



Columbia Rowing Club Youth Rowing

"Ready to Row"

Dear Participant and Parent/Guardian,

Welcome to Columbia Rowing Club Youth Rowing. The program is designed to introduce high school aged youth in the Midlands of South Carolina to the sport of rowing, to teach proper technique and to provide an opportunity to row recreationally, and, when appropriate, at the highest level of competition. Rowing is by nature a competitive sport, and as such, we will compete in several rowing regattas each season. These regattas are often the highlight of the season.

In order to be a successful rower one needs to learn the proper technique, develop a high level of physical stamina along with good strength, and display a focused mental attitude and discipline. Technique, physical training and mental discipline will be the underpinnings of our program. While rowing technique itself is not one of the great "life-skills", learning what it takes to become proficient in an activity is. Additionally, the physical and mental training will be important throughout life. Our goal is to be *"Ready to Row"*, technically, physically and mentally.

Rowing, a lifelong sport to be enjoyed well into one's 80's or even 90's, can be pursued alone or as a member of a 'crew'. Each participant in Youth Rowing will be taught sculling (each rower uses two oars) and sweep rowing (each rower uses one oar), in team boats as well as a single. Participants will have preferences for the certain types of rowing but will be expected to participate as instructed by the Head Coach, who will always pursue the best interests of the team while considering the preferences of the individuals. Experienced rowers will be expected to assist less experienced rowers.

As in all sports, a considerable time commitment is required to participate in Youth Rowing for practices, individual training and regatta attendance. While academics is paramount, with planning and time management, there is no reason why academics should interfere with rowing, or vice versa. Indeed, rowers typically earn the highest grade point averages of any athletic team at a school. When you decide to row, you must commit to academics and rowing, which means other activities may have to be limited.

Finally, rowing is fun! CRC Youth Rowing is intended to be fun! We will be competitive but in a friendly manner. We will work hard, but will enjoy every practice. If rowing in the Youth Program ever becomes 'work' or 'a drag', speak to the Head Coach. Practices should be the high points of your week, even when it rains.

Thank you for interest. I look forward to the 2010-2011 CRC Youth Rowing season.

George Park
Head Coach

August 26, 2009



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1. History of Columbia Rowing Club Youth Rowing

Columbia Rowing Club has sponsored Youth Rowing several different times over the years, and crews have done well in regional competitions. Only in 2009 was the club able to begin a sustainable, competitive youth rowing program. In spite of this, two young women have earned rowing scholarships through their participation in rowing at Columbia Rowing Club.

2010 marks the second full year of Youth Rowing, and promises to show growth in both numbers and competitiveness. A number of 2009 participants will be returning and we anticipate new faces, both experienced and novice rowers for the fall season.

2. Coaches, Leaders and Columbia Rowing Club Officers

Coach: Dr. George Park
720 Vintage Lane
Columbia, SC 29210
803-429-2597
gbpark@att.net

Dr. Park has been rowing for 12 years, having taught himself to row on Lake Murray in the single that now stands in front of the Columbia Rowing Club Boathouse. He has attended weeklong summer rowing camp at Craftsbury Sculling Center twice and has been coached by Donald Webber-Planck (Carnegie-Mellon), John Ferris (Cornell), Sean Hall (US Olympic Team), and Marlene Royle (RoyleRow, Craftsbury and Florida Rowing Center). He is a USRowing Level 2 certified coach and Referee. In his competitive career, he has won many regional medals in single, double, mixed double and quad sculling, and in 4+ and 8+ sweep rowing. Rowing on the national level in his single, he has competed in the Head of the Charles three times, finishing 15 of 54 in 2008. Also in 2008, he finished 3rd in the Head of the Fish in Saratoga Springs, NY and 2nd in the Head of the South and the Secret City Head Race in single sculls. Two of his greater achievements in rowing are a bronze medal in the Mixed Masters 2X at the USRowing Masters Nationals in 2004 and the Men's Masters Gold Medal at the 2003 Head of the 'Hooch. 2010 marks Dr. Park's second season as Head Coach.

Assistant Coach: Amber Beale, a sophomore at University of South Carolina, rowed for five years in Chattanooga, TN. 2010 is her first year coaching with Columbia Rowing Club.

