

## 2024 RRC Youth Parent Handbook

Welcome to the Renton Rowing Center! We are an independent nonprofit organization that has been serving the rowing community in Renton since 2014. Renton is a community boathouse with the goal of making rowing on the water possible for everyone, regardless of socioeconomic status, race, gender, sexual orientation, or ability. We believe in the transformative power of the sport of rowing to help empower our community of youth to be better leaders, critical thinkers, teammates, and advocates for themselves and others. Our mission here at the Renton Rowing Center is to encourage people of all ages, abilities, and backgrounds to discover their community on and off the water.

### **PHILOSOPHY**

The Renton Rowing Center Youth team is committed to creating a culture and learning environment in which young individuals can pursue and develop excellence in the sport of rowing. As a member of the RRC Youth team, athletes will be encouraged and challenged to learn new skills, gain new strengths, and build a supportive and inclusive community.

Ultimately, we want every member of the RRC Youth team to develop a lifelong love of rowing and long term healthy ways of living. We believe that rowing offers an experience in which young adults can develop fundamental life skills in teamwork, communication, problem-solving, and self-discipline. Through age and skill-appropriate training, we aim to give our athletes the foundation they need to become well-rounded and responsible decision makers in all aspects of their lives.

At RRC, we believe that competitive success is a result of healthy team culture and sustained personal commitment. Our top priority is creating a safe, supportive, and athlete-centered learning environment. We emphasize with all of our athletes that winning is a byproduct of the valuable work we do every day, not the ultimate goal.

Providing athletes with the responsibility to make decisions and choices is important for their progress, self-advocacy, and the team's cohesion. The information in this handbook is designed to provide parents and athletes with the knowledge they need to get the most out of their rowing experience here at RRC.

#### **Diversity, Equity, and Inclusion**

RRC is committed to creating a safe space in which people of all backgrounds and identities have the opportunity to participate fully in all that rowing has to offer. We will work with our participants, colleagues, and community partners to continue learning how we can best affect positive change within our boathouse community. We recognize that rowing is historically an elitist sport, designed to make outsiders of people who don't fit the "traditional" mold. By offering inclusive, cost effective programs, we strive to combat this narrative and challenge the perception of what a rower looks like.

#### **Athlete Conduct**

All RRC youth athletes are expected to adhere to the RRC Code of Conduct and present a positive representation of the mission and values of RRC. Failure to comply with these expectations will result in

disciplinary action and possible dismissal from RRC. Above all else, athletes are expected to treat their teammates, coaches, and volunteers with respect at all times.

## GENERAL INFORMATION

### Team Structure

The RRC Youth Team consists of two primary squads: Middle School High School.

- Middle School: athletes in 6th, 7th or 8th grade, either new to rowing or experienced.
- Experienced High School: athletes in 9th, 10th, 11th, or 12th grade, either new to rowing or experienced.
  - “Novice” High School: athletes who have not participated in formal competition, or are within 365 days after the date of their first competition are considered “Novice” athletes according to USRowing rules. This is a term that you may hear more generally around the boathouse that refers to first-year rowers.

Unlike many teams, we do not sort High School athletes into strict ‘Novice,’ ‘JV,’ or ‘Varsity’ squads, as we want all of our athletes to feel empowered to improve their skills regardless of their experience and current skill set. As a smaller team, all of our athletes on a given team can expect to row with all of their teammates over the course of a season, regardless of experience or skill. We believe that this improves all of our youth athletes’ skill levels, as well as encourages a culture of mentorship.

### Practices

Practices are held at the Renton Rowing Center boathouse. Most practices will take place after school on weekdays; optional weekend practice times may be utilized when needed for additional team events and race preparation. Specific practice schedules will vary by season and squad. This information will be updated accordingly on the Renton Rowing Center website and will be included in the information packet each family receives after registration.

Typically, our Middle School team practices twice per week, while the High School team practices 5 days per week. Research shows that early specialization in any one sport at a young age can be detrimental to an athlete’s physical development; therefore, we offer scaled back practice hours for our Middle School squad to encourage participation in other activities and adequate rest. All of our squads run programs year-round, with the exception of major holidays.

9th and 10th grade High School athletes have the option to row with our team on a reduced schedule, with a minimum of 3 days per week. 3 day/week athletes are not eligible to participate in formal competition, however this can be a more manageable schedule for new rowers, and athletes can adjust to full time rowing at any point during the season.

