



# Miles Make Champions

High School Rowing Club | Loudoun County Virginia

\*All info is subject to change based on demand and conditions.

MMC Rowing is an off-season rowing club open to all kids who live in Loudoun County, 8th grade through 12th, of all experience levels. Starting with the Fall 2021 season MMC will have three programs:

- Select Competitive Program
- Club Program
- Novice/Learn to Row Program

## Important Dates:

- First week of August - Registration opens
- August 23 | Select Competitive Tryouts (ERG) | Broad Run HS Cafeteria | 5 p.m.
- August 24, 25, 26 | Select Competitive Tryouts (water) | Algonkian Regional Park | 5 p.m.
- August 30 | Select | Club | Novice Programs Start | Algonkian Regional Park | 4:45p.m.- 7:00p.m.
- August 31 | Novice Swim Assessment | Claude Moore Pool | 6:00 p.m.
- Saturday, October 30 (tentative) End of Season Banquet
- Monday, November 1, Last day

## Select Team

- Cost \$600.00
- 2+ years of experience recommended
- Attendance MANDATORY at practice and regattas. Practice is M-Th 4:45pm-7:00pm, Regattas 10/17, 11/7 and TBD. Some travel required (at rowers expense).
- **Tryouts:** Monday, August 23 through Thursday August 26 between 4:45-7:00pm. The first day, Monday August 23, will take place at Broad Run High School where all participants will complete a 4,000m Erg Test. The highest scores will be invited to continue the tryout process on the water, Tuesday through Thursday at Algonkian Regional Park. Coxswains must attend all tryout sessions and provide a letter of recommendation from a previous coach.
- Friday, August 27- Selections will be announced.

## Club Program

- Cost \$450.00
- Open to all rowers who have completed at least one Spring High School competitive season and are no longer considered novices. If your HS does not offer rowing but you have completed at least one season of competitive rowing with MMC or another club, please contact us to determine which program is best for your experience.
- Attendance mandatory, Practice M,W,Th 4:45-7:00pm, Regattas 10/17 and 11/7
- No try-outs for the Club Program, space is limited and will be on a first come- first served basis, taking into consideration school and gender balance as necessary.
- Filling out the registration form does NOT guarantee you a spot in the program.
- All registrants will be notified of their status by Friday, August 27, 2021.

## Novice Program

- Cost \$350.00
- Open to all rising 8th graders and up that have no experience, or limited experience rowing. The Novice Program is designed for the individual that wants to learn how to row or build on a limited skill set.
- Attendance mandatory, Practice M,W,Th 4:45-7:00pm, NO Regattas
- No try-outs for the Club Program, space is limited and will be on a first come- first served basis, taking into consideration school and gender balance as necessary.
- Filling out the registration form does NOT guarantee you a spot in the program.
- All registrants will be notified of their status by Friday, August 27, 2021.

## TO REGISTER:

- When registration opens it will be announced on Web Page and FB page.
- Will need a current physical (VHSL Form)- NO PHOTOS.
- Everyone who participates in the program will be "invoiced" on Friday August 27.



[www.mmcrowing.com](http://www.mmcrowing.com)