

Frequently Asked Questions:

What do walk-on, novice and varsity mean?

Walk-on means that you are joining the sport without having been recruited out of high school. Novice means that you are a beginner, and are in your first year of college athletics. Varsity refers both to the class of the sport, as well as to the rank of the athlete (varsity athletes are experienced and are generally 2nd, 3rd, or 4th year returners). Sometimes really great beginners will have natural talent for rowing and will be asked to compete at the varsity level. We had 4 freshmen do this last spring!

Do I need experience?

NO EXPERIENCE NECESSARY!! 'Novice' rowing is, by definition, only for people in their first year of college rowing. 'Novice' was created so women can learn the sport and race against athletes of similar experience at other schools.

How do I know if I'll be any good?

Trust your coaches to get you where you need to be. If you really want to try something new, and you are a positive person who likes learning and challenging herself, then come out. There are no cuts, if you bring a good attitude and are working hard, we will work hard to make sure you have every opportunity for success. And you never know unless you try!

What about my grades?

Many incoming freshman are concerned that this will be too much for them along with school. We have found just the opposite. The members of our team have a higher average GPA than the female student population. Further, you will be given all the same resources that every other athlete at TU receives: free tutoring, regular sessions with an athletic-academic coordinator, and a study-hall just for athletes to name a few!

I have lots and lots of class conflicts?

We understand class conflicts and will work with you on this. Generally practice will be the same time Monday –Friday afternoons, and Saturday mornings. Fall practice times for walk-on squad are To Be Determined based on how many women sign up, and what works best for everyone. We know that you didn't necessarily plan on rowing when you enrolled at TU.

So how does practice work?

Well, since you've never rowed before we start off slow. We teach you the basic rowing stroke on land in our indoor rowing facility, [The Jack Zink Indoor Rowing Center](#). We have rowing machines and an indoor rowing tank! We will also assess and work up your aerobic and strength conditioning. After we've taught you what you need to know on the machine and in the tank, we take you out in our racing shells and get you going on the beautiful Verdigris River!

Lightweight/Openweight/Coxswain....HUH??? Which one is right for me?

Within the TU rowing team there are two sub-squads: Open weight and Light weight. Lightweights are women of smaller stature who volunteer to row at 135lbs or lighter in the Fall, and 130lbs or lighter in the Spring. If you are naturally around 115-135lbs, you should definitely consider lightweight rowing. Open weight rowing is for everyone over 135lbs. Coxswains (pronounced cox'ns) are generally the smallest team members (under 115lbs) but have the biggest personality. A cox's primary responsibility is becoming a junior coach. They learn the technique and the motivation and their rower's personalities. Then we put them in a seat where they have a microphone and can talk to the whole boat. They steer, motivate, and make sure that the boat is always safely away from shore. We teach everyone how to row in the beginning and work on coxing skill sets from there.

What type of athlete are you looking for?

Someone with a combination of the following:

- Athletic Background

- Good Team Player
- Eager to Learn
- Wants to represent The Golden Hurricane across the country!

Why try out for Varsity rowing?

- We have 20 scholarships you become eligible for your sophomore year
- Instant family
- Get in the best shape you have ever been
- Race for a Conference USA Championship, and NCAA Championship bid
- Take advantage of everything the Athletic Department has to offer (free tutors, athlete-only computer lab, personal academic coordinator, Nike gear, athletic training and medicine, etc.)

What's the difference between a club and Varsity team?

This is not a club. This is a varsity team. To the athletic department and the rest of the university you are a varsity athlete with all the privileges and responsibilities that status accords. It means that our sport is funded by the University and we compete on the national scene representing TU. Total funding; Nike apparel for practice and competition; help with class scheduling and housing assignments; Complete medical attention for anything related to athletics; A full array of academic counseling, tutoring, and support services to support your academics.

I'M IN!!! Now what?

First: Email Coach Taurii Coyne Taurii-coyne@utulsa.edu and let her know! She is the Freshman coach and is in charge of all the novices.

Second: head straight over to the [NCAA Eligibility Center](#) and register. You have to be cleared by the NCAA in order to be eligible to race this fall.

Third: Get to your doctor or the on campus health center and ask for a blood test. Specifically you need to complete a CBC, Ferritin, and Sickle Cell Trait test. Have those results faxed to our Athletic Trainer Gretchen Altevogt at 918.631.3057.

Lastly, put the meeting on your calendar. Aug 24, 7:30PM at the Zink Indoor Rowing Center in Mabee Gym.

See you soon!