### Athlete Expectations

We know that many of our athletes have a variety of commitments outside of the boathouse. We encourage our athletes to be open and honest with their coaches about their needs, and to communicate if and when they need to take time away from practice to focus on their other responsibilities. Things happen, and we don’t expect our athletes to be on time or in attendance 100% of the time – all we ask is that athletes communicate with their coaches when something comes up.

Because coaches make lineups and practice plans ahead of time, their ability to efficiently run practice requires this cooperation from our athletes. Out of respect for their teammates and coaches, we ask that athletes notify the team or at least two of their coaches if they will not be in attendance by 10am the morning of practice. If they are missing two or more practices due to pre-planned vacation or other time away, athletes are expected to notify their team or coaches with at least 48 hours notice. The team's ability to predict who will show up day-to-day allows the coaches to perform their jobs most effectively and builds trust amongst teammates.

We believe that rowing is a unique privilege to be a part of, one that is earned through consistent commitment, communication, and respect. Athletes who demonstrate these qualities towards their coaches and teammates will get the most out of our programs.

### **Fall Rowing**

Fall rowing is when many are introduced to the sport, and when we start to develop aerobic endurance and improve rowing technique. Fall is also our longest season of the rowing year, typically running from early September through mid December. Similar to cross country, competitive rowers race longer distances in the Fall, typically between 4,000 and 5,000 meters. Called "Head Races", these events are raced against the clock, with each boat starting on a staggered schedule from the boats ahead and after them. Winners are determined based on best overall time to complete the course. Most Fall regattas offer events for Novice High School, JV and Varsity High School, and Adult rowers in various age categories.

### **Winter Training**

Winter training is structured as the main season for our Youth athletes to build up their strength and physical fitness. It marks the transitional season between long, aerobic training to fast-paced sprints. Training plans during the Winter typically include slightly increased time on the erg and in the weight room. Winter is a great time for multi-sport athletes to cross train, or for more competitive and committed rowers to get in some early race preparation. Winter is also a great time for our younger Middle School athletes to improve their skills and confidence on the water.

### **Spring Rowing**

The heart of the rowing season takes place in the spring. Competitive High School rowers race a variety of sprint distances between 1,000 and 2,000 meters. All spring races are raced "sprint" style, where boats start on a referee's command and race up to 8 boats across buoyed lanes. Scrimmages and duels are scheduled to improve fitness and racing acumen against other programs that are similar in size and ability. Official regattas can range from taking place over the course of a single day, to a 4-day event with time trials, heats, semifinals, and finals. Spring racing culminates with the NW Junior Regional Championships, where the top competitors in their events can win medals and qualify for Junior Nationals. Varsity events at Regionals are eligible to qualify for Nationals. For Middle School athletes who do not participate in formal competition, Spring is typically the time of year when we have the fewest new athletes on the squad, which means more time on the water. For 8th grade athletes in particular, this is the time of the year when coaches will begin to prepare them for the increased workload and responsibilities of joining the High School squad.

### **Summer Rowing**

Summer rowing is a fun season designed to keep the rowers active if they choose. The focus is to try out new skills, line ups and make space for play-oriented rowing activities. Summer is the season where we interact with the greatest number of new athletes to the sport and begin the recruiting process for Fall programs. For competitive High School athletes, participation in summer rowing can be crucial to their success in the upcoming Fall racing season.

## **ATHLETE HEALTH AND WELLNESS**

### **General Rowing Physiology**

Full time rowers are among the fittest athletes on the planet. The sport's energy requirements are broken down into 80% aerobic and 20% anaerobic energy usage during 2,000 meter racing. Rowing is a strength endurance sport, where the athletes perform 30 – 40 repetitions (strokes) per minute of a high-resistance exercise during racing. Training is rigorous, and varied based on the time of year the athletes are training.

Training includes a variety of distances and intensities. Cardiovascular fitness, core strength, flexibility and mobility, and muscular strength are all key components to our regimen. Proper technique for rowing, as well as all of our exercises is taught and refined on a daily basis.

### **Illness**

We are not doctors. If your athlete does not feel well and their health and teammates' health will be compromised by their presence at practice, please have them stay home and pursue treatment. Fever, vomiting, and nausea are all symptoms that should automatically keep your athlete home for the day until they are feeling better.

We encourage our athletes to practice hygiene and self-care. Take care of your teammates by not attending practice if you are ill and contagious. Good time management is key to staying healthy. Choose to keep yourself and your teammates healthy by staying on top of your school work, getting enough sleep, eating full and nutritious meals, washing your hands, treating your blisters, showering daily, and wearing clean clothes to practice.

