**2024 MHS Spring Crew**

**Rower Interest & Background Info Sheet**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_\_\_Birthdate:\_\_\_\_\_\_\_\_\_\_\_**

**Years of Rowing Experience:\_\_\_\_\_\_\_ If you are a Novice Check Here:\_\_\_\_\_\_\_\_\_**

**Can You Scull?\_\_\_\_\_ Sweep?\_\_\_\_\_ Side? Port\_\_\_\_Starboard\_\_\_\_Both Sides\_\_\_\_**

**Race Experience: Which Years?**

**Regional/Scrimmages\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Which Events?\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Medals?\_\_\_\_\_\_\_**

**States\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Which Events?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Medals?\_\_\_\_\_\_\_**

**Stotesbury\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Which Events?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Medals?\_\_\_\_\_\_\_**

**What do you like about rowing?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Are you interested in seriously racing or just getting out and rowing?**

**Just rowing and doing local events:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Serious racing towards championship regattas:\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**If you want to train and race in championship regattas, are you willing to come to all required practices?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**If you are a returning rower:**

**What changes do you think would improve the overall performance of the team?**

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**What goals do you have to improve your rowing and your team’s performance?**

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**Are you able/willing to do organized winter training at WW 3 days per week?\_\_\_\_\_\_**

**Have you done any Summer, Fall or Winter training or racing?\_\_\_\_\_\_\_\_\_**

**If so, What events and years?**

**Summer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fall:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Winter:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Are you interested in rowing Summer, Fall and/or Winter Seasons?**

**All Seasons\_\_\_\_\_\_\_ Summer\_\_\_\_\_ Fall\_\_\_\_\_ Winter\_\_\_\_\_**