

Renton Rowing Center | Youth 2024 Winter Season Overview



PROGRAM OVERVIEW & EXPECTATIONS

High School Winter season dates: **January 8th - March 1st**

Middle School Winter season dates: **January 9th - February 29th**

In lieu of practice on **Monday, January 15th (MLK Jr. Day)**, we will participate in a full-team day of service. Details forthcoming!

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 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. 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. Winter training is a valuable time in a youth rower's development, and this season is considered absolutely essential for any athletes preparing to race or increase their rowing workload in the Spring.

Program Name	Days/Times	Program Description
High School	Monday - Friday 4:00pm - 6:15pm 1/8 - 3/1 Cost: \$600 (\$75/week)	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 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 1/9 - 2/29 Cost: \$300 \$37.5/week	Our Middle School program teaches the fundamentals of rowing, with emphasis on the fun! This program is designed to instruct young athletes on the basics of rowing and foster a positive social environment. On-water rowing time will be balanced with games, team building, and land training. Open to athletes in grades 6-8, 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 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 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.

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 participate in competition in March 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 on their registration form, and should note that they may not be eligible for upcoming competitions. Athletes who increase to a 4 or 5-day/week schedule in the Spring season will be eligible to compete in April and May.

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, and we frequently schedule scrimmages with other clubs and offer intra-club racing opportunities.

We do have one planned intra-club indoor race opportunity called **RentoMania** on **Saturday, January 27th**. This is an erging “competition,” where participants will race a sprint distance on the erg. This provides a helpful fitness baseline for our athletes as we head into Spring, and is completely free for all participants.

On-water competition will resume in Spring. High School athletes who wish to compete in March are required to attend a minimum of 80% of practices during 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 entire 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 absorb the water that splashes onto the athletes while they row and only 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 attire will be available through our gear provider 776 BC. We typically open orders twice per year, but we do keep a small stock onsite if you have an immediate need.

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 two weeks, we can issue a 50% refund through the first four weeks 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 (required in order to row without a life jacket)
- Medical Release
- RRC Liability Waiver

COACHES & CONTACTS

Rachel Wong, Executive Director

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Phone: (425) 902-4858

Matt Oclander, Youth Head Coach

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Sophie Sandahl, Middle School 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, like basketball shorts or hoodies, as these clothes are likely to get caught in the equipment. 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. [776 BC](#) offers great rowing-specific options, but most of the time any general athletic gear will suffice for practice. During Winter, we recommend all athletes bring a waterproof layer and extra socks.

- ***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. High School 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 Executive 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.