### **Injury**

One of the most important lessons youth athletes must learn is how to prevent and recover from injury. While minimizing injuries is one of our top coaching priorities, it is a risk inherent in just about any sport. Rowing is considered a "low-impact sport," which means that most injuries result from poor technique rather than direct impact on the body. Back, ribs, and wrist injuries are the most common in rowing, but can be avoided with proper technique and supervised strength training. Rowing is a sport that can push the body to its physical limit – athletes must learn the difference between 'hurting' and 'being hurt'.

If you get hurt, or suspect your athlete may have an injury, please see a professional. If you tell us your athlete is injured, or think they might be injured, we will adjust their level of activity as needed, which may include removing your athlete from immediate competition opportunities. Once you get a diagnosis, coaches will work with the athlete to follow their health professional's recommendations to return to regular training activities. Recognizing and responding quickly to injury is a critical piece of an athlete's long term success in rowing.

### **Mental and Emotional Health**

All coaches and staff at RRC strongly support caring for student-athlete mental and emotional health. We recognize the important role that rowing can play in an athlete's wellbeing, as well as the stress it can cause as a sport that demands a great deal of emotional, physical, and mental commitment from its athletes. We will always take these issues into consideration when working with athletes, just as we do physical injuries or illness. With the right resources and support from their community, a full-time rowing schedule can be very beneficial to an athlete's mental health. Any athletes experiencing mental health challenges are strongly encouraged to work with professionals.

### **Substances**

Part of being an athlete is living in a healthy way, including a healthy diet, rest, and recovery. Drugs and alcohol are not a part of an athlete's life. As such, any drug or alcohol use in any practice or event related to Renton is strictly prohibited and will result in immediate dismissal from the team. Please refer to the RRC Youth Athlete Code of Conduct.

### **Hydration**

Good hydration is key to a healthy and consistent training schedule for athletes at all levels. Athletes should be hydrating throughout the day—if they only begin to consume water once they arrive at the boathouse, they will feel the effects of their dehydration at practice. Dehydration can not only limit an athlete's ability to perform to their full potential, but also increase their risk for cramps, injury, heat exhaustion or heat stroke.

The general recommendation for everyone is to drink 8 cups of water per day. For rowers, athletes should plan to drink 8-16oz of water before practice, 4-6oz of water every 20 minutes or as needed, and at least 24oz of water within an hour after practice, in addition to their regular water intake throughout the day. All of our athletes are expected to bring a reusable water bottle to every practice and race. If your athlete needs assistance acquiring a water bottle, please contact a coach or the Executive Director and we'll make sure they have what they need.

### **Nutrition**

Youth rowers are prone to large appetites to fuel both their growth and their training. The long-term experience and success of any athlete is due in large part to how they keep themselves fueled. While there are many schools of thought about this, the best approach is to eat natural, high-quality food regularly and often. Eating regular, full meals is absolutely essential for athletes to have the energy and focus they need to improve as athletes every day.

Some tips include:

- Stay hydrated to help eliminate injury, maximize performance and speed recovery. General professional recommendations call for at least 17 oz. of water 2-3 hours before exercising, another 8 oz. 30 minutes before exercising, 8 oz. per every 20 minutes of exercise, and at least 8 oz. after concluding your workout.
- Eat a healthy, substantial breakfast every day.
- Eat a full lunch, as well as an easily digestible snack before practice, such as a granola bar or piece of fruit.
- Have a post practice snack or meal within 30 minutes of the end of practice with protein and carbs.
- Consume vegetables, lean proteins and whole grains for maximal performance.

## **Sleep and Recovery**

Sleep and purposeful rest times are just as critical to an athlete's performance as nutrition and exercise. Sleeping well and long enough has the highest correlation with athletic success than any other recovery method that has been measured. It also has significant positive impacts on academic success. Without recovery, athletes will experience a high degree of fatigue, burnout, and stress. Most health professionals recommend at least 8 hours of sleep every night for youth age groups, some even recommend 9 or more hours of sleep.

Similarly, athletes need to give their bodies time to recover after a hard workout, race, or prolonged period of training. Often coaches will be mindful to structure active recovery time into the training plan, but we encourage our athletes to be vocal about any aches or pains they are experiencing. If an athlete is feeling exhausted, burnt out, or disinterested in rowing, these are signs that they may need some time to rest and recover before returning to training.

## **Blisters**

Blisters and calluses are a part of rowing. Some athletes don't have much trouble with blisters, while others may have blisters that occur frequently. Blisters are caused by friction between the oar handle and the soft skin of the rowers' unconditioned hands. We find that rowers most often experience blisters when they are new to rowing, returning after time away from the sport, are using different oar handles, or have changed their approach to gripping the oar handles.

