



JUNIOR TEAM

ATHLETE & PARENT HANDBOOK

September 2010

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APPENDIX

**PACKING CHECK LIST
MORE STUFF ABOUT ROWING!**

1 INTRODUCTION

Welcome to Lake Oswego Community Rowing (LOCR). If you are new to LOCR and the sport of rowing, this handbook will likely be an indispensable companion throughout the season. It contains a wide range of information collected by veteran parents and parents at other clubs, and is intended to answer questions you may have on everything from food and clothing to regatta schedules and rowing nomenclature. If you're mystified by terms like "catching a crab," you'll find the answer here. If you're a veteran parent, welcome back! You already know the basics, but we hope you'll still find the handbook useful as a reference guide on many topics.

We depend heavily on parent volunteers to help preparing for and at regattas with food, shelter, and other necessities. Your support is an integral element to the team's success. Please sign up for committee responsibilities and also be prepared to take a leadership role and help wherever you can. Thanks in advance for your support.

Most important of all, get ready for a fun time! LOCR parents are an enthusiastic, energetic, and cohesive group. Veteran team parents will tell you that their fondest LOCR memories include traveling together to regattas, parent dinners, cooking meals for the kids, watching them learn to row a boat together, and cheering them on to victory. What could be better?

1.1 Mission

The mission of LOCR Junior Crew is to provide a fun and competitive rowing experience for area teenagers, who along the way will develop fitness, focus, and an understanding of teamwork. The LOCR Junior Crew is open to junior high and high school students throughout Lake Oswego and surrounding communities without regard to past athletic experience or school affiliation. LOCR's success depends on personal responsibility, goal setting and accountability to the greater whole—skills also essential to our community at large. LOCR Junior Crew rowers literally learn the necessity of teammates pulling together to transcend their individual strengths and weaknesses.

It is important for young rowers to develop strong healthy bodies and attitudes. Rowing provides lessons and skills that carry over to everyday life. Rowing is a physically and mentally demanding sport that requires self-discipline, self-determination, and at the same time, an amazing amount of teamwork. It fosters sportsmanship and the value of hard work. Rowing can also be a sport for kids who may not have found what they are looking for in traditional sports teams.

1.2 LOCR Athletic Code

The LOCR Junior Rowing Program is built on the following values: opportunity; choice and commitment; competition; teamwork; and teaching and learning.

OPPORTUNITY - LOCR provides opportunities for scholar athletes to participate in a broad and diverse array of sports.

- Each student has the opportunity to participate in the sport each season. Grade level does not guarantee varsity team membership.
- The Rowing Program strongly encourages multi season participation, although we recognize that there are some students who elect to participate in a different fall sport. We encourage students to learn to balance their commitments because they are making choices among competing priorities.
- Weight training, proper nutrition, and cardiovascular fitness are fundamental to a rowing training program. These activities provide an opportunity to affect proper conditioning for athletics and to establish positive lifelong health habits.

CHOICE AND COMMITMENT - LOCR values students' learning to choose among competing opportunities, establishing priorities, and making commitments to the outcome of their decisions.

- Curriculum-based commitments supersede athletic commitments.
- Coaches have the responsibility to communicate clearly their expectations and time commitments so that students are able to make informed choices and decisions.
- Varsity participation involves rigorous competition and an intensive commitment to training, practices, and games.
- Students will not be barred from varsity team membership because of school or family commitments. A starting position on a team is an earned privilege based on demonstrated readiness for competition as assessed by the coach.

COMPETITION - LOCR values competition as an opportunity for students to develop mental discipline, self-control, cooperation, and perseverance through the experiences inherent in victory and defeat.

- Rigorous, appropriate competition is a priority of the program, particularly at the varsity level. Individual and team success is a by-product of character, commitment, practice, effort, and teamwork.
- Positive sportsmanship in competition includes fair play and respect for coaches, teammates, opponents, officials, and spectators.
- If an athlete is healthy, has been attending practice, and displays a positive attitude, he or she will have an opportunity to row in regattas.
- At the varsity level, coaching strategy focused on team competitiveness determines individual rowing time. Rowing time is not guaranteed.

TEAMWORK - LOCR values the life lessons learned through teamwork and shared commitments.

- Leadership opportunities exist for all athletes through the support, attitude, and motivation that each team member brings to the team. Leadership has an important corollary—cooperation, the ability to support team goals and objectives above personal goals and objectives.
- In an effective athletics program, respect, fair play, cooperation, effort, loyalty, self direction, and perseverance are some of the outcomes of student participation.

TEACHING and LEARNING - LOCR values sport as a vehicle for teaching and learning the attributes of an ethical character, the skills and strategies of sport, and the value of goal directed teamwork and cooperation.

- Athletes understand that they are students in the athletic setting. From coaches and teammates they learn the values, skills, and strategies that are the underlying purposes for participation in LOCR. Team captains, coxswains and other student leaders are intentionally taught the skills they will need to contribute to a cohesive, supportive team focused on shared goals and readiness for competition.
- Coaches understand that they are teachers and role models. They teach skills so students can grow in their competence and competitiveness over time. They view each practice and regatta as an opportunity to teach ethical values and conduct within the context of sport. They model this behavior by their conduct towards their athletes, parents, officials, and opponents, on and off the race course.
- Parents understand that they are role models. Parents view each practice and regatta as an opportunity to model ethical values to their children. They exhibit this behavior by their conduct towards all athletes, coaches, officials, fellow parents, opposing athletes, coaches, and other parents, on and off the race courses and in the viewing areas. LOCR adheres to the Positive Coaching Alliance (PCA) which is a nonprofit organization with the mission to transform youth sports so sports can transform youth. PCA was created to transform the culture of youth sports to give all young athletes the opportunity for a positive, character-building experience.

1.3 Club History and Structure

Rowing at the Water Sports Center at Roehr Park in Lake Oswego started in the Spring of 1993, operated by the Parks and Recreation Department of the City of Lake Oswego, who contracted the rowing programs out to Oregon Rowing Unlimited. In 1995 the city took over the rowing programs from ORU and continued to offer rowing and other water sports programs to the community through 1997. By 1996 the facility was operating at approximately a \$75,000 per year loss. Therefore, the city council decided to look into discontinuing operations of the facility. In late 1996, a group of adult rowers and parents of junior rowers had gotten together to form the Lake Oswego Rowing Club Foundation (LORCF) with the idea of raising funds to help support rowing programs at the Water Sports Center. Although the original intent of the Foundation was to assist in non-operational or administrative functions (fundraising, regatta help, publicity), by the spring of 1997 it became clear that the Rowing Foundation was seen by the city as a group that might be able to take over the full operation of the Water Sports Center, thus fulfilling the city's desire to offer rowing and other programs to the

community. The city's other options at the time were to tow the building upriver to Salem (Willamette University), sell it or rent it to Lewis and Clark or Station L (whose shared barge located under the Fremont Bridge had sunk), or sell the equipment and abandon the programs altogether. There was much initial reluctance by LORCF to take on such a large and financially risky task, especially since the original focus had been in a different direction and of a much smaller scope. However, it soon became obvious that if LORCF did not step in, then the community was going to lose rowing.

After almost one full year of negotiations, the City Manager's Office and LORCF came up with a plan wherein LORCF and the city would be partners in operating the Water Sports Center as a rowing facility. The city would provide the building, the equipment, registration, some maintenance, and some start up cash; LORCF would operate all rowing programs and provide coaching, administration, and some maintenance. Approval by the Lake Oswego City Council was the last hurdle. The proposal was for the city to help subsidize the rowing programs and in exchange the community would continue to have a unique rowing facility. If the City Council did not agree, then rowing in LO would be abandoned. There was much discussion and two tie votes, but the city council finally agreed to offer LORCF a one-time-only \$25,000 cash payment, free use of the facility, and a three-year contract in exchange for a community rowing program offered to adults of all ages and abilities and children over the age of 12. In March of 1998, Lake Oswego Rowing Club offered its first classes. The jobs of Dockmaster and Dock Assistants that had been so costly to the city (more than \$30,000 for the Dockmaster) were to be performed by volunteers. The only paid positions were and still are the coaches.

