

What does a Recrutable Rower “Look” like?

By the Numbers:

- Height
- Weight
- Erg Scores
- SAT/ACT
- GPA

Coaches weigh these factors differently in the recruiting process. It’s OK to ask the coach what they want to see from you / what they are weighing / what’s important to them.

The 2K:

Women

Avg DIII: 7:30-7:55

Avg DII: 7:20 – 7:55

Avg DI: 7:15-7:30 (For top 20-30 NCAA performers)

*Important to point out we’ve seen women in the 7:50’s and 7:40’s be recruited at Division I institutions based on their background and the rowing program at the school recruiting them.

Men

DIII: 6:20’s-6:40s

DI (Top 10 programs): 6:15 or better

DI (Outside top 20): up to 6:30

Intangible Qualities that Coaches Seek:

- **Athletic background:** Your involvement with and accomplishments in other sports shows that you are a competitor. It also helps coaches assess your overall physical abilities / capabilities.
- **Loves to work:** Coaches like know about athletes have a demonstrated and strong work ethic.
- **Chemistry:** Coaches generally want to recruit athletes who contribute to and strengthen the chemistry of the team. Fitting in, having a strong work ethic, a willingness to work hard and improve, a desire to be on that particular team, and buying into the team and college ethos are all important qualities.



- **Room to grow/potential:** Many coaches have the mindset that they can improve the rowing - but the athlete must also approach college with the the right build and mentality. Are you coachable? Can you handle criticism from coaches and peers? Do you actively seek improvement? Do you thrive under pressure?
- **Knowledge of the program and university:** Expressing curiosity and interest in a program is something coaches notice in recruits. Be prepared with smart questions.

“A recruit should not just be looking to be recruited. He or she should be looking for a program in which to thrive and contribute.”