While blisters are almost always self-healing and a normal part of the training process, they can be uncomfortable or even painful. If you do need to treat a blister, here are some best practices for doing so:

1. The blister is still raised and filled with fluid: Use a sterilized needle to pierce the blister and drain the fluid. Press the blister flat and apply some antiseptic cream. Cover with a band-aid that will protect it from being knocked but allow air to get in.
2. The top layer of skin on the blister has torn or been rubbed away leaving raw skin. Wash hands in hot soapy water. This will clean the wound and also gently dry out the skin. Cover with a band-aid if necessary.
3. The skin surrounding the blister looks red and inflamed. Treat as above, repeating several times during the day. If it still looks angry after a couple of days, get treatment from a doctor.
4. The raw skin is cracked. Apply antiseptic cream or Vaseline and a band-aid to keep the skin moist and to help it heal. Keep it moist during the day and leave it open to dry overnight.
5. The new skin has formed but the old skin is torn, ragged and hardening around the edge. Carefully trim with sharp scissors or a razor blade until there are no flaps and the surface of the skin is uniformly smooth.
6. The blister is healed but has left a hard and raised callus. Use pumice, a file or sandpaper to reduce the thickness of the skin until the surface of your skin is uniformly smooth; this is easier after a few minutes soaking in hot water.

**At Practice:** Use a base layer of medical self-adhesive wrap (the kind used after blood donations) with an outer layer of athletic tape. Applying athletic tape to raw skin will further inflame the skin. Use only as much as necessary. Overwrapping can cause blisters to form at the edges or fold points of the tape.

## **Academics**

Part of being a youth rower with RRC is not just learning how to improve in our sport, but also learning the skills required to be a student athlete. With appropriate time management and support, athletes can find a healthy balance between their time at the boathouse and the time they need to succeed in their academic life. If an athlete is struggling to balance their schoolwork and athletics goals, they should speak to a coach to create a schedule and plan that works best for them.

### Safety

For serious safety concerns, please contact us promptly including all relevant details. Safety is our number one priority and if there is any concern about it, we wish to address it immediately. Safety concerns can be addressed to any of our coaches, Executive Director, or Board of Directors.

### Medical/Health Concerns

Parents of youth athletes should always indicate any medical concerns, including allergies and food sensitivities, on your athlete's Medical Release form. For serious medical concerns, we appreciate the opportunity to communicate with parents directly to make sure your athlete is getting the care they need when at the boathouse. We are happy to hear from both parents and athletes when athlete health is concerned. We respect our families right to privacy.

## SCHOLARSHIP INFORMATION

### GPRF Financial Aid

The George Pocock Rowing Foundation provides need-based youth rowing scholarships at multiple boathouses throughout the Northwest region. At any given point in the year, about 20 - 25% of Renton's youth athletes are receiving financial aid through the GPRF. Scholarship funds are awarded based on financial need AND the participant's ability to meet attendance and participation expectations. **If awarded a scholarship, athletes must attend a minimum of 75% of their scheduled practices.**

Partial and full scholarships are available. The information you provide will be treated confidentially, and will be used only for eligibility determination. Funding is limited and awarded on a case by case basis. Questions about the application process or eligibility should be directed to the Athlete Support Manager at the George Pocock Rowing Foundation: [mark@pocockfoundation.org](mailto:mark@pocockfoundation.org)

Awarded scholarships **do not automatically link with your registration information on TeamSnap**, and won't automatically apply during the checkout process.

#### **For 100% GPRF Scholarship Awardees:**

- Select 'Offline Payment' at checkout. An administrator will apply your scholarship funds after registering.

#### **For 25%, 50%, and 75% GPRF Scholarship Awardees:**

- Toggle the 'Installment Payments' tab at checkout. An administrator will apply your scholarship funds after registering to your remaining payments. To pay your full owed balance upfront, please reach out to an administrator directly and we will send you an invoice.

### **RRC Youth Regatta Fund**

In 2023, the Renton Rowing Center committed to funding \$5,000 annually towards a Youth Regatta Fund. This fund is allocated for offsetting family costs for youth rowers to participate in formal competitions at RRC. Typically, this fund will be split equitably across two regattas, the Head & Tail of the Gorge Regattas in October and the NW Youth Regional Championships in May. Any and all athletes participating in these regattas will benefit from this fund by seeing their direct costs to participate lowered significantly, particularly for athletes lodging or traveling with the team.