Originally, Lake Oswego Rowing Club was a club whose dues were \$75 annually and an obligation of 5 hours of volunteer work (or \$10 per hour if one chose not to volunteer) per participant per season (Spring, Summer, Fall). The "Club" part of the name was discarded in favor of the less elitist and more friendly designation "Lake Oswego Community Rowing."

Since those early years, our mission has been to promote the sport of rowing in a positive environment to anyone in the community who wishes to row. We are the only facility in the Portland area that offers both sculling and sweep classes to both juniors and adults. The club is overseen by a Board of Directors consisting of a President, Vice President, Secretary, Treasurer, and as many as 11 other voting members. An employee of the City participates as a non-voting member. The Head Coach is also a non-voting participant in the meetings. Board meetings take place once a month and are open to all interested parties.

2 ROWER INFORMATION

Junior Rowers at LOCR compete at different levels depending on experience, commitment and ability. Events at regattas are broken down along these lines. There are basically four levels of rowers depending on the number of rowers in the club during the season:

- Novice – first year rowers are considered novices through their first spring season.
- JV – the rowers who are one step from the varsity boat; this can also break out into 3V or 4V, which are in the —third from varsity, or —fourth from varsity, boats.
- Lightweight Varsity - the fastest lightweight rowers. There is a lightweight category at the Youth National Regatta.
- Varsity – the fastest and most capable rowers, can include lightweight.

US Rowing—Junior Weight Categories are as follows:

- Lightweight women must weigh 130 pounds or less.
- Lightweight men must weigh 155 pounds or less.
- Open-weight rowers have no weight restrictions.

The junior program is divided into groups for boys and girls, respectively: Novice, Varsity and JV. There are 4 coaches, one each for varsity/JV boys and varsity/JV girls; and novice boys and novice girls.

2.1 Daily Practice Schedules

For the fall and spring seasons, practices are from 4:00 to 6:00 p.m., Monday – Friday, through the last regatta, which is typically the first weekend in November. If there are any changes to this, we will send out an announcement to the group as quickly as we can. Changes to this will only occur if our team grows in size to the effect that we don't have enough equipment to accommodate everyone at one particular time. All of the teams have a combination of land and water workouts each week.

Please note that crew is a team sport that depends upon members being present at practices and at regattas. Coaches expect all participants to attend scheduled practices and races. If an absence is unavoidable, it must be communicated to the Coach with as much prior notice as possible. Coaches will advise their teams how to communicate absences. Tardiness must also be avoided as it affects the entire team's practice. Multiple absences or late arrivals, regardless of the reason, may affect your child's participation or placement on a boat. Coaches ask that athletes arrive 15 minutes before the beginning of practice to get organized and stretch. Also, please understand that practice may occasionally go 10-15 minutes beyond the stated end time.

Part of being a member of the team requires time spent taking care of the equipment. A practice is not complete until all boats and other equipment are safely and properly put away. This includes wiping the boats down after each row and staying until the coach has said that practice is over.

Regattas are not optional. By signing up for the season, each athlete is committing to full participation in practices and regattas. It is not fair to the other members in the boat to pull out before a regatta after training together in preparation for the event. Last minute changes in the makeup of a boat can reduce that boat's performance, hurting fellow participants. By the same token, as a matter of fairness, each athlete is generally expected to pay their regatta fees whether or not they attend the regatta. Most of the costs of a regatta are committed well in advance and can't be reduced with a last minute pull out. Since it is not fair that these fixed costs be spread over a smaller number of athletes at the last moment, the club has made it a policy that all regatta fees are expected for each athlete who signs up for the season. Athletes are not finished at regattas until dismissal by the coaches after the boats have been de-rigged, the boats and oars have been loaded on the trailer and everything is strapped down.

Please contact the Head Coach as soon as possible if an extenuating circumstance arises that will preclude an athlete from attending a regatta.

2.2 Racing Seasons

Fall – September to November. Fall season is the long distance training season for crews. Most fall races consist of long distance head races (between 2500 and 5000 meters) and results are calculated by time, not head-to-head competition. The starts are staggered allowing many crews to compete simultaneously.

Winter – November to February. Crew practice consists of land workouts such as rowing on the erg, weight training, and cardiovascular exercises. Rowers should continue conditioning to be in shape for spring.

Spring – March to May. This is the “official” season, it is the most competitive season for rowing. Races are straight and short, 1500 to 2000 meters, and boats race in lanes next to one another. To accommodate all the competitors, heats are often necessary. Spring culminates with the NW Regional Championships, usually held in Vancouver, Washington. Winning varsity boats are invited to attend the US Rowing Youth Nationals held in mid June.

Summer – Late June to August. Summer season is the shortest and least competitive season, but also a great time to start rowing, learn the basics and have a lot of fun with hot days and warm water.

Participation is season by season. LOCR recommends full participation in fall and winter to optimize the junior members physical condition, and technical skills for spring. Note that a junior member completes his novice season only after completion of the spring season Regionals event.

2.3 Boathouse Location and Transportation

LOCR is located at the Charles S. Brown Water Sports Center. From State Street in downtown Lake Oswego, turn east onto Foothills Drive (just north of the Albertsons), follow it until you reach a stop sign. Make a right turn onto Oswego Pointe Dr. and follow the road until it ends at a large parking lot

(the old Ram brewpub will be straight ahead). Turn into the parking lot and park on the right (south-west) side of the lot, in the area near the boat trailer. Follow the paved walkway off of the southeast corner of the parking lot to the boathouse. There are signs marking the way.

Phone at boat house: (503) 699-7458

Students are encouraged to bike, walk, skateboard, unicycle, carpool or ride Trimet to the boathouse for practices. Carpooling is also encouraged for pickup after crew. Past experience has shown that informal carpool arrangements can adequately accommodate everyone. Addresses for athletes will be available on the LOCR Website. Parents who prefer to drive their students to and from practices are encouraged to carpool with others from the same area.

2.4 Registration and Forms

All junior rowers must register. Students who are 7th grade and older are welcome from any school district. All registration information and forms are available through the LOCR Website. In addition to registration, several forms are required, by the club, by the LO Community School, and by US Rowing. Additional information will be provided by the Coaches as needed. In addition to club and Community School forms, LOCR athletes require the following:

- **USRA Membership:** Every athlete needs to take out a one year membership in the US Rowing to take part in events sponsored by US Rowing. You can do this at the US Rowing web site http://www.usrowing.org/join_renew/membershipoptions/index.aspx for \$45 per year until age 27.
- **USRA Release of Liability:** For the purposes of liability protection during regattas, you must sign and submit a copy of this form from the US Rowing. The form may be found at <http://www.usrowing.org/uploads/docs/07release.pdf>, and should be submitted to a coach. If you know your USRA membership number, you can sign the release online at http://www.usrowing.org/Join_Renew/MembershipOptions/index.aspx.
- **Swim Test:** LOCR expects all athletes to be capable swimmers. Parents are required to attest to their child's swimming ability by signing the swim test portion on the Health Form or have a qualified lifeguard supervise a swimming test and document that with a swim test form available on the LOCR Website.

