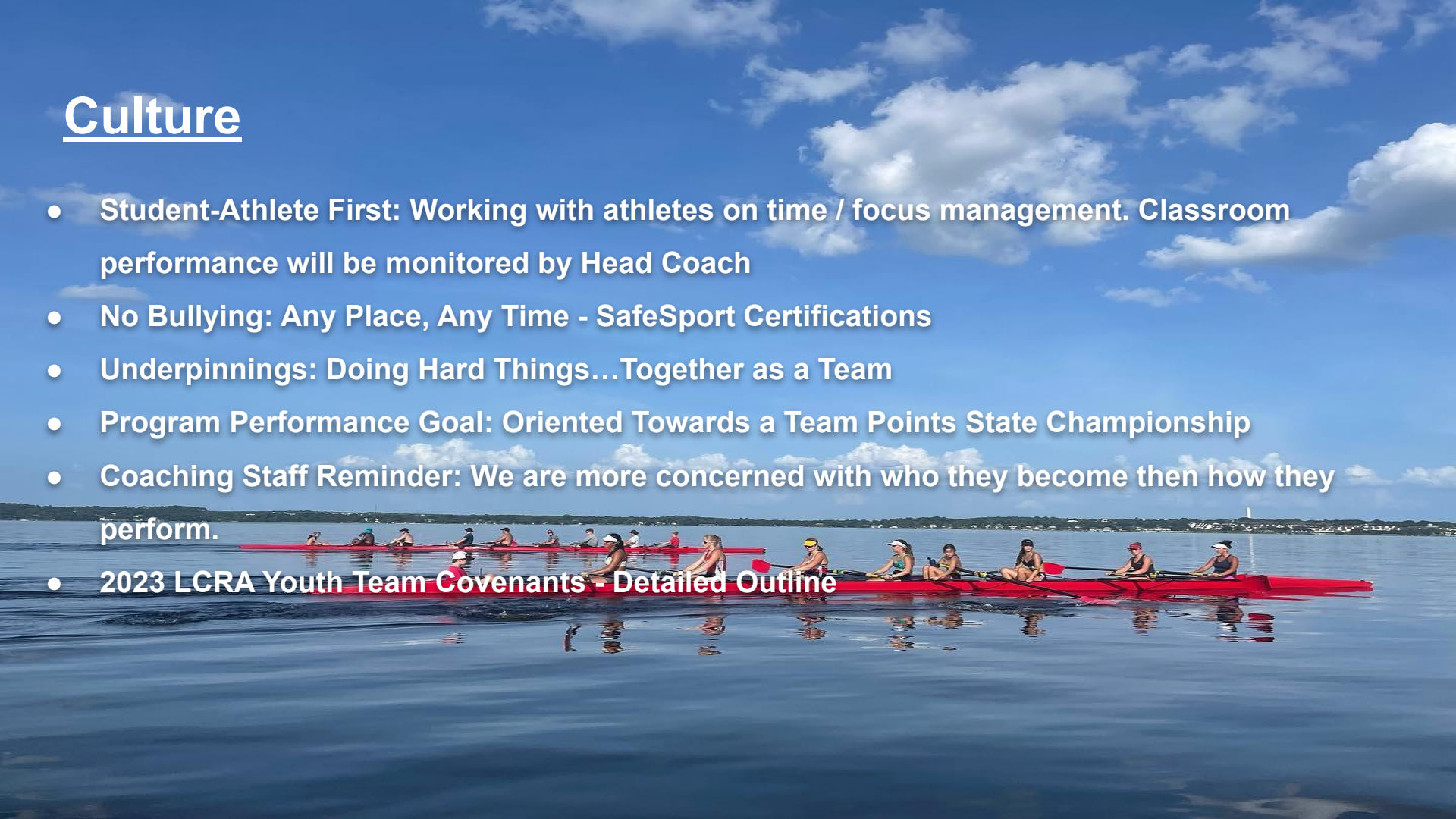
## Safety: *THE* #1 Priority

- CPR Certification of entire coaching staff
- Weather Safety - Specific protocol and technology usage regarding wind, lightning, darkness, heat, fog, etc.
- No Athletes on the water without coach / safety launch
- Boater Safety Certification
- Safety Launch Equipment: Life Preservers, Air Horns, Anchors



# Culture

- **Student-Athlete First: Working with athletes on time / focus management. Classroom performance will be monitored by Head Coach**
- **No Bullying: Any Place, Any Time - SafeSport Certifications**
- **Underpinnings: Doing Hard Things...Together as a Team**
- **Program Performance Goal: Oriented Towards a Team Points State Championship**
- **Coaching Staff Reminder: We are more concerned with who they become then how they perform.**
- **2023 LCRA Youth Team Covenants - Detailed Outline**





# Seasons



## **Fall: Late August through Mid November**

- **Primary Learning Season**
- **Secondary Racing Season**
- **Significant Conditioning & Preparation Season**

## **Winter: Mid November through Late January**

- **Primary Conditioning Season**

## **Spring:**

- **Primary Competition Season (known as Sprint Season)**
- **Early Feb through Mid May**

## **Summer: Early June through Late July (Out of School)**

- **Additional Supplement Skills Introductions**
- **Maintain Fitness**

# PLP Varsity Letter



- Based on attendance / performance, LCRA youth members can achieve PCA Athletic Varsity Letter per PCA standards
- PCA to compete at National Championships
- Athletic Banquet





## Levels

- Varsity: Typically Boys and Girls Top Boats (ex. Men's Varsity 8)
- Junior Varsity (JV): Athletes not in Top Boats
- Freshmen: 9th grade (8th graders can sometimes also race in the category)
- Middle School: 6th through 8th Grade
- Varsity / JV: Throughout the various season operated like any other high performance high school age sports team
- Freshmen: Begin slowly in the Fall and keep Varsity / JV schedule in the Spring

