

Renton Rowing Center | 2022 Youth Fall Season

PROGRAM OVERVIEW & EXPECTATIONS

High School Fall season dates: **September 7th - December 16th**

Middle School Fall season dates: **September 8th - November 10th**



There will be no practice on **November 24th & 25th** for High School.

Our programs incorporate a mix of on-water rowing, weight training, cross training, team building, and more. Middle School programs will be fun-focused, emphasizing the basics of the stroke and teamwork. Our High School programs will be gradually geared more towards skill development and physical fitness, depending on experience. We have need-based financial aid available through the GPRF, which you can apply for via our website or the [GPRF website](#). Payment plans are available upon request.

As rowing lineups are typically planned by coaches ahead of time, all athletes are expected to show up on time on their designated days of practice. Any absences must be communicated to a coach at least 1 hour prior to the start of practice. We are in full support of taking time off for illness, school commitments, and mental health reasons, and we encourage our athletes to be open and honest with their coaches with their needs as individuals.

Program Name	Days/Times	Program Description
High School	Monday - Friday 4:00pm - 6:15pm 9/7 - 12/16 Cost: \$1,050 (\$70/week)	Our High School programs are focused on specialized skill development and long term success in the sport. We offer developmentally appropriate competitive opportunities for High School athletes, as well as resources and support for athletes interested in collegiate participation. We believe in a process-oriented approach to help our athletes of all skill and ability levels improve every single day. Open to athletes in grades 9-12, no experience necessary.
Middle School	Tuesday / Thursday 4:15pm - 6:15pm 9/8 - 11/10 Cost: \$350 (\$35/week)	Our Middle School program teaches the fundamentals of rowing, with emphasis on the fun! This program is designed to instruct young athletes on the basics of rowing and foster a positive social environment. On-water rowing time will be balanced with games, team building, and land training. Open to athletes in grades 6-8, no experience necessary.

COVID POLICIES

Unfortunately, the spread of COVID-19 continues to be a factor in how we structure our programs. The health and safety of our athletes and staff is our top priority at RRC, and these policies are designed with the health and protection of our entire community in mind. We will continue to monitor the data and guidelines as the situation continues to evolve. We are prepared to take additional precautions if necessary.

- **Indoor Training:** A limited number of athletes may exercise in the boat bays with front doors, main bay doors, and side bay doors open. Athletes must remain socially distanced. Indoor exercise in the upstairs areas or with the doors closed is not permitted at this time.
- **Masks:** Masks are optional but encouraged, per CDC recommendations.
- **Vaccinations:** Proof of vaccinations are no longer required to participate at any level of our programs. Athletes may request to form a “pod” to row with only a handful of specific athletes if they so choose.

We encourage all of our athletes to take proactive steps to keep themselves and others healthy, including frequent hand washing and regular COVID testing. Athletes should always stay home if they are feeling sick, and can return to the boathouse once their symptoms have alleviated and they have received a negative COVID test.

COMPETITION

Any High School athletes who attend at least 80% of scheduled practices are eligible to participate in competition if they so choose. Racing line-ups will be based on a combination of factors, including but not limited to technique, fitness, attendance, commitment, and team culture contribution. Line-ups will be selected at the discretion of the coaches.

Based on USRowing Novice eligibility rules, and the categories of events offered at most regattas, **we do not offer formal competition opportunities for Middle School athletes.** However, we will have informal scrimmage opportunities for all ages.

Fall racing is characterized by regattas called “head races,” which are longer in length and demand more cardiovascular fitness. Head races are typically between 4,000 and 6,000 meters in length, or roughly 2.5 - 3.75 miles long. Head race courses often contain multiple turns around corners or landmarks, and can take anywhere between 15 - 30 minutes to complete, based on the length of the race and speed of the crew.

Below are the regattas we currently have scheduled for the 2022 Fall Season. Costs will be dependent on a variety of factors, including the number of participating athletes, entry fees,

and trailering costs. Athletes are responsible for their own transportation unless otherwise specified. If your athlete requires assistance with transportation, please contact the Program Director.

Regatta	Date and Location
Row for the Cure (selected experienced athletes)	Sunday, September 18 - Seattle, WA
Tail of the Lake	Sunday, October 2 - Seattle, WA
Head of the Bull Trout	Saturday, October 29 - Lake Stevens, WA
Head of the Lake	Sunday, November 6 - Seattle, WA

FORMS & WAIVERS

Listed below are all the forms and waivers required for our youth athletes. Athletes must have **all forms on file** in order to participate in any programs. These forms are available on our [website](#).

- Float Test - can be completed at any local pool by supervision of a lifeguard
- Medical Release & History
- GPRF Waiver
- COVID Waiver

CONTACTS

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FREQUENTLY ASKED QUESTIONS

- ***What should I wear to practice?***

Athletes should wear snug-fitting clothes that are preferably moisture-wicking. Spandex and sport-tek materials and similar materials work best. Avoid overly loose or baggy clothing, as these clothes are likely to get caught in the equipment as you row. Also try to avoid anything that impedes your range of motion, like denim and other restrictive materials. [JL Racing](#) offers great rowing-specific options, and athletic brands like Nike and Adidas are good catch-all brands for the type of clothing rowers can wear.

- ***What should I bring with me to practice?***

Your one critical piece of equipment is your water bottle! Make sure to bring this every day. To be further prepared, try to bring extra layers to row in, as your clothes may get wet or it may be colder than you anticipated on the water.

- ***What types of shoes should I wear?***

When rowing, you will remove your shoes and strap in to the built-in shoes in the boat. However, on land days or in the event of bad weather, we may be running or doing other physical activities that require adequate footwear. In other words, please always bring a set of appropriate athletic sneakers, even if you don't arrive wearing them.

- ***When should I arrive to practice?***

We encourage athletes to arrive at least ten minutes before practice officially begins. You should be dressed and ready to work out when you arrive so that we can maximize our practice time.

- ***I'm a parent of an RRC athlete. Can I watch my athlete practice?***

We do not currently permit parents to ride along on the coaches launch, which is the only guaranteed way to get a view of your athlete rowing since we row in different directions for different distances every day. However, if your athlete is participating in competition, we will communicate areas to spectate from ahead of time.

- ***Do you have uniforms?***

Yes! Uniform and gear options will be available for purchase in late summer and winter, to arrive in time for each respective racing season. Athletes may compete in either a Uni or a Racing Tank. Athletes who require financial assistance are encouraged to apply for financial aid through the [George Pocock Rowing Foundation](#).

- ***Can I bring a friend to practice?***

We have an open door policy at RRC, and we welcome age-appropriate guests to attend with advance notice. Guests may attend for free for 1 session, and will need to have their waivers and forms completed upon arrival to practice.