2.5 Uniforms

Every varsity/JV rower needs to own at least one each of the pieces of the basic uniform: 1 JL unisuit, 1 long sleeve white dry fit or comparable athletic shirt (LOCR uses uniform and rowing clothing from JLRacing because it is specifically designed for rowing comfort), 1 pair of Navy Blue long spandex, dry fit or comparable fabric pants. Other LOCR logo items are optional as a way to stay coordinated and warm during our frequently cold and wet regattas. Novice rowers don't need to acquire the basic uniform until they have completed their fall season, but will need to purchase a unisuit for the Spring Season. All rowers will receive club shirts for use around town as part of registration. Please check with the coaches or website for information on purchasing uniforms either through the club ordering them on line through JL.

2.6 Emergency Communication

An emergency phone number (generally the Head Coach's cell phone), and a backup number, are announced by e-mail prior to the regattas. Please be sure to keep your contact information current in the Parent Directory on the Website. If you are delayed and will arrive after the designated time for practices or regattas, call and notify the coach. Also call for all medical emergencies. The Head Coach maintains the emergency medical permission forms for the rowers.

2.7 Safety and Rules

1. Rowers must follow all LOCR, US Rowing and Oregon, traffic/safety rules, at all times.
2. Rowers must familiarize themselves with the contents of the USRA safety video and whatever additional rules and safety guidelines the coaches make available.
3. Rowers must follow the instructions of the LOCR coaching staff. The coaches have final say on whether conditions are safe for rowing.
4. All rowers should wear clothing appropriate to the weather conditions: warm synthetic or wool clothing, especially hat and socks are recommended in cold weather. Remember that it is always colder and windier on the water. Hat, sunscreen and water or sports drinks are recommended in hot weather.
5. Rowers must complete and return all required forms before they will be allowed to practice.
6. Notify your coach if you have any medical conditions that could impair your ability to row or that require special attention.
7. Take precautionary medications in the boat with you while rowing (i.e. asthma inhalers).
8. Acknowledging that your child can swim, by signing the Health Information Form, is mandatory before an athlete can participate in on-water practices.
9. All rowers should check the equipment before launching: ensure that all nuts and bolts are in place, check hull for any cracks or leaks, check foot-stretcher tie-downs and ensure that they are in place. If you notice any damage to the boat, notify the coach.
10. Follow the traffic rules of the waterway as outlined by coaches. Scullers, coxswains and bow persons must check the course of travel frequently.
11. Scullers or coxswains should, unless specifically otherwise instructed, make an effort to remain in ear shot and sight of the coach and if separated should stop and wait for the coach.
12. At the beginning of the season, when it becomes dark early, all boats must have a white solid stern light, attached to their boat outside the stern cockpit. All boats must have a solid red /green (port/starboard) bow light attached to their boat on the outside of the bow washbox.
13. The coxswain is in command of the boat at all times, and should be given complete attention and respect.
14. The primary job of the coxswain is to safely guide the boat by steering the boat and commanding the crew.
15. Members of a crew should not talk while the boat is moving: it makes it harder to hear commands and distracts the coxswain from his/her primary job which is the safe guidance of the boat.

16. Any rower who sees a hazard that they believe the coxswain does not see, should notify the coxswain immediately.
17. The coxswain is responsible for following the traffic pattern at all times.
18. The coxswain is responsible for being aware of, and avoiding, other traffic which may or may not be following the traffic pattern.
19. If any rower hears thunder, he or she should notify the coach immediately. The sound of thunder is usually masked by the noise of the launch engine.

2.8 Equipment Costs

Here's why coaches stress SAFETY and CARE when handling equipment!

- 8 person shell costs \$40,000
- 4 person shell costs \$21,000
- 2 person shell costs \$10,000
- Each Oar costs \$300
- Each CoxBox (Coxswain Speaker System) costs \$600

3 GENERAL INFORMATION

This section provides general information useful to athlete and parent alike.

3.1 Club Policies

3.1.1 Alcohol and Drug Policy

The use of alcohol, tobacco or non-prescribed drugs is prohibited. The policy provides that a rower who is reasonably determined to have possessed or transmitted any of these substances during a Crew event will face a minimum suspension of two regattas up to complete suspension from crew for the remainder of the school year. **Our coaches have Zero Tolerance for such behavior.**

3.1.2 School Absences

Infrequently, it is necessary for rowers to miss school due to regattas. A form letter than can be used to notify teachers will be provided on the LOCR website.

3.1.3 Rower Behavior at Regattas

By participating, rowers implicitly agree to follow our drug and alcohol abstinence policy. The Coaches will discuss behavior expectations with the Rowers. The behavior expectations will be enforced at all regattas. Rowers are expected to represent LOCR and themselves admirably at all Regattas. Unsporting, disruptive and illegal behavior can result in the entire club being eliminated from the regatta. Failure to abide by curfews, behavior policies or alcohol/drug use will result in a call asking the parents to come pick up their athlete from the event. There will be no refunds given in this event.

3.2 Making a Boat

The most important thing to know about boat selection is that it is a fluid, on-going process. Boat line-ups at the beginning of the season will very likely be different from the boat line-ups at the end of the season, depending on how the season goes. With that said, there are a number of factors that go into selection. Seat racing, a process that allows direct comparison of the effectiveness of two rowers, will be paramount. This will happen throughout the season. We will also train and test on the erg throughout the season. Performance on the erg is critical. The Coaches will give the rower with the faster erg the benefit of the doubt in most selection decisions. Similarly, a rower's attendance and attitude will be a factor in any close calls. Finally, the coach's intuition will play a part. There can be intangible factors that lead to more speed for any given boat, for instance how well certain athletes "mesh" together.

Some of the characteristics that go into the analysis:

1. Seat Racing (erg scores)
2. Technical ability
3. Work ethic, Attitude
4. Consistency - holds onto technical changes, doesn't have many "off" days
5. Ability to move a boat, as demonstrated through timed pieces
6. Overall fitness
7. Physical and technical improvement
8. Attendance
9. X-factor—that extra spark that makes one a team motivator.

3.3 Lettering

Varsity Club letters are available to eligible members of the juniors rowing team. The intent of awarding letters is to encourage rowers to excel in the sport and work hard together as a team. LOCR provides letters to rowers that satisfy the following conditions:

- You are registered as a junior member of Lake Oswego Community Rowing for the **Spring Season**;
- You are enrolled as a full time student at a public or private high school, or you are a high school age student who is home schooled and can provide a statement of the home school structure, mission and performance;
- You participate as a varsity or junior varsity member for at least **one** Spring Season, including team practice and training each week as scheduled, rowing in at least 3 spring season regattas, participate in fundraising, and you obtain the Varsity Coach's permission for any absence to be excused;
- During the athletic season and pursuant to the terms of the Junior Team Handbook, you are in good academic standing with your respective school and you are drug, alcohol and tobacco free;
- You have paid all outstanding registration fees and club fees; and
- The Varsity Coach, in his or her discretion, approves of your eligibility.

Varsity Club Letters are available to any student attending school in the Lake Oswego Schools and to any area public or private school. Rowers qualifying for second-year letters will be awarded a "Segment" which is affixed to your letter indicating the number of years that you earned a letter.

3.4 How Do Boats Qualify for Nationals?

Boats finishing in 1st, 2nd or 3rd place in the following events may receive an invitation to the US Rowing National Youth Invitational:

Varsity Men's: 8+, Lightweight 8+, 4+, 4x, 2x, 1x. Varsity Women's: 8+, Lightweight 8+, 4+, Lightweight 4+, 4x, 2x, 1x,

3.5 Clothing

This page provides an overview of the clothing needed for rowing. It's important that athletes dress appropriately for safety, performance, and health, especially during the colder and wetter weather.

