

## MRC Coached Session July 1 Re-Draft

This document outlines the sign-up process for rowers joining July 1st as well as current rowers wishing to adjust their practice schedule. Additionally, all rowers will have the opportunity to sign up for three coached sessions.

You are signing up for your permanent practice schedule July 1, 2020 - August 30, 2020.

You may only attend the sessions for which you have signed up and must keep the same schedule week to week. Unfortunately, we cannot offer make-ups for missed or cancelled sessions at this time. One way MRC is attempting to minimize risk is by maintaining consistent pods for each session. You will row with the same people every week in your sessions.

View the coached session schedule in iCrew or posted on the MRC website. You are encouraged to communicate with other team members if you wish to sign up for the same sessions. For Team Backsplash, Team Catch and Team Drive, sessions are limited to 9 rowers per the registration process below. Team Finish and Team Recovery are limited to 6 rowers per session.

Additionally, sessions have the following minimum initial enrollment requirement:

- At least 5 rowers must sign up for a Backsplash, Catch or Drive session.
- At least 4 rowers must sign up for a Finish or Recovery session.

If the initial enrollment requirement is not met, the session may be opened to another team or removed from the schedule. Affected rowers will have the option to join another session before the sign-up process is finalized. Weekly attendance may fall below these minimums, but the total pod size must be at least 4 or 5 rowers depending on the team.

### Sign-up Process - Please read carefully

Like the June 1 registration process, this will also be conducted in a phased manner similar to a fantasy team mock draft.

1. Create an iCrew account ASAP if you don't already have one. Administrators will need at least a few hours to assign permissions and team.
2. Review the team session schedule. Coaches assigned to each session are listed. Coordinate with teammates if desired.
3. Log on to iCrew Member. Go to your Member's Home Page to view practices.
4. **Round 1: starting 6:00pm on Wednesday, June 24, for NEW Rowers**
  - a. Rowers with a July 1st start date may sign up/mark Attending for 2 coached sessions. ONLY sign up for sessions offered July 1- July 7. If a session has filled, select your next best option.
  - b. [How to Sign-up/Mark Attending Session video](#)
5. **Round 2: starting at 6:00pm on Thursday, June 25, for BOTH New and Current Rowers**
  - a. ALL coached session participants, sign up/mark Attending for session # 3 in iCrew. ONLY sign up for sessions offered July 1- July 7.
  - b. All rowers may now also make any other desired schedule changes

6. From 6:00pm on 6/25 to 6:00pm on 6/27, you may add/drop sessions at will. The Notify Me function will alert you if someone drops from a full session. However, keep in mind you may not be the only one monitoring popular sessions for openings which will fill quickly.
7. **All sessions will be locked at 6:00pm on Saturday, June 27.** Once locked, you can drop, but you will not be able to sign up for a replacement session. Please contact Jen Sowins, [clubadmin@minneapolisrowing.org](mailto:clubadmin@minneapolisrowing.org), regarding any schedule changes after 6:00pm on Saturday.

Please note: Be sure you are not signed up for more than three sessions maximum. You may not hold, save, or hoard sessions. Random audits will be conducted throughout the sign-process. Any rower signed up for more than three sessions may be dropped from all sessions with no guarantee of re-registration in original sessions. No refunds will be issued if dropped from sessions due to exceeding the three session maximum and session fills before you are able to re-register.

On Sunday, June 28, all sessions will be reviewed and if needed, options evaluated for combining, reallocating and or cancelling sessions. Any rowers in affected sessions will be contacted directly. We hope to finalize the sign process Monday, June 29. The new schedule will take effect Wednesday, July 1. All fees must be paid by Wednesday, July 1. The program fee for coached sessions with a July 1st start date is \$250.