### **RRC Higher Education Scholarship**

Also in 2023, we launched the Higher Education Scholarship for youth alumni enrolling in college or university. This scholarship is funded by a private donor, and allocates up to \$5,000 to be split between up to 5 individual awardees. This scholarship is awarded to youth alumni who will be attending college or university and demonstrate the qualities of a well-rounded student athlete, including participation in extracurriculars, academic achievement, demonstrated leadership, and a history of active participation on an RRC youth team. All 2024 graduates will be invited to apply via online application.

## **REGISTRATION AND COMMUNICATIONS**

### **Registration**

RRC uses the online platform TeamSnap for all team registrations and payments. Information on specific program registration dates will be shared via the newsletter and program details will be included on our website. Parents and athletes can access the TeamSnap registration through the RRC website using the 'Register' button located in the top right-hand corner. You will need to create an account on TeamSnap that can be used for all future registrations and invoicing.

In order to prioritize the long term retention of our experienced athletes, we provide all returning athletes from the previous season with access to a 'Priority Registration' period. A link to register is sent directly to returning athletes one week prior to opening general registration for new athletes to claim any remaining spots.

### **Required Paperwork**

All RRC youth program participants are required to have the following paperwork on file:

- RRC Liability Waiver
- Youth Medical Release
- USRowing membership & waiver (completed online)
- Float Test (required to row without assistance of a life vest)

Failure to complete and submit valid paperwork may limit an athlete's ability to participate in some or all practices, competitions, and team events.

Float Tests can be completed at any public pool or by supervision of a lifeguard and are valid for 5 years. RRC may offer limited opportunities to complete a Float Test at the boathouse or at an offsite safety training.



## Communication

**Email** is our primary form of communication for the Youth rowing program. Any important updates, practice cancellations, and reminders will be communicated through the email addresses you provide during registration.

**Slack** is the app we use to communicate as a team between coaches and High School athletes. Athletes may message the group chat if they are running late, will be missing practice, or have questions about a program. We also use a Slack channel for parents and coaches to communicate if practices are running late or there are other important updates that cannot be communicated in advance over email.

**Youth athletes should not communicate one-on-one with a coach, staff, or adult volunteer.** In accordance with SafeSport policies, our coaches will always include another adult, typically another coach or the athlete's parent, on any communications with a youth athlete.

If any parents have questions or concerns about their athlete's participation in a program, we encourage them to schedule a time to meet with a coach or staff member. Similarly, staff members may reach out directly to an athlete's parents or guardians if they have concerns. Relevant staff emails and phone numbers are listed in our seasonal information packets as well as on our website.

For serious concerns or matters of discipline, staff will meet with parents to discuss their athlete **with the athlete present**, unless there are significant extenuating circumstances.

## PARENT EXPECTATIONS AND ROLES

### Supporting Your Athletes

Parents often ask us how they can best support their athletes through the ups and downs of rowing. It is important to understand that athletes will experience many instances of struggle and failure throughout their rowing career. While we do our best to communicate that failure is a valuable part of the learning process, our athletes are most likely to succeed when receiving support and encouragement outside the boathouse as well. Here are some tips to help support your athlete:

- Give them space to talk about their experiences without judgment of their efforts or outcomes.
- Ask questions about what they have learned and how it could help them in any given situation.
- Encourage them to speak to teammates and/or coaches when they need help.
- Let your athlete choose their rowing participation and competition goals.
- Reach out to coaches if you are concerned about your athlete's health and wellbeing.

### Volunteering

We credit much of the success of the RRC youth programs to the efforts of our parent volunteers. The volunteer experience not only supports a quality athlete experience but also provides community and connection for parents. Volunteer roles include running regatta food tents, fundraising event support, coordinating merchandise orders, and many other needs. We reach out to our group of parents in the fall and spring to organize volunteers, brainstorm ideas, and delegate tasks. The time, supplies, and energy that our

parent volunteers contribute to the program help us keep program and competition costs as affordable as possible for our athletes and their families.

### **Communication With Coaches**

Our goal is to keep our focus centered on the athletes we are privileged to work with. Parents are encouraged to help their athletes communicate directly with coaches in person. Any concerns regarding an athlete's health and safety should be raised by parents directly with coaches or the Executive Director. We ask that parents use email for these communications whenever possible. If need be, we are happy to schedule a time to meet in person to discuss further.

### **Transportation: Parking and Pick Up**

Athletes must arrange their own transportation to/from practice, local scrimmages and local regattas. Optional long distance travel is provided by the Renton Rowing Center for all participating athletes. RRC parents may help coordinate carpool arrangements.

