

# Renton Rowing Center | 2023 Youth Spring Season

## Overview



### PROGRAM OVERVIEW & EXPECTATIONS

Spring Season sees an uptick in water time from Winter, and is our primary racing season for competitive High School athletes. Our programs incorporate a mix of on-water rowing, weight training, cardio fitness, 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, physical fitness, and competitive preparation and execution, depending on experience and individual goals. Need-based program scholarships are available through the George Pocock Rowing Foundation, which you can apply for via the [GPRF website](#).

High School Spring will operate from February 27th - May 26th.

Middle School Spring will operate from March 7th - May 25th.

| Program Name         | Days/Times   | Program Description  |
|----------------------|--|--|
| <b>High School</b>   | Monday - Friday<br>4:00pm - 6:15pm<br><br>February 27th -<br>May 26th  | 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 rowers in grades 9th-12th. No experience necessary.<br><br><i>Cost: \$975.00</i> |
| <b>Middle School</b> | Tuesday / Thursday<br>4:15pm - 6:15pm<br><br>March 7th - May<br>25th<br><br><b><i>No practice<br/>Thursday, May 18th</i></b> | Our Middle School program teaches the fundamentals of rowing, with emphasis on the fun! This program is designed to instruct our young athletes on the basics of the rowing stroke and provide general athletic education in a positive social environment. On-water rowing time will be balanced with games, team building, and dynamic land training. Open to rowers in grades 6th-8th. No experience necessary.<br><br><i>Cost: \$450.00</i>  |

## 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 or a family member notify the 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, or if they develop a fever or vomiting. 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 a High School athlete falls below this benchmark, the athlete's family will receive a written notice from a staff member. If additional notices are required, the athlete may be at risk for losing their roster spot. Any High School athletes electing not to attend the full 5 days per week must communicate a set schedule on their registration form.

## COMPETITION

All High School athletes have the opportunity to participate in competition **if they attend a minimum of 80% of scheduled practices**. Research shows that developmentally appropriate competition against crews similar in age and skill level is a healthy way for athletes to develop their abilities and confidence. Because Middle School age-specific events are not typically offered at regattas, we limit the competitive options for our younger athletes to informal events that offer the greatest learning opportunities. Scrimmages may be available throughout the season and will be communicated in advance by a staff member.

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 the events offered and capacity for entries, some regattas are limited to select groups of athletes.

Below is a **draft** regatta schedule for the High School Spring season. Please be aware that races are always subject to schedule changes/cancellations; fees may still apply in these instances.

If your athlete is on a GPRF Scholarship, your financial aid applies to competition dues. Costs will be dependent on a number of factors, including:

- Number of athletes participating
- Coaching staff hours required for onsite support
- Entry fees, which vary by regatta
- Transportation & lodging costs (hotel costs, van rentals, meal costs)
- Trailering fees (gas, staff wages for driving hours)

Athletes are responsible for their own transportation to/from regatta sites for any races within ~2 hours from Renton. For regattas 2+ hours from Renton, team transportation will be provided.

| Regatta                                | Date and Location                                  | Estimated Cost |
|--|--|----------------|
| Burton Beach Invitational              | Sunday, March 19   Vashon, WA                      | \$50 - \$75    |
| Husky Open*                            | Saturday, March 25th   Seattle, WA                 | \$90 - \$120   |
| <b>Covered Bridge Regatta</b>          | Saturday, April 15 - Sunday, April 16   Lowell, OR | \$450 - \$600  |
| Lake Stevens Spring Sprints            | Saturday, April 22   Lake Stevens, WA              | \$70 - \$90    |
| TENTATIVE: NW Teams Scrimmage          | Sunday, May 7th   TBD                              | \$10 - \$25    |
| <b>NW Youth Regional Championships</b> | Friday, May 19 - Sunday, May 21   Vancouver, WA    | \$550 - \$750  |

\* Selected High School athletes only; limited entries available.

**Bolded regattas = Travel regatta; team transportation is provided for athletes.**

## 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.

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. No refunds will be issued after four weeks.

## **SAFESPORT POLICY**

All of our staff members and volunteers have successfully completed the SafeSport training. Per USRowing rules, we also require all current Adult RRC members to complete their SafeSport training. Any youth athletes over the age of 18 will be required to complete the same Adult SafeSport training. USRowing adopted SafeSport policies in 2013 to help eliminate any forms of sexual misconduct, emotional misconduct, physical misconduct, bullying, harassment and hazing in the sport of rowing. To learn more about USRowing's SafeSport policies, reporting procedures, and training methods, visit [USRowing.org/SafeSport](http://USRowing.org/SafeSport)

## **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 for download 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 Liability Waiver

Float Tests can be completed by supervision of a lifeguard at any pool. Float Tests are valid for 5 years. Proof of lifeguard or scuba certifications may be submitted as a substitute for a Float Test.

## **COACHES & CONTACTS**

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Rachel Wong, Executive Director

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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, 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. 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 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. We also have a stock of lightly used gear available upon request.

- ***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.