

STAGE 5 ROW FOR LIFE

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ABOUT THIS STAGE

Chronological Age: 18+

Target Audience: Mentor (Coach, Official, etc.) and Masters

Stage 5 exists for recreational rowers beyond the junior level and former rowers who want to stay involved and give back to rowing through activities such as mentoring, coaching, and officiating. Rowing is unique among other sports for offering a robust array of individual and team, competitive and recreational, and on-water and indoor opportunities for rowers through adulthood. Adult rowers can participate in masters rowing from age 21 onward.

Stage 5 therefore overlaps with Stage 4 in age of rower, but with vastly different goals for rowing participation. The Stage 5 adult rower does not focus on rowing performance as a primary outcome goal, instead fitting in rowing training and competition around their other life demands and athletic training desires.

Stage 5 rowers may also wish to stay involved in rowing without necessarily physically rowing, and may participate in rowing through coaching, officiating, and mentoring other athletes. With previous experience as an athlete, coach, official and/or administrator can prepare other rowers to be the best they can be in sport and enjoy the development process.

This document compiles additional competitive, recreational, participatory, and administrative opportunities for adults to remain engaged in rowing throughout their life. USRowing is developing an additional American Development Model specifically for masters rowers. This document follows a similar non-linear stage-based model for adult rowers who begin rowing at one of the main three entry points (former rowing experience, former non-rowing athletic experience, and rowing as first athletic experience) and for major goals of competitive or recreational participation.

ATHLETE

TRANSITION FROM PARTICIPANT TO SPORT LEADER AS A COACH OR ADVOCATE

Former junior rowers who do not focus on personal rowing performance in college may stay engaged with rowing through coaching or other administrative program involvement. Former collegiate rowers may participate in masters rowing and/or coaching, mentoring, officiating, or program administration.

PURSUE OPPORTUNITIES TO REMAIN INVOLVED IN SPORT

Consider contacting a prior coach, prior rowing program, or a local program to inquire about opportunities to volunteer coach, assist with a learn-to-row program, or join an advisory board.

PHYSICALLY ACTIVE, HEALTHY LIFESTYLE

This remains a goal whether you participate in masters rowing, become a coach, mentor, or official, or choose to do something else in rowing. [The US Department of Health and Human Services](#) recommends that adults do at least 150 minutes per week of moderate intensity aerobic exercise, or 75 minutes per week of vigorous intensity aerobic exercise, distributed over a week with muscle-strengthening exercises at least twice per week. This level of exercise supports physical and mental health and wellbeing.

MENTOR

BECOME A CERTIFIED COACH

[USRowing offers three levels of coaching certification.](#)

Level 1 is designed for someone who has never coached rowing before, such as a parent, teacher, or recent college grad. We recommend this program for coaches who are teaching “learn to row” programs or individuals who are beginning their first coaching position. Coaches who have extensive rowing experience as athletes (high school and four years of collegiate rowing or post-collegiate elite level training) may choose to progress immediately to Level 2 without completing Level 1 certification.

Level 2 is for a coach who has completed Level 1, has been coaching for about a year, or has rowed in high school, college or at a club for four years. Typically if you have rowed for four years and will be coaching a program that will be racing, Level 2 is the appropriate course. The Level 1 course is waived for experienced rowers or coaches.

Level 3 is for an experienced head coach, pre-elite coach, or program leader. This program is expansive in scope and will require a significant commitment from the participant.

SPORT CLUB MANAGEMENT

Many junior and masters rowing programs in the USA are run as sport club programs, not as scholastic programs run through an athletic department. Many of these programs rely on volunteer members for management, administration, fundraising, and more. Contact a local rowing program to inquire about management opportunities.

NATIONAL GOVERNING BODY INVOLVEMENT

Many of the principles in the American Developmental Model are put to use in the Olympic Development Program camps. These camps (found [here](#)) are open to Coaches from around the country to visit and take part in. Please contact Chris.Chase@usrowing.org for information.

[The ADM Committee is a volunteer committee](#) tasked with pushing American rowing forward in the pursuit of creating lifelong sport a reality, and the hope of creating opportunities to grow healthy rowers physically, mentally, and emotionally. If you are interested in being a part of this committee, please contact Chris.Chase@usrowing.org

OFFICIATE

Every regatta requires referees to ensure that competition is safe and fair. Apply via USRowing, participate in an online referee training program, contact your regional coordinator to arrange for observation and mentoring, and then take a licensing exam. [More information here.](#)

PROFESSIONAL DEVELOPMENT IN CHOSEN SPORT(S)

USRowing offers continuing development and coach-education via online and in-person conferences, clinics, and additional programs. Check out the [USRowing Webinars Page](#) for a large collection of coach-education materials, included in your USRowing membership.

ACTIVE FOR LIFE

MASTER'S ROWING PROGRAMS AND COMPETITIONS

Rowing offers many social, health, and fitness benefits, and rowers can truly row for life as masters athletes. These masters rowers may compete locally or regionally, but are not interested in the high-performance lifestyle and goals of the Stage 4 rower. Adult rowers can participate in masters rowing from age 21 onward.

CONSISTENT EXERCISE

Masters rowing, other adult recreational sport, and personal fitness training offers ways to achieve consistent exercise and reap the many rewards in physical and mental health and wellbeing.

RECREATIONAL COMPETITIONS

Masters rowing offers recreational competition at local and regional regattas, as well as more rigorous competition at the national and international level. Consider other opportunities outside of rowing to keep meeting your athletic needs as well. For example, Crossfit, trail or road running, and triathlons and other endurance sports are common pursuits among adult former rowers.

PERSONAL HEALTH

Exercise is a very important part of personal health and physical and mental wellness. [Read about benefits of exercise here](#) or [here \(Chapter 2, pg. 27\)](#).

SUPPORT LOCAL AND NATIONAL SPORTS AND ORGANIZATIONS

You can also financially support USRowing and opportunities for rowers via the [National Rowing Foundation](#) and other donor/grant programs.

STRENGTH TRAINING

Strength training again becomes about personal fitness and healthy physical activity in Stage 5, similar to a more advanced Stage 2. Rowers in Stage 5 may choose from a variety of different physical fitness goals and an equal variety of methods to pursue those goals. This may still include a focus on rowing performance for the masters rower, or it may be unrelated to rowing performance for the coach, official, or other rowing mentor who just wants to stay fit and engage in healthy physical activity.

ADDITIONAL RESOURCES

[The USOPC Quality Coaching Framework](#) is a document that outlines an overarching set of principles that is designed to inform how to coach most effectively. This is a six-chapter free PDF that applies across sports, focusing on athlete-centered outcomes of competence, confidence, character, and connection.

[USRowing Webinars Page](#)

USRowing has a huge amount of educational webinars available to members, including replays of prior USRowing Convention events, replays from the 2020 Daily Webinar series, and more. Access webinars via the member portal.

[CoachingMastersAthletes.com](#)

This website includes research summaries and resources on psycho-social aspects of lifelong sport participation, effective coaching, programming, and messaging of adult sport. It is run by researchers from Cape Breton University in Nova Scotia (Dr. Bettina Callary); the University of Ottawa in Ontario (Dr. Bradley Young); and the University of Lethbridge in Alberta (Dr. Scott Rathwell).

**If you have additional questions please
contact Chris.Chase@usrowing.org**