Columbia Rowing Club Youth Rowing Steering Committee

George Park - President of CRC and Coach
Charles Watson - CRC member and parent
Jim Morris - educator and rower
Chase Cowart - youth rower
Jerry Smith - CRC member and rower
Dick Bannon - businessman
Libby Heath - CRC member and parent

Columbia Rowing Club Officers

George Park - President
John Worrell - Vice President
Carol Pardun - Treasurer
Jennifer Tupper - Secretary



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3. 2010 Calendar

Weekly Practice Schedule:

Tuesday and Thursday	4:45 - 6:30 pm
Saturday	10:00 am - 12:00 noon
Monday and Wednesday (Varsity only)	4:45 - 6:30 pm

August 21	Registration for fall program
Tuesday, August 24	First day of practice and clinic for new rowers
Thursday, August 26	Clinic for new rowers (all returning rowers assist)
Friday, August 27	Varsity - first practice
Saturday, August 28	Summer Celebration of Water at Riverside Park
Tuesday, August 31	Last day to register for Fall 2010 season Regular Practice schedule starts
September 19 - 26	Coach Park out of town - check calendar for schedule
Saturday, October 2	Scrimmage on Broad River (tentative)
Saturday, October 16	Charleston Head Race
Saturday/Sunday November 6,7	Head of the "Hooch (Chattanooga, TN)
Saturday, November 13	Head of the South Regatta

4. Participant Qualifications and Responsibilities

Columbia Rowing Club Youth Rowing is open to all youth in Richland, Lexington and Kershaw Counties who are at least 13 years of age and/or in the spring semester of 8th grade, and who in the current calendar year do not attain the age of 19 (or who are and have been continuously enrolled in secondary school as full time students seeking a diploma).

All rowers must:

- pass the Columbia Rowing Club swim test,
- have a parent/guardian sign the CRC release of liability,
- pay the fees outlined at the start of each rowing season,
- maintain a "C" average in academic classes,
- agree to the standards and rules as outlined in the Columbia Rowing Club Youth Handbook regarding behavior, attendance and parent/guardian volunteer participation, and
- read and return the signed Columbia Rowing Club Youth Contract.

Rower responsibilities:



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- DRIVE SLOWLY ON OMAREST DRIVE (<30 mph) AND THE ROWING CENTER ROAD (<15 mph)! Speeding may be grounds for dismissal.
- Have fun! That is your responsibility - not your coaches', not your parents'.
- Work Hard! As in no other sport, hard work and persistence pay off in rowing. Your rewards will far outweigh the effort exerted.
- Be on time and be **READY TO ROW** at all workouts and regattas.
- Do not leave until all the work is done.
- Your team and your crew come first - keep their best interests in mind.
- Help train less skillful rowers by rowing with them!
- Adapt and grow - keep an open mind and be willing to learn new things.
- Obey all Boathouse and Safety Rules.
- Keep the Boathouse, dock and the entire site clean and tidy. Don't leave things! Pick up your trash! Do not leave water bottles behind!
- Take responsibility for and maintain all rowing equipment. Check all equipment before taking it onto the water. Wipe down all boats, inside and out, after rowing. Report any breakage or unusual wear to your coach.
- Attend all team-building activities
- When traveling, ensure that all equipment is safely loaded and unloaded.
- Represent Columbia Rowing Club Youth in a professional manner and appearance.
- All rowers attending regattas must rig/de-rig boats (**NOTE: You may not be allowed to row at the next race if you do not assist the team with boats – you must receive permission in advance to be absent, and you must find a substitute.**)

EXPECTATIONS

1. Be on time and "**READY TO ROW**".
2. Treat your coaches, fellow rowers and equipment with respect.
3. Give your best effort to learn and improve.

DISCIPLINE

The coaching staff and steering committee sincerely hope that disciplinary action is not required but recognize that rowers may need to be disciplined for breach of safety or conduct rules.

1. Routine discipline of rowers is at the coach's judgment and discretion. Coaches have the authority to remove a rower from practice, to ask the rower to assist the team in some aspect, and/or to require a rower to do certain exercises as a consequence of safety or conduct problems. Coaches may suspend a rower for up to one week for more serious violations of safety or conduct rules. For serious violations, coaches may recommend expulsion from the program.
2. Suspensions of greater than one day and recommended expulsions will be reported to the CRC Youth Steering Committee for review.
3. Unresolved grievances against coaches, or appeals about coaches' discipline or behavior must be made in writing to the CRC Youth Steering Committee for resolution. The ultimate authority over all aspects of the program rests with the Columbia Rowing Club Board of Directors.

