

S+L

parent
handbook

ST LOUIS ROWING CLUB

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BACKGROUND

WHAT IS ROWING?

Rowing is the sport in which lightweight boats (or shells) are raced as fast as they will go! There are two basic forms of rowing. In sweep rowing, each athlete handles a single oar. Sweep boats are designed for two, four or eight rowers and are generally steered by a coxswain ("cox'n"). An eight, the largest sweep boat, is over 60 feet long and weighs approximately 200 pounds. In sculling, each athlete handles two oars. Sculling boats are made for one, two or four rowers. Coxswains are generally not used in sculling boats. Our Juniors are initially taught sweep rowing because most high school and college competitions feature this style of rowing. Many Juniors also learn to scull once they master sweep rowing skills.

Rowing as a sport has several unique characteristics. While teamwork plays an important role in all "team" sports, it is absolutely crucial in rowing. There are no stars in rowing. A boat's success depends upon all rowers putting forth a 100% effort in unison. Rowing is a mental endeavor as well as a physical one; the psychological pressure not to let your team down can be significant. This focus on teamwork serves rowers well in school and throughout life.

Physically, rowing requires a near-perfect blend of strength, coordination and endurance: strength in the delivery of each stroke, coordination in the timing of the delivery, and endurance in the ability to sustain maximum output for distances up to 3 miles. The integrated use of the legs, back, upper torso and arms for each stroke, up to 35 times per minute over a race lasting 15-20 minutes (fall) or 6-8 minutes (spring), is unlike any other athletic endeavor.

Rowing imparts a serious sense of discipline, which seems to carry over to better performance academically by requiring careful budgeting of time between sports and schoolwork. Our Junior rowers have traditionally maintained very high grade point averages in their high schools.

HISTORY OF THE CLUB

Of the nine rowing clubs that existed in St. Louis at the beginning of the 20th century, only one remains today: the St. Louis Rowing Club. The SLRC was formed in 1875. Its members rowed on the Mississippi River out of a clubhouse at the foot of Chouteau Avenue. Its original colors were black and red. In 1904, the St. Louis city directory shows the club using the name "St. Louis Rowing Club and Life Saving Corps" because it also served as a life-saving school.

Two SLRC members – Joseph Dilg and Louis Joachim – won the bronze medal in the intermediate double scull in the 1904 Olympics, which were held at Creve Coeur Lake. At the outbreak of World War II, many SLRC members went into the armed services, and the clubhouse was donated to the US Navy's Naval Electrical School for use as recreational quarters. In 1945 the clubhouse was returned to the SLRC, and its members returned to rowing. The Club went dormant in the mid-1950's when the Army Corps of Engineers erected the flood wall system on the Mississippi River.

In 1983, a group of former collegiate rowers led by Elwood Clary and Bob Nichols joined together to bring rowing back to St. Louis. They were initially unaware of the city's rich rowing tradition, but were soon joined by some of the "old timers" from the early clubs. The rejuvenated SLRC rowed on Creve Coeur Lake using an old volunteer firehouse on Marine Avenue as a boathouse. When the 1993 flood destroyed the firehouse, the Club erected "the Pen" at the edge of the lake. In 2003, a permanent boathouse was built at the lake in conjunction with the Washington University crew. This new facility is known as the Community Rowing Center. The SLRC has about 100 adult members, many of whom compete regularly in regattas all around the country.

The SLRC Junior program was started in 1990 by Ahsan Iqbal, who served as the Club's head coach until early 2001. Beginning with only a few rowers, the SLRC Junior team now consists of approximately 100 rowers from over 20 area high schools. The SLRC Juniors have established a national reputation as excellent rowers. When Ahsan and his wife Linda, who also made major contributions to the development of the Junior program, moved to Philadelphia, the Club decided to hire a full time, professional coach to guide its programs. In August 2005, Tim Franck joined SLRC, bringing experience and accomplishment to the head coach position. For the previous five years, he was the novice men's coach at Cincinnati. His responsibilities included not only coaching (and he has lead his men to a stellar record of wins) but also recruiting. Tim both attended and rowed at Northeastern University, and he also rowed for Cincinnati when he was in high school.

THE STRUCTURE

Rowing in St. Louis is supported by two related organizations: The St. Louis Rowing Club (SLRC) and the St. Louis Rowing Club Boosters (Boosters).

