

Renton Rowing Center | 2025 Youth Spring Season

Overview



PROGRAM OVERVIEW & EXPECTATIONS

High School Spring season dates: **March 3rd - May 23rd**

Middle School Spring season dates: **March 11th - May 22nd**

There will be no practice on **May 15th & 16th** 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.

Program Name	Days/Times	Program Description
High School	Monday - Friday 4:00pm - 6:15pm March 3rd - May 23rd No practice Thursday, May 15th or Friday, May 16th	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: \$945.00 (full-time, 4-5x/week), or \$630 for part-time (3x/week)</i>
Middle School	Tuesday / Thursday 4:15pm - 6:15pm March 11th - May 22nd No practice Thursday, May 15th	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: \$440.00</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 indicate any absences well ahead of time in iCrew, and only miss practice when absolutely necessary. High school athletes will have access to a team group chat via Slack to let their coaches and teammates know if they will be running late. Middle school parents are encouraged to contact a coach directly if their child will be late to practice.

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 by adjusting their attendance plans in iCrew.

If missing an extended period of practices due to a pre-planned vacation or other time off, athletes should notify a coach of their absence(s) at least 2 days prior to departure by adjusting their attendance plans in iCrew.

In order to keep all of our athletes up to speed with their peers, we require High School athletes to attend a minimum of 3 days per week. High School athletes who wish to be eligible to participate in any competitions are expected to attend 5 days per week – this is standard across the board for youth rowing programs, and is the minimum commitment needed to have a fair shot in a competitive setting in rowing. Any High School athletes electing not to attend the full 5 days/week must communicate a set schedule in iCrew, and should note that they may not be eligible for upcoming competitions. As races in March occur very early in the season with little time to prepare for new/freshly returning athletes, only athletes who attend a minimum of 80% of practices in January and February are eligible to participate in these March regattas.

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. Coaches have final discretion on what racing experiences will or will not be beneficial to individual athletes and the team as a whole.

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 but not limited to:

- 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
Husky Open*	Saturday, March 8th Seattle, WA	\$85 - \$110
Swiftwater Sprints	Sunday, March 23rd Vashon, WA	\$95 - \$115
Spring Sprints	Saturday, April 5th Lake Stevens, WA	\$80 - \$100
Covered Bridge Regatta	Saturday, April 12th-Sunday, April 13th Lowell, OR	\$450 - \$550

Regatta	Date and Location	Estimated Cost
May the Fourth Scrimmage	Sunday, May 4th Renton, WA	<i>Free</i>
NW Youth Regional Champs	Friday, May 16th - Sunday, May 18th Vancouver, WA	\$400 - \$550

* Selected High School athletes only; limited entries available.

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

YOUTH NATIONALS

In the Northwest region, crews can qualify for a spot at the U.S. Youth National Championships by placing in the top four of the final in any Varsity or U17 event at Regionals, as well as most U16 and U15 events. Most 2V events, or “second varsity,” may also qualify if placing in the top four, but only if their Varsity counterpart of that same event has also qualified. Novice, 3V, and 4V events are not eligible for Nationals qualification, regardless of placement at Regionals.

This year’s Youth Nationals will take place from Thursday, June 12th - Sunday, June 15th in Sarasota, Florida. Should one or more RRC athletes qualify for Youth Nationals by placing in the top 4 of their eligible event, RRC is prepared to raise funds to offset expenses as much as possible so that cost is not a barrier for any eligible athletes.

In 2022, USRowing introduced “roll-down bids.” If a qualifying crew in the top 4 of any eligible event should decline their Nationals bid for any reason, the bid then “rolls down” to the 5th place finisher, then the 6th place finisher of the final of that event. As a general principle, our program staff believes that Youth Nationals is a regatta designed for the top finishers in each region, and it is not general practice within our sport to accept roll-down bids.

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 iCrew account. 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 and Middle School parents are expected to use the Slack channel/email to communicate any late arrivals, as lateness may affect the rest of the team’s schedule for the day. Any and all absences should be indicated in your iCrew attendance with as much notice as possible. Changes to attendance plans within 60 minutes of the start of practice is not conducive to adequate planning time for our coaches.

The Executive Director is your point of contact for registration, payment, or high-level program questions and concerns—please direct questions regarding daily expectations, competitions, and athlete wellness/progress to the coaches.

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.

GENERAL EXPECTATIONS

Athletes should aim to arrive on-time every day, dressed for the weather. Conditions in the Spring may range from cold and rainy to extremely warm and sunny. Please make sure your athlete is prepared with the appropriate layers of clothing, sunscreen, etc. We encourage athletes to bring a change of clothes and a towel every day. Any athletes who are not adequately dressed for the weather will not be permitted to row.

Athletes should also bring a pair of running shoes with them daily, as our ability to row is subject to the weather and land workouts will often include running. Athletes should also bring a reusable water bottle with them every day – disposable water bottles often end up making a mess of our boathouse and waterways, and do not have capacity for enough water to get your athlete through a strenuous workout with adequate hydration.

Above all else, athletes are expected to uphold the foundations of trust, sportsmanship, respect, and inclusivity that our team culture is built on. We expect our athletes to conduct themselves with professionalism and integrity – cursing, horseplay, and gossip is not appropriate behavior for the boathouse. More serious behaviors, such as bullying, harassment, hate speech, etc., are violations of our Code of Conduct and may result in suspension or removal from the team. We aim to create a culture of safety, encouragement, open-mindedness, and resilience so that our athletes can endeavor to become better people and better rowers.

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](#), iCrew, or in hard copy at the boathouse.

- Float Test (required in order to row without a life jacket)
- Medical Release & History (must be renewed annually)
- 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

Rachel Wong, Executive Director

Email: director@rentonrowingcenter.org

Phone: (425) 902-4858

Cecilia Krause, Youth Head Coach

Email: cecilia@rentonrowingcenter.org

Phone: (860) 368-1929

Sophie Sandahl, Middle School Coach

Email: sophie@rentonrowingcenter.org

Phone: (864) 510-1651

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 around January and July annually. 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.