Synthetic Fabrics. Synthetic fabrics such as Polypro, CoolMax and similar fabrics are best because they keep the rower relatively warm even when wet, and they dry quickly. Athletes will get wet from perspiration, rain, and splash.

Best Clothing. The best clothing for rowing is soft, stretchy, breathable, and fairly form-fitting. Loose shorts can get caught in the slides under the moving seats, so avoid basketball style shorts or warm-ups. Loose tops can get caught in the oar handles, so avoid bulky jackets or sweatshirts. In general, athletes should dress as though they are going running in the elements, or Nordic skiing.

Layering. Layering is important for keeping warm, and maintaining the right temperature. The athlete's needs will change during a practice depending on exertion and changing conditions. Having the appropriate layers enables them to regulate their insulation and protection. Sometimes an athlete may mix 2 out of 3 layers, depending on conditions.

1. Base layer: Form fitting and intended to wick moisture away from the skin. The team Workout Shirts are great base layer tops. They are thin, and similar to base layer garments worn when skiing. Multiple base layers can be worn for added warmth. On colder days, athletes may want to wear tights for leg warmth.
2. Insulation layer: A synthetic fleece garment worn on colder days where extra insulation is needed. Thicker than the base layer, but not bulky. Polartec or Polarfleece clothing products fall within this category. Some insulation layer fabrics also have wind protection built in.
3. Wind block: Having a wind block that breathes helps retain warmth while not getting the athlete too hot. Base and insulation layers are generally not designed to block the wind. The team Splash Jacket is designed for this purpose while also being form fitting so that it does not interfere with the oars, and has ventilation panels on the sides for breathing. Although not waterproof, the Splash Jacket also helps repel water. Other wind blocking clothing can be worn, but ensure that it breathes and is form fitting.

Hats. Athletes can lose a lot of their body heat through their head. On cold days, it's important that they wear an insulating hat to keep warm. Blue, Black or White are the preferred colors to complement the uniforms.

Feet. Athletes should have a pair of rubber sandals (or slip on or off shoes) for rowing on the water days. Keep in mind that these shoes will need to be put on and taken off very quickly, and be left on the dock where they will most likely get wet. On dry land days – or any day the weather turns and water practice is impossible – all rowers and coxswains should have running shoes handy.

Hands. Hands can get cold while rowing. However, you will not see athletes rowing with gloves. The reason for this is that rowing requires a tactile feel of the handle. Athletes can put their hands under their legs or armpits to keep them warm. If an athlete gets especially cold hands, they can purchase Pogies from one of the rowing sites. They fit over both the oar handle and your hands. Consequently

there are separate designs for sculling and sweep. One caution on Pogies is that they can keep your hands too warm and retain moisture, causing an ideal environment for blisters.

Dry Clothes on Land. On especially wet days, athletes should have dry clothes to change into when they get back on land. Athletes are asked to change quickly so that we can continue with team activities.

Shoes. Athletes must have running shoes every day for practice (you never know when a land day might happen). A good pair of shoes is important to reduce chances for injury. Running shoes should be replaced every 300-400 miles.

Socks. Socks should be synthetic or wool to help ensure that feet stay warm while wet. Athletes should have second pair on land.

Waterproof Clothing. Waterproof clothing is not required for rowing, except for coxswains. If you do purchase waterproof clothing, ensure that it is highly breathable. Really waterproof clothing tends not to breathe as well, increasing body heat and sweating, and then holding the perspiration within the clothing. This makes it difficult to regulate temperature, and may encourage athletes to remove clothing, which is counterproductive, and results in them getting chilled again. Coxswains should wear a base layer such as cold weather Under Armour, seam sealed waterproof pants, fleece and high performance seam-sealed waterproof outer jacket with a hood, a hat, waterproof socks and gloves such as Sealskins.

No Cotton. Athletes should avoid cotton. Cotton does not keep a person warm when the fabric is wet, and instead can serve to chill an athlete. Cotton should not be used as the base layer, because it does not wick moisture away from the skin.

No Down. Down should never be worn on the water. When down gets wet, it will clump, get very heavy, and has no insulating properties.

Label Your Clothing. Recommend writing your name on the tag of all of your clothing. This will make it clear who it belongs to, and reduce the chance that you will lose your clothing at the boathouse or regattas, especially when everyone has the same uniforms.

3.6 Dispute Resolution

Positive communication among student athletes, coaches, and parents is critical to the spirit and cohesion LOCR promotes in its rowing program. Confidence and trust are built when healthy communications are in place. Occasionally, questions or concerns may arise that move communications into a more formal arena. When that is the case, there are several underlying principles and practices that guide that process in the athletics program.

Principles

1. The goal of such communication is problem identification and problem solving, and the restoration of mutual trust and confidence. The purpose is not to judge right or wrong or to affix blame, but rather to work collaboratively toward a mutually satisfactory solution. Each person involved may have differing but valid perceptions of the circumstances leading to this breakdown in communication.

2. Problems are best resolved when those involved speak directly to one another as soon as a problem, or potential problem, is recognized. Often, this practice quickly dissolves anxiety and misperception, restoring confidence and trust between those involved.
3. It is helpful when a student speaks directly to his or her coach, if a student has a concern involving the coach. At the same time, the difference in age and position may be daunting to a student. If that is the case, the student is encouraged to seek out an independent advocate for support in initiating such communication (such as the Team Captains). The more athletes can learn the skills of productive conflict resolution and develop the accompanying self-confidence, the better that student is served in the life lessons of problem solving.
4. Unless a situation requires immediate action, it is not advisable to approach coaches during a practice session or regatta about a problem. Distractions in the situation do not allow for effective communication. Better times for such communication are before or after a practice or by prearranged appointment.

Communication Steps

1. The individual with the concern should speak directly to the other person in a timely manner. If the individual needs a support person in that conversation, resource people are available and, when needed, their involvement is encouraged. Assuming that a conflict is not resolved at this initial level, the next step is to involve one of the Coaches.
3. If either party to the difficulty feels that the problem has not been satisfactorily resolved after the involvement of the Coaches, the next level of problem solving is to contact the President of the club's Board of Directors.
4. In those rare instances when communication with the President of the Board still does not affect a satisfactory resolution, a written appeal may be presented to the Board of Directors.

3.7 Volunteer Hours

It is often said that a rower doesn't join crew, but his or her family joins the organization. Many oars move the boat and almost every LOCR member volunteers at some point to keep our boat club moving forward. The job of organizing, transporting, housing and feeding 70+ rowers for a typical regatta is immense. Because of this challenge, we ask every family to donate a minimum of 10-15 hours of their time during the course of each season; the number of hours will be defined before each season based on the number of home versus away regattas and the anticipated level of volunteer need. Alternatively, you can pay \$10/hour (\$100-\$150) if there are constraints on your time. Many parents contribute much more than this requirement in order for your son or daughter to have a rewarding experience. There are numerous opportunities to volunteer in a host of ways and organized committees with parents willing to assist. We will also make it easy for you to track the number of hours you volunteer via the club website. Requests for volunteers will be made throughout the year via the Website or Listserv emails, and in newsletters for these activities.

REGATTA COORDINATION

Volunteers coordinate the transportation of equipment, tent camp and provide all food at away regattas and NW Regionals for the Junior team. The primary functions of this group:

- **Team Trailer:** All tents and supplies are stored and transported in the team Parent trailer, including cooking equipment, coolers, carrying bins, utensils, tables, and a propane stove. A volunteer parent who has a truck or SUV that can pull the Parent trailer to events avoids the expense of renting a truck.
- **Tent Set-Up:** Set up and take down our tent camp at regattas.
- **Food Tent Teams:** At the travel regattas we provide food for our rowers. This requires planning, shopping, some pre-prep (at home) and cooking on site. Our food tent is staffed by in shifts by meal. This involves easy food preparation, lay-out, etc. (cutting fresh fruit, stocking water). This is a great way to meet other parents and the rowers.
- **Boat Trailer:** LOCR owns a truck and trailer for hauling its boats. The truck is usually driven by the LOCR president along with the head coach.

