

MEMBERS CORNER

3-on-3 Question: What advice do you have for junior rowers?



Three experts answer three questions and offer unique insights that have helped them and others along the way. This month, we talked to former U.S. juniornational team members Eleanor Logan (two-time Olympic champion), Rob Munn (2016 National Selection Regatta 1 winner), and Briande Regt (Oakland Strokesmen's varsity coach, four-time U.S. national team rower, and 2015 USRowing Fan's Choice Junior Coach of the Year).

ELEANOR LOGAN: "Try and get into small boats, like a single, double, or pair. That's something not all juniors have access to, but it's very beneficial for

learning how to row any boat later on. Stay creative with fitness. Try to avoid burning out from just rowing and erging. Do other things such as cross-country skiing, and focus on staying healthy and getting stronger. The internet is a really great resource, and there are hours and hours of amazing videos available that go way back. Watch races over and over again and just observe them."

ROB MUNN: "Find something every week you can do better than the week before. This sport is all about improvement. Every practice or workout should be treated that way, whether it is improving how fast you go or your team's erg workout or beating one more person on a timed run. Pay attention to the little things. You can't show up, go through the motions, and expect to get faster. You win from the hours you put in every day, not a race-day miracle. Race as often as you can. I have never gotten off the water after a race in any moment of my career where it was the perfect race. There was always something that could have been executed better. The more times that you can go down the course, the better you can be at executing this."

BRIAN de REGT: "The biggest thing we try to instill in our juniors is the connection between hard work and results. I think there's a lot of instant gratification in the general culture right now, so it's sometimes a little hard to get the basic concept through. Fortunately, there is good at teaching that lesson. Physically, core strength and flexibility are really important for juniors. Juniors should learn to be mature athletes, which means that they're responsible for their health. Ideally, no one would ever get injured or sick, but it's sport and it does happen. Be proactive about getting back to 100 percent."

For the full article, visit usrow.us/May3on3.

NORTHWEST

May 20-22, 2016
Vancouver Lake
Vancouver, WA
<http://usrow.us/nw16>

NORTHEAST

May 21-22, 2016
Lake Quinsigamond
Worcester, MA
<http://usrow.us/nor16>

MID-ATLANTIC

May 7-8, 2016
Mercer Lake
West Windsor Township, NJ
<http://usrow.us/mid16>

CENTRAL

May 7-8, 2016
Oklahoma River
Oklahoma City, OK
<http://usrow.us/central16>

SOUTHWEST

May 6-8, 2016
Lake Natoma - Gold River, CA
<http://usrow.us/sw16>

SOUTHEAST

May 14-15, 2016
Nathan Benderson Park
Sarasota, FL
<http://usrow.us/se16>

2016 Youth Regional Championships

FROM MY SEAT

How I Got Recruited

In the spring of 2013, I made a decision that would shape the rest of my life. After hours of filling out applications, essay writing, and studying, I finally got accepted to the school of my choice. I would get to row, study in the field I was interested in, and best of all, I would be attending on a full scholarship. Here is how I did it and what I learned.



Penelope Gallaro.

1 Looking back, I wish I had been more open during the school selection process. There are so many opportunities to row at the collegiate level. If I could do the whole process over again, I would have applied to at least one school in each of the regions I had stayed away from, like the Northeast and the Midwest.

2 Believe in yourself and aim high. I did not focus so much on Division I schools, and looking back, I really think I underestimated myself because I thought the dream was too big. The tools were there for me to achieve what I wanted. At RowLA, we received lots of help in the recruiting process.

3 Do not be afraid to be ambitious about your goals. Take some chances, visit different schools, and look into different career paths. When I was looking into being recruited, I was a lightweight and skeptical. I was not sure if I wanted to continue competing as a lightweight or whether I should transition to rowing openweight.

4 Hard work never stops, so neither should your dreams. It is good to challenge yourself. I began rowing my freshman year of high school. The first two years of rowing, I struggled with technique. It took me years to get the hang of things, then to apply power effectively, and lastly, to find my purpose. I knew I wasn't the tallest, strongest, or wealthiest, so I had to rely on one thing—working hard.

5 Do not let bad experiences from high school rowing convince you that you are not good enough to be recruited. There is so much beauty in the sport. All across the United States, and even abroad, each rowing program is different from another. Rowing in college can really be a wonderful opportunity for growth.

6 Stay on top of the process. It is difficult to tell high school students this, especially because rowers have a lot of responsibilities with managing school, training, and a social life. However, opportunities do not just happen. You create them. To stay organized during this chaotic time, I would recommend getting a whiteboard and putting tape grids on it. This board can be called something like "The Board of Success," because it will truly be your key to success. Use it to write deadlines and information about schools you are interested in. This board will hold you accountable for "college homework." Include information like the costs of tuition, the positives and negatives for each school, climate, size of school, sports program, whether there has been contact with a coach, and so forth.



A junior at California State University, Long Beach, Penelope Gallaro will be the first in her family to graduate from college. The crew vice president got her start at RowLA and is preparing to graduate with a degree in business management.