### **College Recruitment**

One of our top priorities at Renton is to develop athletes who want to continue rowing in the long term. If rowers want to pursue rowing in college, our program staff is happy to provide additional information on the recruiting process, how to make connections with coaches, and the difference between DI, DII, and DIII programs. Ultimately, our objective is to provide our athletes with the knowledge and resources they need to make an informed decision based on their strengths as a student-athlete and their long term goals. There are many opportunities to row at the collegiate level for athletes of a wide range of abilities and experience levels—if your athlete wants to row in college, we are happy to help!

### **Uniforms**

We have custom RRC uniform items available for purchase through our 776 BC online team store, which opens for one week in early fall and one week in early spring. We do keep a small stock onsite at the boathouse for athletes who have time sensitive gear needs. These items are active wear designed for rowing activities, and should be purchased solely for the athlete's use. Athletes who wish to participate in formal competition are required to have one of the following items for race uniform:

1. Unisuit
2. Race Tank

Race tanks can be worn with black or blue leggings or shorts. If your athlete requires assistance with purchasing gear, please reach out to a coach or the Executive Director.

### **Fan Gear**

We appreciate that parents, friends, and family members want to sport the RRC logo too! Fan gear is available for order twice per year in the fall and spring. Items available for order typically include tees, hoodies, sweatpants, hats, and more. We also often auction or raffle off these items at fundraising events, so keep an eye out!

### **Program and Competition Fees**

Program fees are expected to be paid upon registration unless prior arrangements have been made. Installment payments are available as an option during registration, to be paid monthly. If you require an alternative payment plan, please contact the Executive Director and we're happy to accommodate the schedule that works best for your family.

Competition fees, including travel costs, are typically billed separately from seasonal program dues and must be paid prior to the event or the participant may not be permitted to attend. Estimated cost ranges for each regatta will be provided prior to the start of the season, and will depend on a number of factors, including number of participating athletes, entry costs, staff wages, hotel and travel costs, etc. Local regatta fees typically range between \$50-\$150 per athlete, while overnight travel regattas can be upwards of \$300-\$500 depending on travel costs.

GPRF Scholarships apply to competition dues. If your family needs financial assistance to cover any or all costs associated with competition, please let us know and we will make sure cost is not a barrier for your athlete.

### **Selection Process and Protocols**

Coaches will select athletes for specific crews for each competition. Coaches consider a number of factors when selecting lineups, including but not limited to technical proficiency, physical fitness, attendance, team culture contributions, and attitude. Lineups will be finalized and communicated to athletes and parents at least 72 hours prior to competition. Any questions regarding selection decisions or processes should be asked by the athlete to their coach.

Most regattas RRC participates in are open to **any High School athletes who attend a minimum of 80% of practices**. Other requirements will be communicated to athletes and parents in advance.

### **Regatta Preparation**

In advance of each competition, any available details will be sent via email. This will include a general itinerary, regatta location, spectator information, and transportation details. A general overview of the regatta will be provided to participating athletes and their families at least 5 days prior to the event.

Many regattas adjust racing schedules and protocols close to the day of competition or during the competition due to weather, schedule delays, etc. Participating athletes and families will be notified of any updates to lineups or itineraries as soon as possible. Day-of changes will be communicated via the Slack channel.

### **Spectator Recommendations**

Be prepared for anything and everything at a regatta. Check the forecast before you go. Plan on being at the race site for several hours at a time. Multi-day regattas can start at 8 in the morning and conclude at 5 in the evening, and your athlete may or may not race that day depending on the schedule. Athletes must remain at the regatta site until their equipment is loaded on the trailer, or they are formally dismissed by their coach.

Parents should come prepared to not get much facetime with their athletes during a regatta. Competing athletes are expected to be focused on the task at hand and even when not actively racing should be prepared to assist their team throughout the day. We respectfully ask that parents give their athletes space to get the job done.

Some things to pack to make your regatta day more comfortable:

- Portable chair
- Binoculars
- Warm clothes (including gloves/caps)
- Rain gear
- Light-weight clothing
- Sunglasses
- Sunscreen
- Water and healthy snacks for yourself (food will be provided for rowers at races)

A schedule of the day's races is usually posted onsite at each regatta, as well as online. A link to the online regatta page will be sent out in advance. Many regattas also post results online in real time, which is usually the best way to find race results and final rankings.

## CODE OF CONDUCT

The Renton Rowing Center is first and foremost a community, and we wish to respect everyone's race, religion, gender, sexual orientation, political views inside and outside of the boathouse. All staff, coaches, volunteers, adult participants and youth athletes are required to abide by our Athlete Protection Policies prohibiting misconduct of all types: bullying, harassment, hazing, emotional misconduct, physical misconduct and sexual misconduct, including child abuse.