FUNDRAISING

Fundraising helps defray regatta expenses and earns money for boathouse equipment, boats, oars, etc. A volunteer chair with committee organizes the rowers for fundraising events such as car washes, ergothon, pizza night, Krispy Creme sale, and any other creative way thought of to make money. One of the biggest fundraising events is the annual auction, volunteers organize, procure auction items, and plan and execute this event.

EVENTS AND ACTIVITIES

Volunteers put together team events that build morale, foster friendships and camaraderie, and also build team spirit. During a season, we typically plan several events plus the end of the season dinner. Events and activities can include pasta feeds, volleyball nights, secret Santa and cookie exchange, and much more. Our end of year awards banquet (end of May or very early June) celebrates our rowers and their accomplishments. Volunteers will also organize and execute get-togethers of parents for the purpose of welcoming new members and getting to know each other better!

COMMUNICATIONS

The primary goal is fostering excellent communication among coaches, rowers, and parents. Responsibilities include helping maintain the LOCR Website with the coaching staff, putting out a newsletter on a routine basis, keeping a calendar of events, communicating all of the activities planned by the other parent committees, public relations such as filing photos and stories with local newspapers, updating the Parent Handbook as needed, and helping assemble a slide show/movie at the end of the year.

4 ALL ABOUT REGATTAS

Coaches will give athletes precise information at least a week prior to each regatta. Students should address any questions to their coaches. Here are some things parents may want to know:

4.1 Athlete Transportation

Athletes and/or their families drive to local Portland-area regattas. Parking is often limited, so allow plenty of time. Don't be late!

The team charters private buses to out of town regattas. Students are expected to dress nicely when traveling by bus, ferry or plane. This means slacks and a dress shirt for boys and skirts or slacks and dress shirt for the girls. (no blue jeans, sweats or warm-ups).

In addition:

- ALL athletes share in the unloading and loading of shells from the trailer.
- Your student's responsibilities do not end until the entire team has finished racing and shells and other equipment are safely loaded.
- Athletes WILL BE expected to remain on site until excused by their coach.

4.2 What Does My Rower Really Need To Bring?

Coaches will instruct athletes on what to bring, but you can expect a list similar to this (a packing list is included in the Appendix:

Uniform

Warm-up clothes

Rain gear !!! (pants and jacket w/hood)

Extra changes of warm, dry clothing & socks

Running shoes

Rubber boots (for cold and rainy weather regattas)

Flip-flops

Hat/visor

Water bottle – Disposable water bottles are not allowed at the boathouse. Please bring your own and have your name written on it.

Sunglasses

Sunscreen

Towel

Blanket

For overnight trips, add:

Toiletries
Medications (in original containers only)
Money

Because they sleep on the floor in a school gym, for Brentwood & Covered Bridge, add: pillow, sleeping bag, sleeping pad

**It's really nice for athletes to have a blanket or sleeping bag and a chair at each regatta, so they can stay warm while cheering their teammates!

4.3 What Parents Can Expect

Your son/daughter is in for an incredible experience, and so are you. Rowing is a physically and mentally challenging sport that demands the support of teammates and family.

Novice parents, if this is your first experience with rowing, it's natural to be overwhelmed by unfamiliar terms and the newness of a different sport. Please become familiar with the information in this. Don't hesitate to ask questions of parents around you at regattas.

DO plan on attending regattas!! Crew races range in length from a few hours (dual meets) to 3-day events; with races up to 12 hours/day (e.g. Brentwood Regatta and Regionals). Crew teams depend on parent support, not only for enthusiastic cheering, but to keep athletes warm, dry and FED!

- Parents are expected to help plan, shop for, set up and staff the food tent. It's fun!
- Plan on being at the race site for a while. Race schedules often change during the day as officials adjust to changing weather conditions.
- A schedule of the day's races/results is usually posted at a central site at each regatta. Schedules are often available online a few days before the regatta, and it's handy to print your own.
- Most regatta hosts sell T-shirts, generally \$15 - \$20. If you plan on purchasing one for your rower, do so early because size selections get slim by afternoon. Other rowing merchandise (clothing, jewelry, etc.) is often available at the larger regattas.
- Before you attend a regatta, be prepared for anything and everything. The weather can change suddenly, and you can count on using rain gear and sunscreen each day!

Pack to be Comfortable. Most parents agree on these essentials:

- Folding chair
- Umbrella
- Binoculars
- Blanket
- Warm clothes (including gloves/hat). It's chilly outside at 7:00 a.m.!
- Rain gear
- Light-weight clothing for the heat of the day
- Sunglasses

- Sunscreen
- Camera
- Water/Snacks
- A good book for the inevitable wind delays!

4.4 How Regattas Work

Depending on your interest level, there is a vast amount of information to learn about rowing. Here are some basic things to know when watching your son or daughter's first regattas:

4.4.1 Events

Events are divided by men/women, age categories, weight and discipline. There are two disciplines, each with their own symbols and terminology:

Sweep Rowing – athletes row with one oar. 8+ “eight” rowers plus one coxswain; 4+ “four” rowers plus one coxswain; 4- “four” rowers (without coxswain); 2+ “pair” plus coxswain; 2- “pair” (without coxswain)

Sculling – athletes row with two oars; one in each hand. 4x “quad” four rowers (with or without coxswain). 2x “double” two rowers; 1x “single” one rower.

4.4.2 The Race Course

Depending on the course, spring races will be 1,000, 1,500, or 2,000 meters. Buoys mark the start, finish, and 500 meter intervals along the course. Head races in the fall are 4,000-6,000 meters.

- Each boat is given a numbered bow marker identifying their assigned lane. Normally, Lane #1 is closest to shore and Lane #8 is farthest from shore. Boats may be disqualified for leaving their assigned lane if they impede another boat.
- The positions (seats) in each boat are numbered (1,2,3,4, etc.) from bow to stern. The bow seat is always #1 and the last seat in the boat is called the “stroke” seat.
- You can identify teams by the color of their oars as well as their uniforms. Each team has a unique oar color/pattern. LOCR oars have a blue stripe over a white strip, over a yellow stripe as shown on the first page of this booklet.
- Race officials follow each race in motorized launches to monitor safety and fairness.

Things Don't Always Go Right!

- Weather is always a factor. Wind, rain, fog, and occasionally lightning may cause race delays. Race officials will determine when to postpone racing based on safety.
- Equipment mishaps sometimes occur. These may include broken rudders, broken riggers, broken oars, or seats coming off the slide.

- The human factor is the least predictable. Possibilities include missing the start, “zigzag” steering, “catching a crab” (ask your kid), or flipping the boat before the finish line (usually singles, pairs, doubles).

4.4.3 Regatta Roles

Although regattas vary depending on the venue, there are some generally established roles:

Officials. The hosting organization/club provides officials for each regatta. They set the race schedule, give teams an area for shells and equipment, establish launching and race course procedures, monitor races, determine results. Their top priority is the safety of athletes and other participants, both on and off the water.

Coaches. Crew coaches are incredibly busy during any regatta. After driving the equipment trailer to the regatta venue, they must supervise the team in unloading and rigging every boat. After the boats are rigged, they must supervise the launching and racing of each crew. LOCR typically has rowers in nearly every event and often nearly every heat. When the racing is over, they must supervise the team in de-rigging the boats and loading them onto the equipment trailer, which they then drive back to LOCR’s boathouse. Please do your best to help the coaches when needed, and don’t expect them to have much time to chat!