5. Program Fees

The fee for Fall 2010 is \$200 per rower and includes membership in Columbia Rowing Club (\$80 per season). For any rower who has paid an annual CRC membership, or who is included in a CRC Family Membership, the Youth Program fee is \$120. The fee covers the cost of a CRC Youth Unisuit (to keep), regatta fees, transporting equipment to and from regattas and expenses related to the program. All coaches serve as unpaid volunteers.

Additional costs are associated with travel to regattas and will be the actual cost per regatta (hotel, meals, etc). Rowers are responsible for transportation to and from the regattas, but carpooling and/or vans



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will be coordinated by the parent group. Typically, breakfast will be included in hotel charges, and Saturday lunch is supplied by the parents. Saturday evening meals en route back home are usually "fast food", paid by the rowers.

6. Parent Responsibilities

Parental involvement is essential for CRC Youth Rowing to be successful! Columbia Rowing Club Youth Rowing encourages, and needs, parents to participate in the program in any of the following ways:

- Support your rower and encourage full participation
- Organize and serve on parent committees.
- Pay all fees immediately.
- Help with regatta food preparation and tent set-up.
- Chaperone rowers overnight at regatta hotels.
- Help with equipment maintenance.
- Cheer for CRC Youth Rowing at regattas.
- Support Fundraising Activities.
- Help organize and hold Social Activities.
- Volunteer to assist the coaches at the boathouse for practices.

GENERAL GUIDELINES FOR PARENTS

Program Involvement

Get involved with the crew! Columbia Rowing Club Youth Rowing is run exclusively by volunteers. Your children need your involvement and participation. Talk to the Volunteer Coordinators.

Parental Behavior

Just as is expected from the rowers, respectful and civil treatment of other parents rowers, coaches, officials and volunteers is expected at all times, regardless of the circumstances.

Regatta Boat Assignments

One of parents' most frequently asked questions by parents is why their son or daughter is asked to row with a certain crew and/or in a certain boat. Many factors go into these coaching decisions – strength, skill, experience, mental factors, maximum participation, attendance, etc. It is reasonable to ask a coach to explain this to you. In most situations, coaches will have already explained their decisions to the rowers. However it is not acceptable behavior to argue with the coach for a different seat or to lobby on your son or daughter's behalf.

Issue Resolution

If a parent has a problem with a coach, the parent should speak with the coach directly to see if the issue can be resolved. Should a parent have an unresolved issue with a coach, or wishes to appeal a discipline decision made by the coach, the issue should be presented in writing, to the Columbia Rowing Club Youth Steering Committee. Remember: the coaches are volunteers, the boats are donated, and we launch at the Richland County Rowing Center for free!



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7. SAFETY

All safety rules and regulations outlined in the Columbia Rowing Club Membership Guidelines must be reviewed and followed by all participants, coaches, assistants and parents. If any safety rule outlined below for the Youth Program is in conflict with the CRC Membership Guidelines, the CRC Membership Guidelines shall prevail unless the Youth Program rules are more stringent.

The following rules and regulations help ensure the safety, health, welfare, and respectful treatment of all persons involved in the Columbia Rowing Club Youth Rowing program. Each rower and parent/guardian will be required to sign a contract acknowledging their pledge to adhere to these rules.

SAFETY REGULATIONS

General :

In order to protect the health and well-being of all participants, rowers are expected to exercise common sense and good judgment at all times.

Rowing Conditions:

- a. Darkness: Rowers may not be on the water before dawn or after dark unless in an emergency.
- b. Wind conditions: Rowers may not launch in whitecaps.
- c. Visibility: Rowers may not be on the water if the I-20 bridge is not visible from the dock.
- d. Supervision: Rowers may use the boathouse for training only if a supervising adult is present. Rowers may not use ANY equipment if not supervised by a coach or CRC member.
- e. Lightning: There will be no rowing within 30 minutes of seeing lightning or hearing thunder. If on the water, the coach will decide if it is safer to row rapidly back to the dock or into the shore and leave the boat.
- f. Cold: We will not row if there is ice on the dock, if the air temperature is below freezing, or if air + water temperature is < 80 deg.
- g. Heat: We will not row if the air temperature is over 98 degrees.
- h. Rain: We **WILL** row in rain, unless the other conditions above prohibit safe rowing.
- i. High Water: It shall be the responsibility of the coach to determine if the river level is too high for safe rowing. If the river level is in the red area of the stake at the dock, all boats rowing downstream shall "weigh enough" when even with the dock and begin to turn upstream, taking care not to drift below the concrete culvert downstream of the dock on the east bank.

