Established in 1985, Vanderbilt Rowing is a competitive collegiate club rowing team based in **Nashville, Tennessee.** The team trains on the Percy Priest and is open to all students of Vanderbilt University, regardless of previous rowing experience. With a focus on competitive success, team camaraderie, and personal development, we proudly represent Vanderbilt at regional and national regattas.

**Practice Location**

Water practices are held at **Hamilton Creek Marina.** Land training takes place at the **Vanderbilt Recreation and Wellness Center,** where we use ergs, bike ergs, the weight room, and engage in cross-training.

**Practice Schedule**

Fall Semester:

We train Monday through Friday from 5:30 AM to 7:30 AM, either on the water or on land, depending on weather conditions. We also hold Saturday late-morning practices. Key regattas in the fall include Head of the Charles, Head of the Music City, and Head of the Hooch.

Spring Semester:

The schedule is similar to fall, but with a more intense focus on racing. We also hold a full-week Spring Break training camp. Major spring regattas include Percy Priest Sprints, SIRA, MACRA, and ACRA.

Winter Training:

From mid-November to late February, we shift to indoor training with erg workouts and strength sessions. Practices are typically held in the afternoon to accommodate athletes’ class schedules.

### Frequently Asked Questions

**Q: Can I join if I have no rowing experience?** A: Yes! Many of our most successful athletes joined as complete beginners.

**Q: Can I manage both rowing and academics?** A: Absolutely. Our rowers include engineering, pre-med, and STEM majors who thrive with proper time management.

**Q: Are there tryouts?** A: We welcome all walk-ons and do not make cuts based on experience. Commitment and effort matter most.

**Q: Do I need to be tall to row?** A: Not necessarily! We welcome a variety of body types — both rowers and coxswains.

**Q: Are scholarships available?** A: As a club team, we do not offer athletic scholarships. However, financial aid may be available to help offset dues.

**Q: How do I express interest in joining?** A: Fill out the interest form on our website and email our Recruitment Chair at emmett.adams@vanderbilt.edu.

### Team Roster

* **Men's Team:** 12 athletes
* **Women's Team:** 18 athletes
* **Coaches:** 4 men’s coaches, 3 women’s coaches

### Team Achievements

**Men's 8+ Results:**

* ACRA 2024 – C Final 13th
* ACRA 2023 – C Final 14th
* ACRA 2022 – C Final 13th
* SIRA 2024 – B Final
* SIRA 2023 – B Final
* SIRA 2022 – A Final
* Hooch 2023 – 4th
* Hooch 2022 – 4 th

**Men's 4+ Results:**

* ACRA 2022 – D Final
* Head of the Charles – Winner 2021
* Head of the Hooch – Winner 2022

**Women's 8+ Results:**

* ACRA 2025 – Winner
* ACRA 2024 – Winner
* ACRA 2023 – Runner-Up

### Media & Socials

* Instagram: [@vanderbiltrowing](https://www.instagram.com/vanderbiltrowing/)

### Contact Us

* **Head Coach:** Jon Miller – [vandyrowing@gmail.com](mailto:vandyrowing@gmail.com)
* **President:** Ella Dzialowksi – ella.k.dzialowski@vanderbilt.edu
* **Recruitment Chair:** Emmett Adams – emmett.adams@vanderbilt.edu