Athletes. It is important for athletes to arrive at the race course at the time given to them by their coach so that they can help with pre-race preparations. Upon arrival, they will unload and rig the racing shells. An hour or so before their race, they will meet with their coach to review the race strategy. They will launch 30-45 minutes before their race, doing warm up drills on the way to the starting line.

After racing, they will return to the dock, carry the shell back to the boat storage area, and debrief with their coach. Important parental tip: After racing, most rowers do not like being interrupted until after their debriefing with the coach.

When not preparing for their own race, athletes are busy helping others get ready; carrying oars, retrieving shoes from the dock, and cheering!

Parents. Having survived the 5:30 a.m. “Where’s my uniform?” discussion and safely deposited your anxious rower at the team trailer, your best tactic is to buy the all important regatta T-shirt, double check your assigned shift for the LOCR food tent, stake out a spot with your chair and enjoy a day of terrific competition. The food tent and the finish line are the two social spots of the day.

5 REGATTA VENUE INFORMATION AND MAPS

Green Lake Regattas

Green Lake Boathouse

Seattle, WA

Directions to Green Lake:



Take the I-5 NORTH exit toward SEATTLE - go 174.3 mi

Take exit #169 onto 7TH AVE NE - go 0.6 mi

Turn Left on 50TH ST - go 0.9 mi

Turn Right on GREEN LAKE WAY N - go 0.3 mi

GREEN LAKE WAY N becomes E GREEN LAKE WAY N - go < 0.1 mi

Turn Left on W GREEN LAKE WAY N - go 0.1 mi

Arrive at 5900 W GREEN LAKE WAY N, SEATTLE

Our tents will be located just a short distance down the path on the southwest side of the lake. Parking is extremely crowded. Use the parking lots at the south end of the lake, or the lower Zoo lots. DO NOT park along the lake. You will be ticketed and/or towed

Seattle Hotel

The team typically stays at the Hotel Nexus for Seattle Regattas.

Hotel Nexus
2140 N. Northgate Way
Seattle, WA 98133
Phone: 206-365-0700
Toll-Free: 800-435-0754
Fax: 206-365-0750
Website: <http://www.hotelnexusseattle.com/>
Directions to the hotel:

North

Heading North on I-5, take exit #173 Northgate;
Turn left at the light;
Turn left at the next light onto Northgate Way.
Go under the freeway and Hotel Nexus is on your right behind the Berkshire Grill restaurant and across the street from Starbucks.

South

Traveling South on I-5, Northgate Way.
Stay to the right (West) where exit ramp divides.
Turn right at the stoplight
Hotel Nexus is directly to your right.

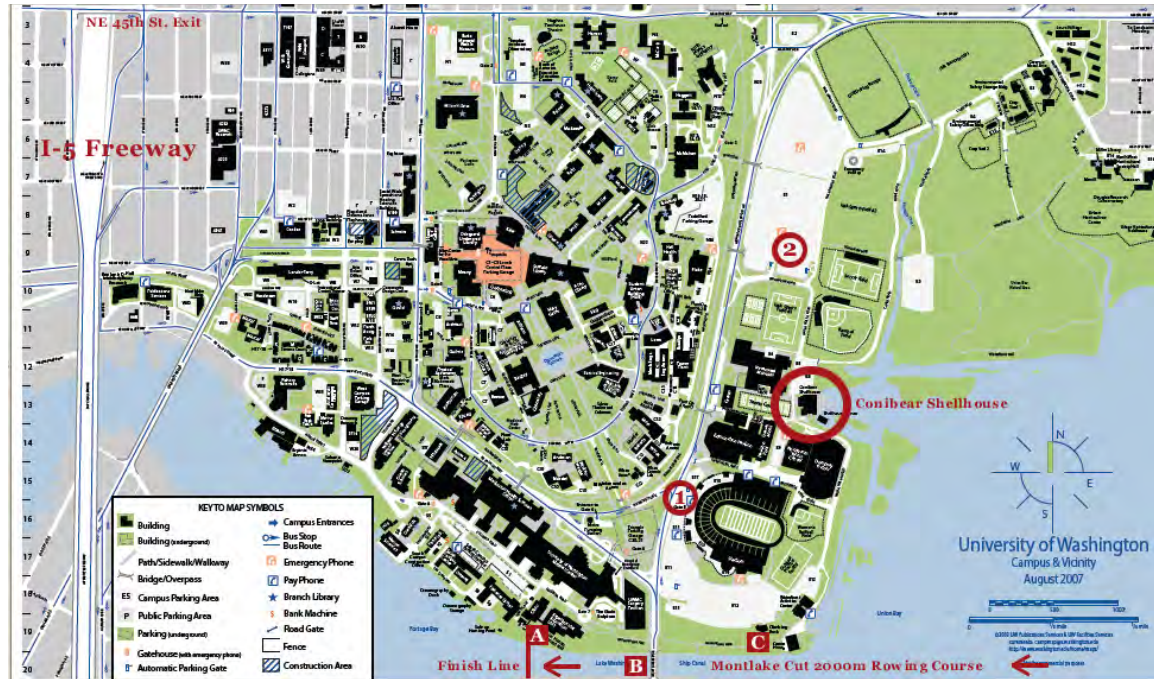
West

Traveling West on I-90 or State route 520,
take I-5 north to exit #173.
Turn left onto 1st and left onto Northgate Way.

Hotel is on the right behind the Saffron Grill restaurant where we usually meet for dinner as a parent get together and across the street from Starbucks.

Head of the Lake Regatta, Seattle

The Head of the Lake Regatta is for Varsity rowers. We meet at the University of Washington, Conibear Shell House. See the attached link for directions http://www.huskycrew.org/map_directions.htm. A lot of people view the race from lake level below the Montlake Cut Bridge



Covered Bridge Regatta

Dexter Lake

Dexter, OR (south of Eugene)

The OAR boathouse is located at Lowell State Park, on the north side of Dexter Lake.



Directions:

From I-5 South, take Hwy. 58 (exit 188A) east, 13 miles to Dexter Lake.

Turn left at the white covered bridge, to Lowell.

Turn left at Boundary Rd. (becomes Pengra Rd.), 0.8 miles to Lowell Park.

Turn left into the park, then right immediately through the yellow gate.

Follow the gravel road to the boathouse.

Brentwood Regatta

Brentwood College School
Mill Bay, BC Canada
<http://www.brentwood.bc.ca/>

The Brentwood Regatta is hosted by Brentwood College School (grade 8 – 12 boarding school), located approximately 30 minutes north of Victoria, B.C. First begun as a dual meet between Lakeside and Brentwood schools, this regatta has grown to include Canadian and American crews from Alaska to Mexico. The 1,500 meter race begins in open water and ends in a protected cove in front of the school.

The regatta website (<http://regatta.brentwood.bc.ca/>) is a great source of information about the race schedule, travel, lodging, and other facts. Mill Bay is a small community. Adjoining the campus is a small shopping center with a cafe, bank and grocery store. Accommodations are limited, so make parent reservations NOW! Athletes stay as a team on the Brentwood campus.

Coaches will give rowers detailed information regarding this trip. Please visit the Brentwood School website for detailed regatta information as well as hotel, B & B information.

Please note:

- Crossing the border now requires a passport – they take 4-6 weeks, so get them now.
- Rowers and families usually take Blackball Ferries out of Port Angeles, Washington to Victoria B.C. Crossing time is approximately 90 minutes.
- Check the Blackball Ferries website (<http://cohoferry.com/main/>) for schedules and reservations. Reservations are recommended for the return trip – it is very crowded.

Directions from Victoria to Brentwood School:

From ferry, head North on Hwy 1 to Duncan/Nanaimo.