Use of Boats and Equipment

- a. All rowers must be supervised and approved by a coach when rowing.
- b. Singles, pairs and doubles must be in good visual contact of a coaching skiff.
- c. Adults and rowers supervised by a coach may "drive" the coaching skiff if invited.
- d. Coaching skiff "operators" must be trained and checked out by the Head Coach.
- e. Rowers must follow the clockwise water "traffic pattern" specified by the Columbia Rowing Club.
- f. All docking is at minimum speed and maximum quiet.
- g. Each rower should assume responsibility for the safety of the entire boat at all times.

Erg/Weights Rules

- a. Ergs are to be placed on the boathouse floor before use and not operated on the platforms.
- b. Replace ergs on platform after use, wipe down as needed, and cover with erg covers.
- c. CRC has limited weights; all weights are to be used only with appropriate training and supervision.
- d. Spotters are required for all lifting.
- e. Replace weights after each use.
- f. Do not lift in bare feet or open-toe shoes
- g. Wipe down equipment after use.



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NOTE: The use of this equipment is at your own risk. Columbia Rowing Club is not responsible or liable for damage or injuries resulting from use of equipment.

Coach Supervision on the Water

1. A coach or non-coaching assistant must be on the water in a motorized safety/coaching launch at all times when CRC Youth Rowers are on the water.
2. Rowers will generally be closely supervised on the water by coaches in a motorized launch.
3. As coaches are frequently supervising more than one boat at a time, a coach may not be in the immediate proximity of all boats at all times. Nevertheless, visual contact will be maintained at all times and walkie-talkies or cell phones will be available and used. Non-coaching assistants may pilot motor boats for safety also.
4. Fours, Quads and Eights steered by coxswains (or bow scullers) with a minimum of three months experience may at times be less closely supervised on the water. Singles, doubles and pairs shall be closely supervised at all times, and must remain visible to the coaches or assistants at all times.

8. PRACTICE

At the designated time of practice, be **READY TO ROW!**

You are **READY TO ROW** only if you:

- Are at the boathouse
- Are prepared to work hard and focus quietly, leaving school, romance, and every other distraction somewhere else.
- Are dressed appropriately.
- Are not hungry or thirsty
- Do not need to use the bathroom

You are **READY TO ROW** only if you have these items at practice

- Rowing shorts ("Lycra") or similar close-fitting pants
- Socks for rowing
- Sunscreen
- Asthma inhaler if you have asthma, juice box if you get hypoglycemic
- Water bottle (filled)
- Running shoes ("Crocs" are acceptable if you can run, but flip-flops are not)

We recommend you also bring:

- Towel
- Warm, dry clothes for afterwards
- Snacks &/or sports drink for immediately after rowing.

You should **NEVER** bring these items (you are not **READY TO ROW** if you bring them):

- Music
- Jewelry
- Revealing clothing
- Bottled water (use tap water in a re-usable bottle instead)



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Attire: In hot weather girls may row in sports bras, and boys may row shirtless. However you **MAY NOT** row in baggy shorts, speedos, small bikini tops or bikini bottoms. You must tuck in any loose or baggy shirts.

Tardiness: If you are not **READY TO ROW** at the practice start, the coach may count you absent. This rule includes rowers who change clothes after arriving at practice and coxswains! The coaches make every effort to start at a time which allows everyone to arrive. We cannot accept any excuses for tardiness, as we have to put crews together and launch on time. If you are late, you may be left at the dock and are expected to erg until the boats have returned to the dock.

Leaving Early: We will have 1.5 hours of practice! Do not come if you must leave early, because you will not be able to leave early.

Attendance: An absence is an absence, regardless of the reason. Attendance will be recorded. All rowers are expected to be present at the Tuesday, Thursday and Saturday practices. In addition, varsity rowers are expected to be present at all Monday and Friday practices. There will be times when you must be absent, but when you are absent you will be missing an important workout with the team that cannot be made up, so keep absences to a minimum. You will be hurting yourself and your team when you are not present at practice. Excellence in rowing requires repetition, and there is no substitute. Your assignment to a boat(s) will be a direct result of your attendance record and effort when you are present. Please notify your coach if you are going to be absent from practice.

