

Upcoming Fall 2024 MRC and SJRC Season FAQ

Question: Are the clubs merging?

Answer: Not at this time. Fall 2024 is a trial run where the clubs will remain separate organizations; however, they will share resources as well as practice times 5:00-7:30 PM Monday – Friday and 7:30-10:00 AM Saturdays down at the boathouse at the Cooper River, and race together under a USRowing-sanctioned composite crew named “Cooper Junior Rowing Club”.

Question: Will the clubs merge?

Answer: This hasn't been decided by the clubs yet. Fall 2024 will allow the clubs to see how it goes in terms of developing the athletes and ensuring the team cultures mesh well together. Please continue to send feedback to the teams through official channels; questions are encouraged:

MRC: mrc.coopercommodores@gmail.com

SJRC: SouthJerseyRowingClub1@gmail.com

Question: How will practices run to ensure enough coaching and equipment for the combined teams?

Answer: The Program Directors of both clubs met together with their coaching staff and developed a plan that was approved by the Boards of Directors of both clubs to ensure all athletes will receive individualized attention and focus on the goal for Fall 2024 of skill-building and strength training. All MRC and SJRC athletes will practice at the same time but will be split into groups that are based on their assessments (100m/ 2k/ 6k) that will allow the athletes to rotate between water, erg and gym equipment. The group sizes will be based on registration numbers; please register early to help with the planning. Coaches will rotate amongst the groups - coaches will not stay with one particular group, ensuring all athletes are seen by all coaches. Athletes will also have 2 practices a week devoted to strength training and conditioning. The coaches will monitor assessments as the season progresses, and the athletes may move between groups.

Question: Why are the clubs practicing and racing together?

Answer: Both clubs are committed to the development of the athletes. It is believed that the combined entity will allow better access to coaching and equipment for our athletes - for example, together we will have 17 coaches, seats for 148 rowers, and 10+ launches. Together we will be stronger and more competitive with larger regional clubs. A larger competitive club will also ensure our athletes have more opportunities to compete in major regattas and potentially compete against *and* with the largest clubs in the US, as well as be a bigger draw to college recruiters.

Question: What can I do as an athlete or parent to support this endeavor?

Answer: Change is difficult, and we recognize merging the identities and cultures of two highly successful organizations will not be easy. Please be positive and model civility as the process unfolds. We expect that despite careful planning there may be some issues we encounter as Fall begins - please be patient as the coaches work through them. Constructive feedback is always encouraged. We are excited about the opportunity and trust in the process!