

We invite you to JRC-TRYOUT 2024

When:

19th of October, for more information see the facebook-event.

Who may apply:

- MD 1-3 year and DDS 1-2 year

Tryout Structure:

- The tryouts consist of **seven stations** designed to assess teamwork, physical strength, and communication, followed by a **rowing trial** on a Concept 2 erg.
- Participants rotate through stations, which include exercises such as squats, pull-ups, and burpees, as well as teamwork-oriented tasks like critical thinking quizzes.
- The scoring system awards points in four categories: **communication, cooperation, physical performance, and teamwork**, with each worth 2.5 points per station. The rowing trial can contribute an additional 10 points based on time and technique.
- A total of **80 points** can be earned, and candidates must achieve at least **56 points (70%)** to qualify for selection. Extra points are given for rowing experience.



Time for 500m ergo sprint:

< 1:25/500 meters male / < 1:45 /500 meters female = 5 points
1:25-1:30/500 meters male / 1:45-1:50/500 meter female = 3 points
1:30-1:35/500 meters male / 1:50-2:00/500 meters female = 1 point
>1:35/500 meters male / >2:00/500 meters female= 0 points

An additional 5 points can be given for great technical performance

What It Means to be in Jagiellonian Rowing Club (JRC):

- **Training:** 2-5 times a week depending on the season
 - **Indoor training** takes place during the winter/fall period on concept 2 rowers.
 - **Outdoor training** takes place from March to December, with practices held **3-5 times a week** in the early morning (at 06.00 or 07.00) on the Vistula River.
- **Regattas:**
 - The team participates in **four main regattas** each year—three in spring and one after the summer break. Rowers and coxswains are expected to compete in all regattas, which often involve travel to different cities and countries.
- **Mentality**
 - The mentality expected of a rower or coxswain emphasizes teamwork, resilience, and adaptability. Rowers must be selfless, prioritizing the crew's performance over individual effort.

- **Financial Considerations**

- Team members should budget **6000 to 10,000 zloty** annually for travel, gear, and social activities. While the team covers some competition fees and transport, most regatta-related costs are the responsibility of individual members.

This process emphasizes commitment, teamwork, and the ability to handle both physical challenges and group dynamics, while being part of the JRC requires significant dedication to training and competition throughout the year.

The participants that are accepted into JRC will be contacted by the captains directly via phone. After the tryout a list of each participant's score will be sent individually for those who are interested.