1. I will be respectful of coaches, adult volunteers, and other participants, realizing that my behavior affects others and the success of RRC.
2. I agree to accept and carry out instructions of the RRC staff, coaches and chaperones.
3. I agree to attend and take part in all scheduled practices and activities unless excused by a coach.
4. I will discuss any problems that may arise with RRC staff, volunteers, or chaperones.
5. At overnight events, I will remain quietly in my own bed at the established bed time.
6. I understand that ANY of the following acts will lead to discipline, suspension or expulsion from RRC-sponsored activities:
  - Commission of a felony
  - Possession or use of any dangerous weapon or object.
  - Assault, aggressive behavior or intimidation of another person.
  - Improper possession or theft of equipment belonging to the Renton Rowing Center or community member.
  - Destruction or defacing of property.
  - Disruptive, disrespectful, or harmful conduct.
  - Disobedience of reasonable instructions of crew authorities.
7. I understand that use, consumption, possession, buying, selling, or giving away of alcohol, tobacco, marijuana, or any controlled substance on RRC property or while attending an RRC event will mean immediate release from the team.
8. I understand that any general misbehavior or disrespect shown to coaches or parent chaperones is not allowed. First offense: warning. Second offense: non-participation and attendance at the next regatta. Third offense: removal from the team. If I am sent home from an event, it will be at mine/my parents' expense.
9. I will be respectful of other peoples' possessions and property and will refrain from activities that cause damage to either.
10. I understand that I am financially responsible for any damage I may cause when disobeying rules.
11. I understand that **any** individual's failure to abide by these rules can jeopardize the entire group's participation at the time of the failure and in the future.

## GLOSSARY OF ROWING TERMINOLOGY

Rowing comes with its own language. This glossary can help increase your knowledge of the basic terminology to better understand the sport as a whole.

**Blade:** The end of the oar which is placed in the water.

**Boathouse:** A building used for storing boats. Often used to refer to the entire facility.

**Buoy:** A floating marker that is sometimes used to lay out a course.

**Bow:** The forward section of the boat, and the first part of the boat to cross the finish line.

**Bow Coxed:** A shell in which the coxswain sits in the bow instead of the stern. Bow coxed boats reduce wind resistance, and improve weight distribution.

**Bowball:** A rubber ball on the bow tip of the boat that protects the shell against damage in case of collision.

**Catch:** The moment the blade first enters the water, the beginning of the power phase of the stroke.

**Cox Box:** A battery powered, small amplifier that allows the coxswain to communicate with the crew via electronic speakers and also gives the coxswain stroke rate information.

**Coxswain (*pronounced cox-uhn*):** Person who steers the shell, motivates the crew, and helps to execute the race or practice plan.

**Collar:** Or button. A plastic ring that keeps the oar from slipping through the oarlock.

**Crab:** A stroke that goes bad. The oar blade slices the water at an angle and gets caught under the surface as a result of not being fully squared when entering or exiting the water. This can result in the boat severely slowing down, turning to one side, and becoming unbalanced.

**Crew:** The term crew is used in American schools and colleges to designate the sport of rowing. Outside of the academic sphere, the sport is known as rowing. "Crew" and "rowing" are two alternate terms for the same sport that are not used in tandem with one another. A surefire way to spot a new parent or rower is if they use the phrase "rowing crew."

Crew can also refer to a specific lineup within a boat or a specific team; e.g. "The crew is crossing the finish line."

**Deck:** The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

**Drive:** The power phase of the rowing stroke when the blade is being pushed through the water.

**Double:** A shell with two scullers (2 oars each). Shorthand is “2x”.

**Eight:** A shell with eight sweep rowers (1 oar each) and a coxswain. Shorthand is “8+”.

**Ergometer or “erg”:** An indoor machine that approximates the motion and resistance of on-water rowing. Ergs have a digital monitor for the rower to measure their strokes per minute, distance, and power output.

**Feather:** The blade position when the blade is flat, or parallel to the water.

**Fin or Skeg:** A small appendage located along the underside of the hull, which stabilizes the shell in holding a straight course.

**Finish:** The end point of each stroke when the blade is exiting the water.

**Foot Stretcher:** An adjustable plate to which a rower's shoes and feet are secured.

**Four:** A boat with four sweep rowers (1 oar each). Shorthand is 4- or 4+ (without or with coxswain).

**Gunwale (*pronounced gunnel*):** The top edges of the shell. The riggers are bolted into them.

**Launch:** To put the racing shell into the water **OR** the boat which the coach/referee uses to follow the crews.

**Oar:** Used to drive the boat forward with a fixed lever. Oars are distinct from paddles, which do not use a fixed lever and are instead used with paddle boards or kayaks.

