

# Rowing Weight Control Program (RWCP)

Regatta Weigh-in Requirements  
Rower Participation and Weighing

## Rowers:

The RWCP started the week of 14 February to allow six weeks time before the first regatta for those athletes to lose weight that need to lose. The observation last year was that most the lightweight rowers were natural lightweights.

For the few that will need to lose weight, it will require close management, and the athlete's competition as a lightweight will depend on how much time is required to reach the required weight. That amount of time depends on when s/he gets the body fat measurement and how much weight needs to be safely shed. The RWCP implementation time line is different for, and tailored to, each athlete.

But an important thing about beginning the RWCP as soon as practicable is that it identifies those athletes that CAN'T be a lightweight at all.

The athletes in the RWCP must be weighed every week during the season, regardless if they need to lose further weight or not and regardless if s/he actually rows a particular week. The weekly weighing requirement is a coach responsibility. Regatta weeks allow the coach to utilize the regatta weigh-in as meeting this responsibility.

As everyone knows, teenagers experience a wide range of physical growth and development, so it is important to track the athletes' weight changes, both down and up, to ensure healthy weight control and maintenance.