Travel north on Hwy. 1 (approx. 30 min.)

The road winds and climbs the Malahat summit.

At the end of the Malahat, there are 3 exits for Mill Bay. Exit at the 3rd one, where the Mill Bay Plaza will be on your right, and a Shell gas station on your left.

Turn right on Deloume Rd. and the campus is straight ahead.

Brentwood students will direct you to parking.

US Rowing NW Junior Regional Championships (“Regionals”)

Vancouver Lake Park, Vancouver, WA

Directions to Vancouver Lake:

From Portland, take I-5 north towards Vancouver.

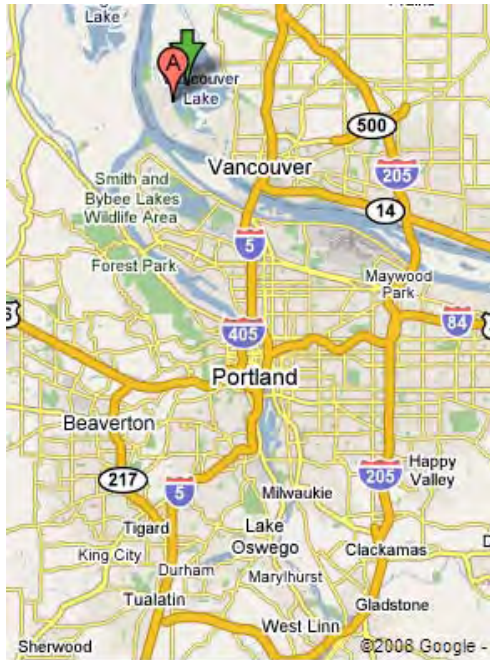
Exit on West Fourth Plain

Continue west.

W. Fourth Plain becomes N.W. Lower River Rd.

N.W. Lower River Road takes you past the south end of the lake, then curves up the west side of the lake.

The park is on the west side of the lake. It’s the only thing out there.



The Vancouver Lake venue is a huge, open, grassy park with a wide sandy beach. We typically set up in front of the finish line as shown in the photo below. There is ample parking (nominal fee on Sat. and Sun.) and room for team tents and spectators. The park is several miles from any amenities.



Note:

- Races will run as heats, then finals.
- Be prepared for long days at the race course
- Please plan to help at the food tent. We will be feeding athletes from 7:00am to 3:00pm.

APPENDIX REGATTA PACKING LIST

THE BASICS

Bag/suitcase
Duffle bag
Personal/student ID and driver's license
Wallet and \$40 - \$60 cash
Passport, visa, and tourist card (Canada)
Emergency contact information
Health insurance card

CLOTHING

Unisuit
Any and all JL's
Visor/Beanie/or other hat
Extra racing attire
Sports Bras/ Regular Bras
Lots of socks
Underwear
Sweats
Sweatpants
Jacket and/or Rain gear
Sandals for water launching
Athletic shoes
Gloves
Swimsuit
T-shirts
Clothes for when you are not rowing
Sunglasses
Bandanna
Pajamas

PERSONAL

Soap and container
Medicines and prescriptions
Shampoo/conditioner
Comb and brush
Toothbrush, toothpaste, and floss
Lip balm and sunscreen
Towel and washcloth
Pre-moistened towelettes
Deodorant
Hair spray/mousse
glasses/contacts

contact lens solution
Feminine hygiene products
Razor and blades
Shaving cream
Kleenex
Retainers
Nail clippers/scissors
Small mirror

OTHER USEFUL ITEMS

Dried fruit & healthful snacks
Books and magazines, Playing cards
Notebook and pen
Stationery, envelopes, and stamps
Inflatable pillow
Small flashlight & wrenches (for rigging)
Watch and alarm clock
Video camera, camera, and film
Sewing kit with safety pins
Umbrella
Sealable plastic bags
Walkie Talkies

EXTRAS

Homework
Calculator for Math Homework
Camera/film
CD Player/CD's
Large garbage bags to put your wet clothes in
Sleeping Bag (when applies)
Pillow (when applies)
Inflatable mattress (when applies)
Water bottle
Pens/pencils

MORE STUFF ABOUT ROWING!

Eleven Insights to the Sport of Rowing (from USRowing.com)

1. Rowing is a total body workout. Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints.

2. Rowers are probably the world's best athletes. Rowing looks graceful, elegant and some-times effortless when it is done well. Don't be fooled. Rowers haven't been called the world's most physically fit athletes for nothing. The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop.

3. Sweep (like a broom) and Sculling. There are two basic types of rowing: sweep rowing and sculling. In sweep rowing, athletes hold one oar with both hands. In sculling, the athletes have two oars, one in each hand.

4. The boat. Although spectators will see hundreds of different races at a rowing event, there are only six basic boat configurations. Sweep rowers come in pairs (2s), fours (4s) and eights (8s). Scullers row in singles (1x), doubles (2x) and quads (4x). Sweep rowers may or may not carry a coxswain (cox-n), the person who steers the boat and serves as the on-the-water coach. All eights have coxswains, but pairs and fours may or may not. In sculling boats and sweep boats without coxes, a rower steers the boat by using a rudder moved with the foot.

5. The categories. Rowers are categorized by sex, age and weight. Events are offered for men and women, as well as for mixed crews containing an equal number of men and women. (There are no mixed events for Jr. rowers.) There are junior events for rowers 18 or under or who spent the previous year in high school, and there are masters events for rowers 27 and older. There are two weight categories: lightweight and open weight.

6. The equipment. Rowing boats are called shells, and they're made of lightweight carbon fiber. The smallest boat on the water is the single scull, which is only 27-30 feet long, a foot wide and approximately 30 pounds. Eights are the largest boats at 60 feet and a little over 200 pounds. Rowers use oars to propel their shells. Sweep oars are longer than sculling oars, typically with carbon fiber handles and rubber grips (although some sweepers still prefer wooden handles). Sculling oars are almost never wood.

7. The crew. Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat. The person in front of the bow is No. 2, then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must

be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers.

8. SPM not MPH. Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minute's time. The stroke rate at the start is high – 38-45, even into the 50s for an eight – and then —settles to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again. Crews may call for a —Power 10 during the race – a demand for the crew's most intense 10 strokes.

9. Race watching. The crew that's making it look easy is most likely the one doing the best job. When watching a race, look for a continuous, fluid motion from the rowers; synchronization in the boat; clean catches, i.e. oars entering the water with little splash; and the boat with the most consistent speed.

10. Teamwork is number one. Rowing isn't a great sport for athletes looking for MVP status. It is, however, teamwork's best teacher. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and bladework with one another.

11. Rowing is the ultimate walk-on sport. (It's easier to get started than you think.) USRowing is a membership organization that serves rowers of every age and ability from the beginner to the experienced rower to the national team. So, there's definitely a place for you. Binoculars help the viewer identify distant boats, a collapsible chair helps make a long day more comfortable, and this booklet will help a first time observer understand what is going on.

There are numerous categories for races, as well as distances. At Green Lake the races are 1000 meters, at Brentwood in Canada, the races are 1500 meters, but most other races in the spring are 2000 meters. Varsity boys and girls times for 1000 m races are in the neighborhood of 3 minutes for varsity boys and about 3:20 minutes for varsity girls. For 2000 meters, varsity boys times are about 6 minutes, varsity girls times are about 7 minutes. Times vary depending on conditions, such as the weather and wind direction.

The Stroke

The whole body is involved in moving a shell through the water. Although rowing tends to look like an upper body sport, the strength of the rowing stroke comes from the legs.