**Oarlock:** The D- shaped device at the end of the rigger in which the oar rests.

**Pair:** A boat with two sweep rowers (1 oar each). Shorthand is 2-.

**Port:** Left side of the boat when facing the bow.

**Quad:** A boat with four scullers (2 oars each). Shorthand is 4x or 4x+ (without or with coxswain).

**Recovery:** The time between the drive of the stroke, when the blade of the oar is traveling through the air.

**Repechage:** A second-chance race that is sometimes offered at regattas, which offers some crews who did not initially qualify the chance to advance from preliminary races.

**Rig:** The science of measuring and setting up a boat for a crew's physiology and biomechanical advantage.

**Rigger:** The metal arm that is bolted onto the side of the boat to hold the oars over the water. Riggers extend to one side of the boat per seat in sweep boats, or to both sides of the boat per seat in sculling boats.

**Rudder:** The device used to steer the shell.

**Sculling:** One of the two disciplines of rowing in which each rower uses two lighter oars, or sculls.

**Set:** Used as a verb or an adjective; a term meaning to balance the boat.

**Shell:** Can be used interchangeably with "boat" in rowing terminology.

**Single:** A one-person sculling shell.

**Slings:** Collapsible metal frames with fabric cradles upon which a shell can be placed when not in racks.

**Split:** The measurement of time a crew would take to row 500 meters at their current pace.

**Squaring:** The turning of the oar from a horizontal (feathered) to a vertical (squared) blade position.

**Stake-boat:** The small, anchored boat that is used to hold the shells in place before the start of a race.

**Starboard:** Right side of the boat, when facing the bow.

**Stern:** The rear of the boat; the direction the rowers are facing.

**Stroke Seat:** The rower in the 8th seat who sits closest to the stern. The stroke sets the rhythm or cadence for the boat; others behind them must follow their cadence.

**Speed Coach:** A portable GPS device that rowers affix in the boat to display live data, such as stroke rate and elapsed time.

**Stroke Rate:** The number of strokes per minute (SPM). In a race, usually between 32 and 38 SPM.

**Sweep:** One of the two disciplines of rowing -the one where rowers use only one oar.

**Tracks:** The set of metal runners that keep the seat wheels on a straight line in a boat.

**USRowing:** The governing body for the sport of rowing in the U.S.

**Wake:** Turbulence caused by the motion of a boat through the water.

**Weigh-Enough (*pronounced way-nuff*):** A command to have all rowers stop rowing/moving immediately.

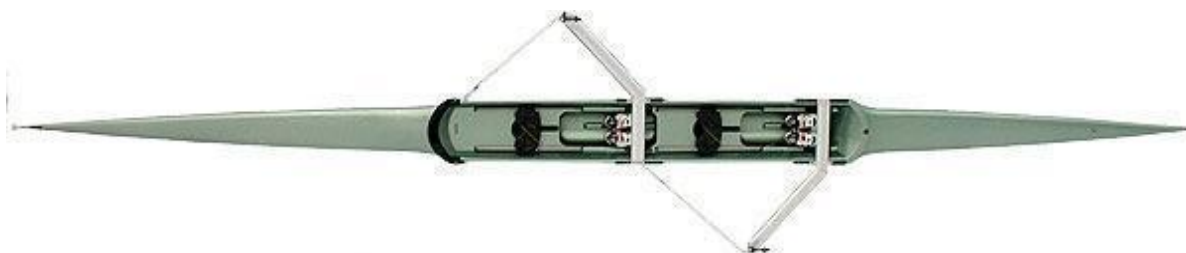


## BOAT DESIGNATIONS

### Sweep Rowing (*one oar*)

Boat Class	Shorthand Designation	Explanation
Pair	2-	two rowers with no coxswain
Straight Four	4- or IV-	four rowers with no coxswain
Coxed Four	4+ or IV+	four rowers with coxswain
Eight	8+ or VIII+	eight rowers, always with coxswain

#### Pair (2-)



#### Four (4- or 4+)



#### Eight (8+)



## Sculling (two oars)

Boat Class	Shorthand Designation	Explanation
Single	1x	one sculler with no coxswain
Double	2x	two scullers with no coxswain
Straight Quad	4x- or 4x	four scullers with no coxswain
Coxed Quad	4x+	four scullers with coxswain

### Single (1x)



### Double (2x)



### Quad (4x, 4x- or 4x+)

