

Renton Rowing Center | 2024 Youth Spring Season

Overview



PROGRAM OVERVIEW & EXPECTATIONS

High School Spring season dates: **March 4th - May 24th**

Middle School Spring season dates: **March 12th - May 23rd**

There will be no practice on **May 16th & 17th** while the team is away at NW Youth Regionals.

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](#). GPRF scholarships are available in partial and full increments, and apply to the awardee's seasonal rowing dues, as well as any competition fees or uniform costs.

Program Name	Days/Times	Program Description
High School	Monday - Friday 4:00pm - 6:15pm March 4th - May 24th No practice Thursday, May 16th or Friday, May 17th	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. <i>Cost: \$975.00</i>
Middle School	Tuesday / Thursday 4:15pm - 6:15pm March 12th - May 23rd No practice Thursday, May 16th	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 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. <i>Cost: \$415.00</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 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 should 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.

We require High School athletes to attend a minimum of 3 days per week. High School athletes who intend to participate in competition are expected to attend 5 days per week – this is standard across the board for youth rowing programs, and is the minimum commitment required to have a fair shot in a competitive setting in the sport of rowing. Any High School athletes electing not to attend the full 5 days per week must communicate a set schedule on their registration form, and should note that they may not be eligible for competition.

COMPETITION

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. All High School athletes have the opportunity to participate in skill-appropriate competitions **if they attend a minimum of 80% of scheduled practices**. We know that life gets in the way, and athletes will need to miss the occasional practice due to illness or responsibilities outside of the boathouse. The 80% attendance benchmark accounts for these circumstances, while still being fair to the rest of the team's commitment and your athlete's opportunity to succeed on the race course.

Athletes who do not meet the 80% benchmark through Winter season for any reason are not eligible to compete at regattas in March, but may be eligible for regattas in April and May if their attendance increases to at least 4 days per week.

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 and will be communicated in advance.

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.

Spring racing is characterized by regattas that race sprint distances, typically between 1,000 - 2,000 meters in length. 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.

Regattas are billed separately from seasonal dues. Race costs will depend on several 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 offered.

Regatta	Date and Location	Estimated Cost
Vancouver Lake Scrimmage	Saturday, March 2 Vancouver, WA	\$75 - \$100
Burton Beach Invitational	Sunday, March 17 Vashon, WA	\$85 - \$110
Husky Open*	Saturday, April 6th Seattle, WA	\$80 - \$100
Covered Bridge Regatta	Saturday, April 13 - Sunday, April 14 Lowell, OR	\$450 - \$550
Lake Stevens Spring Sprints	Saturday, April 20th Lake Stevens, WA	\$110 - \$130
Cinco de Mayo Scrimmage	Sunday, May 5th Renton, WA	<i>Free</i>
NW Youth Regional Championships	Friday, May 17 - Sunday, May 19 Vancouver, WA	\$400 - \$550

* Selected High School athletes only; limited entries available.

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

COMMUNICATION

Important updates regarding any upcoming races, practice cancellations or schedule adjustments, and other youth team news will be communicated via email to the email addresses provided on your TeamSnap registration. Parents are also encouraged to use the RRC Youth Families Slack channel as a resource, particularly with questions for other parents or for the coaches at regattas. Parents will receive a Slack invitation prior to the start of the season.

High School athletes will be invited to participate in the RRC Coaches and Athletes Slack channel, where they can communicate as a group with coaches and other teammates. High School athletes are expected to use the Slack channel to communicate any absences or late arrivals. Parents of Middle School athletes can communicate any absences or late arrivals for their athlete via the Slack channel, or by emailing/calling a coach directly. The Executive Director is your point of contact for registration or high-level program questions and concerns—please direct any attendance notifications to coaches only. Please avoid texting our staff unless you do not have access to other means of communication.

Per SafeSport policy, athletes should not communicate one-on-one with coaches digitally or privately in person. Another staff member, parent, or other SafeSport trained adult should always be included on any digital communications. When holding meetings with individual athletes, coaches will always have another staff member and/or parent present.

DATA TRACKING & ATHLETE WEIGH-INS

In order to track each athlete's progress, our coaches periodically measure fitness data points, particularly around erg testing, running, and other fitness trackers. While these metrics are not the full picture of an athlete's fitness and ability, it provides helpful information for our coaching staff to make informed decisions about line-ups, training plans, and how to best serve the team as a whole.

Athletes and parents should also be aware that our coaching staff will occasionally conduct athlete weigh-ins for athletes in the High School program. These weigh-ins are purely to calculate the efficiency of an individual athlete on the erg or in the boat, and will not be shared to anyone outside the coaching staff. Weights are displayed on a monitor visible to coaches only, and recorded in kilograms. Athletes will be weighed in by a coach who most closely matches the athlete's gender. Athletes are welcome to opt out of weigh-ins at any point, keeping in mind that this may limit their coaches' ability to get a full picture of them and their athletic progress.

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 completed SafeSport training. Any youth athletes over the age of 18 and adult volunteers are also 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](https://www.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

Matt Oclander, Head Youth Coach

Email: matto@rentonrowingcenter.org

Phone: (206) 472-8868

Sophie Sandahl, Middle School Coach

Email: sophie@rentonrowingcenter.org

Phone: (864) 510-1651

Rachel Wong, Executive Director

Email: director@rentonrowingcenter.org

Phone: (425) 902-4858

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.