The stroke is made up of four parts: Catch, Drive, Finish and Recovery. As the stroke begins, the rower is coiled forward on the sliding seat, with knees bent and arms outstretched. At the catch, the athlete drops the oar blade vertically into the water. At the beginning of the drive, the body position doesn't change – all the work is done by the legs. As the upper body begins to uncoil, the arms begin their work, drawing the oar blades through the water. Continuing the drive, the rowers move their hands quickly into

the body, which by this time is in a slight "layback" position, requiring strong abdominal muscles.

During the finish, the oar handle is moved down, drawing the oar blade out of the water. At the same time, the rower "feathers" the oar – turning the oar handle – so that the oar blade changes from a vertical position to a horizontal one. The oar remains out of the water as the rower begins recovery, moving the hands away from the body and past the knees. The body follows the hands and the sliding seat moves forward, until, knees bent, the rower is ready for the next catch.

Ergometers (ERGS)

Ergs are rowing machines used for training and to measure the strength of athletes. They simulate the rowing process and allow the coaches to assess athlete capability. Generally, the athlete is asked to —row either 2000 meters in the spring season, or 6000 meters in the fall season. The time taken to row those distances is then used to evaluate the athletes against each other. Lower times are an indication of the power the athlete can contribute to boat speed. Other factors, such as rowing technique, also determine an athlete's ability to contribute to boat speed. Erg times may be submitted to National Team coaches and to Universities for consideration for those teams. Generally, for male rowers, 2000 meter erg scores range from 6:15 to 6:45 for varsity caliber athletes. Female varsity athlete's 2000 meter times range from 7:15 to 7:50. For 6000 meter pieces, the range is 20 to 22 minutes for a male varsity athlete.

The Language of Rowing

The sport of rowing has been around for a long time and has developed its own, sometimes peculiar terminology. Here is a glossary to help you understand what your rower is saying.

- 2- Symbol for a pair (2 rowers, sweep, no cox).
- 2+ Symbol for a coxed pair (2 rowers, sweep, cox).
- 2x Symbol for a double (2 rowers, sculling).
- 4- Symbol for a straight four (4 rowers, sweep, no cox).
- 4+ Symbol for a four (4 rowers, sweep, cox).
- 4x Symbol for a quad (4 rowers, sculling, no cox).
- 4x+ Symbol for a coxed quad (4 rowers, sculling, cox).
- 8+ Symbol for an eight (8 rowers, sweep, cox).

Body angle. The forward lean of the body from the hips that is achieved during the first part of the recovery. Also called body prep.

Bow. The front of the boat. Also the term used for the person rowing in 1 seat.

Bow ball. A rubber ball used to protect the boat during a collision.

Bow coxed or bow-loader boat. A shell in which the cox lays feet first in the bow of the boat. This position helps to reduce wind resistance.

Button/Collar. A wide ring on the oar that keeps it from slipping through the oarlock.

Catch. The entry of the blade into the water at the beginning of the stroke; the point at which the oar is placed in the water.

Cox box. Amplification system with a headset, microphone, and speakers that allows the coxswain to convey instructions to the entire crew.

Coxswain/Cox'n/Cox [kok-suhn]. The coxswain commands the crew, steers the boat, and is responsible for the safety of the crew and the boat. During a regatta, the coxswain is responsible for implementing the race plan established by the Coach. Experienced coxswains are valued as Assistant Coaches, and the coxswain is the only one other than the Coach to tell the oarsmen what to do.

Crab. Being unable to take your blade out of the water at the release. This action destroys the rhythm, set, run, and momentum of the boat and is often referred to as catching a crab. This can stop a boat dead in the water and can also throw a rower out of the boat.

Drive Power portion of the stroke. When the blades are in the water, the boat is in the 'drive' phase of the stroke cycle.

Ergometer/Erg, The Concept II rowing ergometer. This machine is used to build and measure the endurance and level of fitness of the athlete. Erg scores may also be used to determine placement in a particular boat line-up. Ergs use wind resistance to replicate the sensation of water resistance felt while rowing.

Feather. The action of rotating the blade so that it parallels the water on the recovery. This minimizes resistance to air and water.

Finish/Release. End of the drive during which the blade comes out of the water in preparation for the recovery.

Gunwale [guh-n-l]. The sides of the boat, the edge of the shell's cockpit. When rowers carry a shell to the dock, the gunwales rest on the rower's shoulders.

Hold Down/Hold Water/Hold. The action of square the blade in the water to stop the forward motion of the shell.

Inside Hand. The hand that is closest to the oarlock (right for ports, left for starboards).

Lightweight . A term referring to the rowers, not the boats. There is a maximum weight for each rower in a lightweight event as well as a boat average.

Masters. Rowers over the age of 27 (21 at some regattas).

Novices/Novies. First year rowers. Novice designation lasts for the academic year, but does not carry over the summer.

Oar (sweep). Used in pairs, fours, and eights. Each rower uses one oar. Just over 12 feet in length, oars may be made of wood or carbon fiber. They are generally painted with the team's colors.

Oarlock. Device that holds the oar and is the fulcrum for the oar. The lock consists of the pin and the gate. The gate is held closed by a threaded nut that is loosened to allow the rower to open the gate and insert an oar into the oarlock. The gate is then closed, and the nut is hand tightened.

Port. Left side of the boat, facing the direction of travel (the bow). Red is the color that corresponds with port side.

Power 10 (20). A call for rowers to do 10 (or 20) of their best, most powerful strokes. A strategy used to pull ahead of a competitor or to focus the rowers' attention.

Puddle. The disturbance left in the water by the blade as it is removed from the water. Puddles are visible during the recovery and help to gauge the run' of a boat.

Recovery. This is the time from the release of one stroke to the catch of the next stroke; the time the blade is out of the water. During the recovery, the rower moves his or her body and seat into position to prepare for the next catch.

Rigger. The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

Rudder. About the size of a credit card, the rudder is part of the skeg that swivels to steer the boat. Sometimes, the rudder is separate from the skeg.

Run. The glide that occurs during the recovery, or the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

Scull. Oar used in singles, doubles, and quads. Sculls are 9½ feet long and may be made of wood or carbon fiber. Sculls have a smaller handle than a sweep oar, but the parts are the same as a sweep oar.

Sculling. One of the two disciplines of rowing. Each person has two oars.

Set. Set is the stability of the boat side to side, and its ability to ride level without leaning to the star-board or port. A boat is "set" by the rowers.

Shell. Term used interchangeably with boat.

Single. A shell with one rower (a sculler) who uses 2 oars to propel the boat.

Skeg. A fin attached to the bottom of the boat near the stern that helps keep the boat on course and balanced.

Slide Ratio. The ratio of time spent during the drive versus the recovery. The goal is to spend longer on the recovery than the drive. This maximizes the run of the boat as well as the amount of rest the oarsperson gets during the recovery phase of the stroke.

Starboard. The right side of the boat when facing the direction of travel (the bow). Green is the color associated with Starboard.

Stern. The rear of the boat; the direction the rowers are facing.

Stretcher/Foot Stretcher. Where the rowers' feet go. Shoes may be permanently attached to the boat or adjustable straps hold rowers' own shoes to the footboard. Footstretchers adjust to accommodate rowers' height/leg length.

Stroke. The cycle of the oar during rowing. One stroke consists of the catch, drive, finish, and recovery.

Stroke Seat/Stroke. The rower who sits closest to the stern. The stroke sets the stroke rate and rhythm for the boat.

Stroke Rate. The cadence of strokes per minute.

Sweep Rowing/Sweep. One of the two disciplines of rowing where rowers use only one oar.

Swing. The elusive feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

USRowing. United States Rowing is the governing body for rowing in the United States. <http://www.usrowing.com>

Weight (or Way) Enough. A command given by coaches and coxswains to stop an action.