

# Renton Rowing Center | Youth 2023 Winter Season Overview



## PROGRAM OVERVIEW & EXPECTATIONS

Winter season for High School will operate from **January 4 -**

**February 24.** Our programs incorporate a mix of on-water rowing, weight training, cross training, team building, and more. We have need-based financial aid available through the George Pocock Rowing Foundation, which you can apply for via the GPRF website.

Winter Season marks the transition from endurance head racing in the Fall to sprint racing in the Spring. We are fortunate to live in a climate that allows us to row year-round, with rare exceptions for extreme cold or wind conditions. During the Winter Season, our training plan shifts to emphasize physical fitness and conditioning. While we still get plenty of on-water practice, our average number of hours per week spent in land training does increase.

Program Name	Days/Times	Program Description
High School	Monday - Friday 4:00pm - 6:15pm  January 4th - February 24th	Our High School programs are focused on specialized skill development and long term success in the sport. We offer developmentally appropriate competitive opportunities for all 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 new and returning rowers in grades 9th-12th. No experience necessary.

## ATTENDANCE POLICY

All athletes are expected to show up on time on their designated days of practice. We are in full support of taking time off for illness, academic commitments, and family emergencies. In return, we ask that athletes notify their coaches of any absences well ahead of time, and only miss practice when absolutely necessary.

When it comes to illness, athletes should not attend practice if they are not well enough to attend school. Similarly, we expect athletes to be at practice if they are well enough to attend school. Athletes must notify a coach if they will not be in attendance due to illness no later than 10am the day of practice.

If missing practice due to a pre-planned vacation or other time off, athletes should notify a coach of their absence and their anticipated return date at least 2 days prior to departure. Athletes are welcome to notify staff weeks or months in advance if that is helpful to them.

Out of fairness for the athletes on our waitlist, we require High School athletes to attend a minimum of 3 days per week. If an athlete falls below this benchmark, the athlete's family will receive a written notice from the Program Director. If additional notices are required, the athlete may be at risk for losing their roster spot. Any athletes electing not to attend the full 5 days per week must arrange a set schedule before the start of the season with the Program Director.

## **COMPETITION**

One of the major differences between Winter season vs. Fall or Spring is that there are no formal competitive opportunities. However, we are fortunate to have excellent relationships with other similar programs in the area, such as the Pocock Rowing Center and Vashon Island Rowing. We frequently schedule scrimmages with other clubs, and also offer additional team bonding and intra-club racing opportunities.

Formal competition will resume in Spring. Athletes who wish to be eligible for competition of any kind in March are required to attend a minimum of 80% of scheduled practices for the duration of Winter season.

## **WINTER ROWING ATTIRE**

Safety is our top priority here at RRC, and adequate clothing is essential for our athletes when rowing through the colder months. During Winter season, all athletes will be required to have at least one long sleeve and one long pant layer with them at practice every day. They may or may not need these layers for the duration of practice, but this is the minimum level of coverage they will need to stay warm when on the water in January and February. Any athletes who are not adequately dressed for the weather will not be permitted to row.

Avoid cotton materials, as these clothes will only absorb the water that gets onto the athletes while they row and ultimately make your rower feel colder. Have your athlete wear spandex and moisture wicking materials. Wool and fleece-lined gear are great options to give your athlete an extra layer of warmth. We strongly recommend a waterproof jacket and extra thick socks.

Custom RRC rowing gear will be available through our online JL team store, which will open in late January and is expected to ship before spring racing begins.

## **REFUND/PRORATING POLICY**

If your athlete will only be able to attend 3 sessions per week, we are happy to prorate your seasonal fees accordingly. These fees are prorated on the condition that athletes will attend on a consistent weekly schedule. We are not able to offer prorated fees for planned time off or vacations at this time.

Full refunds can be issued if cancellations are requested within the first two weeks of the season. After the first two weeks, we can issue a 50% refund through the first four weeks of the season. No refunds will be issued after four weeks.

## **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 digitally on our website or in hard copy at the boathouse.

- Float Test (required in order to row without a life jacket)
- Medical Release & History
- RRC Waiver
- COVID Waiver

## **COACHES & 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, such as basketball shorts or hoodies, 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. Athletes should always come prepared for either a land or water workout.

[JL Racing](#) offers great rowing-specific options, and 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 five minutes before practice officially begins. You should be dressed and ready to work out prior to the start of practice.

- ***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 January. Athletes who wish to compete will require either a Uni or a Racing Tee/Tank. Athletes who require financial assistance should reach out to the Program Director.

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

Absolutely! Please just let us know ahead of time if you will be bringing a guest, and they will need all their waivers and forms completed and turned in if they would like to participate in any team activities. Otherwise, they are welcome to sit back and observe.