Illness: Notify your coach immediately if you are ill. If illness keeps you from practicing you can make up the practice later.

NOTE: Illness sometimes makes rowing uncomfortable, but not dangerous. You may be allowed to row in this case.

The following will **NOT** be acceptable excuses:

- Menstrual cramps
- Mild to moderate headache
- Cut or abrasion not requiring stitches and not actively bleeding
- Rashes of any sort except MRSA, chicken pox or shingles

You **MAY NOT** row with the following problems:

- More severe laceration or continued bleeding
- Severe headache
- Significant knee, back or shoulder pain
- Vomiting, diarrhea, shortness of breath, fever, uncontrolled diabetes, dehydration, contagious rash

Practice Routine

All crew members must memorize this!

ARRIVAL

- Coach arrives and opens facility 10-20 minutes before practice starts.
- Rowers arrive and get "**READY TO ROW**".
- When "**READY TO ROW**", set out slings until practice starts.
- Practice starts with specific assignments from the coach, including workouts and/or boat assignments.



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- Take oars to the dock.
- NO unnecessary conversation except at rest intervals (not even during drills).

LAUNCH

- After boat assignments are made, each crew IMMEDIATELY takes boat to the dock quietly, quickly, and safely.
- Close all ports & check nuts, bolts, seats, tracks.
- Coxswain checks cox box, speakers, stroke rating, and wiring.
- Rowers put shoes and bottles in BOAT, check oarlock heights, insert oars.
- Push away from the dock and clear area for other boats launching.
- Set foot stretchers on the water to facilitate boat launching. Please have socks on before sitting.

WORKOUT

- "Pick drill" to just downstream of the bridge.
- Placement drill, or blade bounce drill just downstream of the bridge until coach starts warm-up.
- Warm-ups and main sets of rowing practices will be determined by coach.
- Coxswains and bow scullers will keep the boats together unless coach states otherwise.
- Rowers are expected to perform all workouts as instructed and without complaint.
- At the end of main workout, coach tells cox to bring boat in.
- Unless coach specifies, coxswain's or bow sculler's choice of drills on return to the dock.

DOCKING AND FINISHING UP

- LOW SPEED DOCKING WITH NO CONVERSATION!
- Cox removes cox box and rowers remove oars.
- Put shoes on, lift boat smoothly overhead, carry quietly to boathouse and place on slings.
- Wipe the boat down, including the hull, top decks and seat tracks.
- Inform coach of any loose bolts or damage to the boat.
- Carefully rack the boat and strap it down with bungee cords.
- Coxswains puts cox box away.
- Carry oars to the boathouse and secure them in their racks.
- The last 2 rowers to arrive will straighten boathouse.
- All rowers police the dock and grounds for water bottles, clothing and trash.
- Coaches' comments, announcements and questions

DO NOT LEAVE UNTIL COACH DISMISSES EVERYONE!

("If you ask, you will be given a task")

9. Travel and Competition Rules

CRC Youth Rowing typically travels to 6-10 regattas during the year, about half in the fall and half in the spring. When you travel with the team, you are a representative of the team and Columbia Rowing Club. We have a higher standard of conduct and sportsmanship than other crews:

DRUGS

There is zero tolerance for the use of illegal substances, including the illegal use of alcohol. Rowers, coaches and chaperones who break this rule will be asked to leave the regatta site. Adults must avoid any impairment, including the consumption of alcoholic beverages, while supervising youth.

TRANSPORTATION

The team will travel together to all regattas. If a rower is unable to ride with the team, permission is needed in advance.

Hotel arrangements are made well in advance. Chaperones are always needed and appreciated. **The coaches will not serve as chaperones.**



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SAFETY

Crews are expected to be together and to stay at the regatta site in a group on race day until released by the Head Coach. Each rower must notify a coach or chaperone AND a captain if he or she leaves the team's area, whether at rest stops, hotels, restaurants, trailer sites, or team tents.

ILLNESS

Notify your driver or chaperone if you are ill. If illness might keep you from racing, notify a coach immediately. NOTE: Illness sometimes makes racing uncomfortable, but not dangerous. You may be asked to race in this case.