SLRC

The primary objectives of the SLRC are to increase participation in rowing in the St. Louis area and to develop top-flight adult and high school crews for competition in regional, national and international regattas. The Club has about 200 members, approximately half of whom

are Juniors. The Club provides the equipment and coaching that are needed for learning and developing rowing skills. Your son or daughter will be a member of the SLRC. All SLRC members are required to pay dues to the Club (see Section on SLRC Dues). These funds are used for the purchase and upkeep of equipment, to cover coaching expenses, etc. The work of the SLRC is directed by the Executive Committee; these officers are elected by the Club's members each year. A current list of officers can be found on the website at <http://stlouisrowingclub.com/contact.html>.

BOOSTERS (JUNIOR PARENT GROUP)

The SLRC Boosters, consisting of parents, family members and/or supporters of the junior rowing program constitutes a special committee of the Club. The Boosters Committee was created specifically to support the SLRC Junior rowing program. Its members are the parents of the current Junior team members. Booster activities include coordinating travel plans for the Juniors, providing chaperones and drivers for trips, conducting fund-raising activities specifically related to the Junior program, providing awards and recognition banquets and, in a variety of other ways, assisting the coaches in their work with the Juniors. The Booster President approves the other Committee members for a one-year term running from June to June. The Boosters encourage all members to communicate openly with any of the Committee members. Names and contacts numbers for the current committee can be found on the website at http://stlouisrowingclub.com/hs_parent.html.

SLRC JUNIOR ROWING PROGRAM GOALS

The goals of the SLRC Junior program are to:

- Provide a competitive, fun and safe rowing opportunity for St. Louis area high school students
- Increase the number of students participating, in line with available resources
- Foster a life-long interest in rowing in the students who participate
- Participate and place in high caliber regional and national rowing events, such as the Midwestern Championships and Youth Nationals.

HOW THE PROGRAM WORKS

Our program consists of 60-100 boys and girls in grades 8-12. Generally, high school students start rowing when school begins in September; however, summer youth camps are offered for students wishing to start early. Rowing is a year-round sport consisting of fall, winter, spring, and summer seasons. Year-round participation is encouraged for serious athletes; however, some of our rowers pursue other sports during one rowing season. A competitive summer program is offered and recommended for all athletes. Over the past few years, our athletes have represented over 30 area schools, listed below, and we continue to promote rowing to expand this list.

John Burroughs School
Belleville East
Brittany Woods Middle
Chaminade Prep School
Christian Brothers College
Prep
Clayton HS
College School
Cor Jesu Academy
Crossroads School
De Smet Jesuit HS
Festus HS
Hazelwood West HS

Incarnate Word Academy
J.F. Kennedy HS
Kirkwood HS
Ladue Horton Watkins HS
Lindbergh HS
Mary Institute and Country
Day School
Nerinx Hall
Parkway North HS
Parkway Central HS
Parkway South HS
Pattonville HS
The Principia

St. Elizabeth Academy
St. Joseph Academy
St. Louis Priory
St. Louis University HS
University City HS
Ursuline Academy
Vianney HS
Villa Duchesne
Visitation Academy
Webster Groves HS
Whitfield School

GETTING STARTED

Before your son or daughter can begin rowing, there are some administrative tasks that must be completed. Many of these requirements will be elaborated upon in other sections of the handbook. They are:

- Registration Form
- Insurance Card (copy)
- Liability Waiver
- Code of Conduct
- Medical Care Consent Form
- Swim Test Affidavit (1st season only)
- Parent Volunteer Form (see section on PARENT VOLUNTEER OPPORTUNITIES)
- Booster Dues (see section on Booster Club Dues)
- Club Dues (see section on SLRC Dues)

- Any past due payments
- Uniforms (see section on Uniforms)

All required forms are available for download from the website at <http://stlouisrowingclub.com/waivers.html>.

STUDENT-ATHLETE STANDARDS

MENTAL & PHYSICAL

Just like any other high school sport, our athletes must be in good physical condition in order to row. It is a demanding sport and the safety of the athletes is very important to us.

The sport demands lots of mental discipline. Height, strength and endurance are beneficial but they will not take you further than your mind is willing to go. So, although we look for physical attributes, we also look for athletes with the determination to excel. The teams also need coxswains – boys and girls who weigh less than 115 pounds and have the temperament to motivate and take charge.

