

Renton Rowing Center | Youth Winter Season Overview



PROGRAM OVERVIEW & EXPECTATIONS

Winter season for all programs will operate from **December 6 -**

February 25. We will take 2 weeks off from **December 20 - January 2**

for the holidays. 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.

For High School athletes in particular, 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	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.
Middle School	Tuesday / Thursday 4:15pm - 6:15pm	Our Middle School program teaches the fundamentals of rowing, with emphasis on the fun! This program is designed to not only instruct our young athletes on the basics of the rowing stroke, but also provide general athletic education and a positive social environment. On-the-water rowing time will be balanced with games, team building, and dynamic land training. Open to new and returning rowers grades 6th-8th. No experience necessary.

COVID POLICIES

Unfortunately, COVID and the Delta variant continue 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 required for athletes and staff in the offices, boat bays, and docks. Masks may be removed by athletes once out on the water per participants' comfort level.
- **Health Monitoring:** Each athlete must answer a set of health questions daily upon arrival at the boathouse. If a coach determines that the athlete is displaying symptoms based on their answers, the athlete will not be permitted to participate in practice.
- **Contact Tracing:** Athletes must also fill out a virtual sign-in form when they arrive at the boathouse with their full name, date, arrival and departure time.
- **Vaccinations:** Vaccinated athletes may row in team boats with other vaccinated athletes. Unvaccinated athletes may only row in singles, or in doubles with one other person to form a "Double Bubble." Unvaccinated youth athletes who wish to form a Double Bubble must express written approval from the parent or guardian of each athlete.
 - Vaccinated athletes may opt out of team boats, or choose to form a Double Bubble if this is more suited to their comfort level.
 - If you are not currently vaccinated but plan to be in the future, you may row in singles or in a Double Bubble until 2 weeks after receiving your final vaccination shot. After this period, you will be permitted to row in team boats.

ATTENDANCE POLICY

As rowing lineups are 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 or the Program Director 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.

Out of fairness for the athletes on our waitlist, any athletes who do not attend practice for 3 weeks without communication to a coach or administrator will have their roster spot released. These athletes are welcome to rejoin anytime in the following seasons, however, they will relinquish their spot in the Priority Registration period for the upcoming season.

COMPETITION

The major difference 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 like-minded programs in the area, such as the Pocock Rowing Center and Vashon Island Rowing. We intend to schedule at least one inter-club scrimmage during the Winter season, and will offer intra-RRC scrimmage and community event opportunities as well.

While we generally don't offer formal competition opportunities for Middle School athletes, some of these informal scrimmages will be open to all athletes grades 6 - 12. These opportunities will be communicated in advance, and are encouraged but not mandatory.

REFUND/PRORATING POLICY

If you anticipate your athlete only being able to attend 3 sessions or less 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 until the halfway point of the season. No refunds will be issued in the latter half of the season.

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
- Medical Release & History
- GPRF Waiver
- COVID Waiver

Additionally, vaccinated athletes who wish to row in team boats must submit either:

- Proof of vaccination **OR**
- A Vaccine Attestation Form

Unvaccinated athletes who wish to form a Double Bubble with another athlete, whether the second athlete is vaccinated or not, must submit the following form:

- Social Double Waiver (must be signed by both sets of athletes and parents/guardians)

COACHES & CONTACTS

Rachel Wong, Program Director

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Mathew France, Youth Coach

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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 ten 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 later in the Fall and in Spring season. Athletes may compete in 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! We have an open door policy at RRC, which means that guests are welcome and athletes can register for our programs at any point in the season should we have spots available on the roster. Guests may attend for free for 1 session, and will need to have their waivers and forms completed upon arrival to practice.