SEX

Socializing with other rowers, including members of the opposite sex, is both expected and enjoyable. Your behavior must be appropriate for the situation at all times. Ask yourself if you would be embarrassed if your parent or coach was watching and listening. Under no circumstances are members of the opposite sex allowed together in hotel rooms. Unless there is an emergency, coaches and chaperones of the opposite sex shall not enter hotel rooms without an appropriate chaperone.

HOTEL RULES

- ◆ All rowers should arrive at the regatta hotel by 10:00 PM the night before each regatta.
- ◆ All rowers must attend the 10:00 PM team meeting at the hotel before each regatta.
- ◆ There shall be absolutely NO noise in the hotel hallways or common areas, regardless of the time.
- ◆ **The rowers are expected to stay in their assigned rooms only, NOT with their parents or any other persons.**
- ◆ Keep the hotel or host home clean and in decent condition.
- ◆ If you break something, YOU pay for it, not the team.
- ◆ No boys in girls' rooms. No girls in boys' rooms. No exceptions, not even for "just a minute".

10. Conduct of Rowers

GENERAL BEHAVIOR

Rowers are expected to behave according to the highest code of conduct. There will be punishment for any serious violation of these policies. This may include not rowing in the event, return to the rower's home at parent's expense and/or dismissal from the team. Please observe the following rules at all times:

LANGUAGE

- ◆ Out of respect for our fellow rowers, coaches, parents, hosts and guests, there will be no obscene or foul language, name-calling, "trash talk" or derisive language. Rowers, guests, parents, and coaches shall always speak with language that would be acceptable to anyone.
- ◆ Racial, gender, or religious slurs by rowers, coaches or parents are not allowed and may result in not rowing in a regatta, or being suspended temporarily or permanently from the crew program.
- ◆ No yelling or screaming is allowed, except to cheer on your teammates.

FIGHTING, THROWING AND ROUGH CONDUCT don't fit the spirit of CRC Youth Rowing and may result in expulsion or suspension from crew activities.

ALCOHOL AND DRUGS: The illegal use, possession or sale of intoxicating beverages or drugs by rowers or supervising adults during any CRC Youth Rowing activity is forbidden. Any rower found with drugs or alcohol in his/her possession on a road trip will be sent home immediately at his/her parent's expense.

BE POLITE:

- ◆ "Please", "Thank you", "Yes ma'am" and "Yes sir" are necessary, especially with officials!
- ◆ Extend common courtesies to those assisting your travel and help others.
- ◆ Boys: remove hats indoors. Girls: avoid provocative clothing.



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CLOTHING:

- ◆ At regattas:
 - * Racing uniform (identical unisuit or rowing tops and shorts are mandatory for regattas)
 - * You may wear a cover-up in appropriate colors.
 - * Remember - your racing uniform is meant to be worn on regatta day.
- ◆ Practice:
 - * Wear clothing appropriate for athletic workouts.
 - * Girls: Sports bras are acceptable for practices only (if you have sunscreen on). Bikini bottoms ARE NEVER ACCEPTABLE.
 - * Boys: It is OK to remove your shirts for practices only (if you have sunscreen on). Speedos ARE NEVER ACCEPTABLE.
 - * All rowers, for safety:
 - **NO baggy shorts in the boat**
 - **NO loose or baggy shirts in the boat & longer shirts must be tucked in!**
 - **NO slip-on or thong sandals. Athletic shoes, "Texas" or "Crocs only!**

GENERAL RESPECT:

- ◆ Obey chaperones.
- ◆ Respect your opponents and teammates. Treat them as you would like to be treated.
- ◆ Help each other out. Be a positive contributor to the team. Volunteer your help.
- ◆ NEVER leave the practice site or regatta site until all work is done and everything is clean.
- ◆ Never arrive late or leave early from practice, regattas, or any other events

11. REGATTA PREPARATION

PRE-RACE PREPARATION: We require the best athletic pre-race preparation, including the following:

- ◆ Have a good night's sleep of 8 to 9 hours – especially important on THURSDAYS before regattas.
- ◆ Avoid dehydration or fasting.
- ◆ Avoid heavy meals, but maintenance of adequate carbohydrate intake.
- ◆ Attend all pre-race meetings
- ◆ Know when your race begins and what time you should launch. Launch on time!
- ◆ Do some easy stretching and warm-up before the race.
- ◆ Take some time for silent thought and mental rehearsal of the race.
- ◆ Be sure you understand the Coach's expectations.
- ◆ Understand your own job in your boat.
- ◆ Pay close attention to information and details of the race.
- ◆ Wear appropriate clothing for the weather and situation.
- ◆ Have lots of laughs! This is fun – not school and not a job!