Rowers must be able to “pull their weight.” That means they are expected to make practices and give their best effort at all times. If rowers choose not to show up to practice without notifying their coach, they will have made it difficult for their teammates to get on the water. In order to gain the most of the sport, rowing requires everyone to be there at every practice. It is important that rowers try their best to schedule outside appointments around rowing obligations. Practice attendance policies are set at the beginning of the season.

CODE OF CONDUCT

The St. Louis Rowing Club and the coaches want to make it very clear **that we have absolutely no tolerance for underage drinking, smoking, drug use, or other inappropriate behavior.** As a Junior rower, your son or daughter will be expected to abide by the rules of the Club. Listed below are the rules and the punishment for breaking them.

RULES

- **No alcohol, drug usage or smoking is allowed while the athletes are rowing for the St. Louis Rowing Club.** This would extend from the first day of practice to the last day of the racing season, including post season championships. This would extend into the summer if the athletes opt for summer rowing.

- Athletes should always respect the rights of others. Thus **any behavior which is intimidating, hostile or offensive is strictly prohibited**. This includes but is not limited to telephone calls, logbook entries, email, looks, gestures, touching, teasing, jokes, remarks, innuendoes and questions of a harassing nature or in any way threatens the safety of others.
- ***Behavior Around the Boathouse and Lake:***
 - Rowing Club activities or facilities cannot be used as a cover for any inappropriate activities.
 - Club Members should be on good behavior in Creve Coeur Park. County Parks has been increasingly critical of horseplay in the parking lot, reckless driving, parking in lanes, and driving across the grass.
 - No trash should be left in or around any of the places used by the rowing team. This includes water bottles, socks, articles of clothing, etc.
 - No horseplay inside or outside of the boathouse/dock.
- ***Behavior on Regattas:***
 - Athletes will respect other hotel guests and hotel property. Noise levels must be kept down, especially when the team arrives late at night.
 - Athletes of the **opposite sex are NOT allowed into each other's hotel rooms**, except when a coach or chaperone is present.
 - The coaches will provide times for "lights out". After "lights out" athletes are restricted to their assigned rooms.
 - Athletes will respect and follow the instructions of adults accompanying the team on trips, including adult SLRC members, chaperones and bus drivers.
 - No trash should be left in or around any of the places used by the rowing team, such as the bus or the hotel public areas.
 - On out of town trips, athletes may not leave the team without permission of their coach.
- All athletes will travel to and from regattas and stay in the hotel with the team. Exceptions will only be made under special circumstances with advance written request from the athlete's parents and subsequent permission of the coach.
- If a school/family function requires an athlete to come or leave a regatta separately from the bus, the coach must be notified **two weeks in advance**, and must give the athlete **permission** to travel separately. The coach will notify the travel coordinator so that chaperones will be aware for roll call, etc. Without that permission, the athlete will not be allowed to participate in the regatta even if traveling with his/her own parents. Athletes will not be allowed to drive themselves or ride with other teens to a regatta. Traveling separately from the team is strongly discouraged, since it detracts from team bonding and makes chaperoning more difficult. (Note: If permission is granted, it does not lessen the amount the athlete must pay for the trip.
- No one except coaches, chaperones or other registered rowers will be allowed in the hotel rooms or on the bus without prior approval from the head coach.

RULE ENFORCEMENT

COACHES' BOARD

The Coaches Board will be convened by the Head Coach to evaluate any accusation and, if it is found to be a true and serious infraction of the Rules, they will decide what action to take. The board will consist of at least two coaches, including the coach of the person involved.

For major infractions, like alcohol, drug or tobacco use, or acts affecting the safety of others, the athlete will be automatically suspended for one month. If the athlete shows no remorse or does not take responsibility for his/her actions, then that person will not be allowed to return to the team. However, there are occasions when people make mistakes and for those instances, the board might take a more lenient action and allow the athlete to return under probation. If a major offense is repeated, the athlete will be automatically and permanently removed from the team.

For lesser offenses and circumstances not covered by the above, the Coaches Board will decide on the appropriate action.

PARENTS' ROLE

Parents should be aware of the expected behavior outlined above. Parents and the athlete are required to sign this Code of Conduct form attesting to the fact that they are aware of the rules of the Club and will abide by them. We strongly encourage parents to keep track of where their kids are after regular practice time or when practice has been canceled, and to see that they have appropriate rides home from the bus after a regatta. We also want parents' cooperation in making sure that no alcohol, drugs or tobacco is available to Juniors at parties in their homes.