TEAM MORALE, SPIRIT & SUPPORT

Members of each boat crew will share accommodations, and meals while traveling to competitions. Crews are expected to be together and to stay at the regatta site in a group on race day. All rowers are expected to arrive at the regatta site by the time our first boat launches to provide assistance and support to teammates, and all rowers are stay until the last boat and all equipment is loaded onto the trailer for transport back to Columbia until rowers are released by the Coach.



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Things to Bring (Mandatory items are starred*)

*Uniform top and rowing shorts OR unisuit	Towel	Do Not Bring
*Long sleeve shirt if it is cold	Hat/visor	Music without headphones
*Socks for rowing	Cheap camera	Expensive jewelry
*Sunscreen	Walkman, MP3 or CD player with headphones	Expensive clothes
*Rain gear as needed	School books	Revealing clothing
*Water bottle	Car pillow	Dirty or damaged clothing
*Usual medications & toiletries	Snacks (healthy ones please!)	
*Sleep clothes	Money for snacks	
*Warm-up clothes for regatta site	Money for regatta T-shirt (usually \$10-20)	
*Pair of shoes for regatta	*Bag to hold all this stuff!	
*Comfortable, dry travel clothes		
*Travel shoes		

MENTAL APPROACH:

For maximum fun, your mental attitude for racing should include the following

- ◆ Extreme patience with yourself, teammates, coaches, competitors, regatta staff, and volunteers.
- ◆ Gratitude for those who allow you to race (all of the folks above)
- ◆ Focus on detailed preparation before the regatta
- ◆ Focus on relaxed but attentive warming up on the way to the starting line
- ◆ Focus on each of these during the race itself (**MEMORIZE THIS LIST**):
 - * Rowing in sync
 - * Right effort for each part of the race
 - * Technique
 - * Following the Stroke
 - * Hearing the Cox
 - * It is YOUR race, not others' mistakes
- ◆ Tremendous relief and joy at the finish!
- ◆ An appreciation of teammates' effort and pain.

12. Boat and Equipment Policy

1. If a rower (or rowers) damages a boat or any piece of equipment through a blatant safety violation or vandalism, the rower(s) will be responsible for the costs of repair. This responsibility includes the handling of boats and equipment in the boathouse or dock, while rowing on the water, and while transporting boats and equipment to and from regattas, or any other official function for which boats, oars or equipment have been approved for use by the Head Coach. Columbia Rowing Club, at its discretion, may assess the cost of damages to rower(s) who have been determined to be responsible for such damage.
2. Every rower shall immediately report any damage to boats, oars or equipment to the coach. Such damages shall then be reported to the boat owner and noted in writing. Failure to report such may result in suspension of rowing privileges, at the discretion of the Head Coach.
3. Youth Rowers may row only in equipment approved for their use by the Coach. Youth rowers may not row in "blind boats" such as Doubles, Pairs, Quads, or Fours without coxswain, unless under the immediate and direct supervision of a coach or adult designee coach. Such use can only be authorized by the coach.
4. Any youth rower who uses boats or equipment not approved or authorized as described in these policies could be dismissed from the rowing program



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5. Launching: (NOTE: this must be done quietly, quickly and efficiently)
 - A. Novices must be supervised by an experienced cox or a coach.
 - B. Rowers should adjust foot stretchers on the water
 - C. Never leave shoes, clothing or other items on the launch dock
6. Allow adult rowers to dock ahead of you.
7. If you are on the dock, clear the dock immediately to allow others access to dock.
8. Cleaning and Maintenance:
 - A. Prior to and after rowing,
 - Check all nuts and bolts on the stretchers, oarlocks, and riggers.
 - Check the entire boat hull, riggers, seat, foot stretchers, and tracks for wear and tear.
 - Report any excessive wear and tear to your coach
 - B. After rowing
 - Wipe down boats (inside and out) and oars after use.
 - Clean tracks and oarlocks with towels.
 - Leave ports open, and drain any excess water that has collected in shell (report suspected leaks to your coach immediately)
 - All team boats are stored in the boathouse bow first, stern out.

Forms for Signature - to be returned

- A. Registration Form
- B. Release of Liability
- C. Columbia Rowing Club Youth Contract
- D. Emergency Medical Information and Release Form
- E. Swim Certification Form