SQUADS

Our squads are divided into four categories: Novice Women, Varsity Women, Novice Men, and Varsity Men. Each squad has its own set of coaches and specific practice schedule.

Novices will compete against other novices from other clubs until they transition to Varsity status during the summer after their Novice year.

Varsity rowers are experienced rowers who have typically completed a season or more of rowing as Novices.

Coxswains – boys or girls who steer the shell, give commands to the crew and generally act as “on site” assistants to the coach.

ROWING SEASONS

There are four rowing seasons: Fall (September – Mid-November), Winter (Mid-November – Mid-February), Spring (Mid- February-May), and Summer (June-August).

Our on-the-water period usually lasts from March through mid-November, or even later into the year, weather permitting. During the winter months, indoor training with ergometers and weights is scheduled at the Boathouse. Winter training is not a time to take off, as erg training prepares athletes physically and mentally for a competitive spring season. Erg scores are also very important to college coaches when considering your rower for their teams.

PRACTICES

PRACTICE LOCATION

Through the courtesy of the St. Louis County Parks and Recreation Department, we practice on Creve Coeur Lake in northwest St. Louis County. During the summer of 2003, the St. Louis Rowing Club, in conjunction with Washington University Crew, constructed a new boathouse known as the “Community Rowing Center.” This boathouse includes 7 Bays (Wash U – 3, SLRC - 3, and 1 with rack rentals). The boathouse contains a support area with bathrooms, showers, changing areas, 2 offices, exercise area, and a public restroom with outside access.

To find our facility, take I-270 to Dorsett Road, go west to Marine Avenue, turn right (North) on Marine into the park. Continue to the far end of the lake and turn left into Sail Boat Cove. Drive around the larger parking lot to our entrance which is at the end of the Sail Boat Cove parking lot. Parking is available at the boathouse, with additional parking in the Sail Boat Cove parking lot. A map and directions are also available on our website at <http://stlouisrowingclub.com/directions.html>.

PRACTICE SCHEDULE

Varsity squads typically practice every evening after school from 4 pm – 6 pm and for two hours on Saturday mornings (usually 9am – 11am).

Novice squads typically practice during the fall season after school from 4 pm – 6 pm, and for two hours on Saturday mornings (usually 9am-11am). The practice days may be shorter for the

first part of the winter season. In the spring, the athletes expect to practice Monday – Friday from 4pm – 6 pm and for two hours on Saturday mornings (usually 9am – 11am).

Note: Practice times for Varsity and Novice Crews may vary, and an official schedule will be released by the coaching staff at the start of the season. Adjustments to the time may be made as deemed necessary by the squad coach.

TEAM COMMUNICATIONS & WEB SITE

Most communications to parents come via e-mail from the Booster Communications Director. Please read these messages thoroughly. Most communication with the athletes is via the coach.

The SLRC web site (www.stlouisrowingclub.com) has a wealth of information on it. There is a section on history, past regatta results, wonderful pictures, the latest happenings in the Club, required forms, etc. It is well worth your time to come and browse.

SAFETY ON THE WATER

When on the water, all shells are accompanied by at least one safety boat manned by a coach and containing life saving jackets and gear, such as blankets. Safety boats remain within 100 yards of the shells at all times. Megaphones are used to communicate between the safety boat and the shell. At the start of the season, the coaches hold demonstrations on safety and recovery.

ROWERS' PRACTICE ATTIRE

Suggested practice clothing includes: polypropylene or spandex pants and /or shorts (tight-fitting pants avoid the problem of clothing getting caught in the slides of the boat). Long underwear shirt, wool or fleece hat, long running tights, wool socks and a polar fleece jacket are also advisable for the colder months. A hat for sunny days and a water bottle are also recommended, and don't forget the sunscreen.

For competition, team uniforms are required. The novice uniform is a red short-sleeve Henley shirt with navy trim and logo; the varsity uniform is a navy/red unisuit and a navy "JL" shirt with red trim. See section on Uniforms for more information.

REGATTAS

Our squads regularly compete in regional and national regattas. Regattas for the year are posted on our web site; a list of our past regattas and results is found at http://stlouisrowingclub.com/regatta_history.html. Competitors pay their own expenses at these events, while the Club underwrites a portion of their entry fees.

In April each year, the St. Louis Sprints Regatta is held at Creve Coeur Lake specifically for the Junior rowers; this home regatta typically begins the spring racing season. SLRC also sponsors the Gateway Regatta on Creve Coeur Lake each June, in which the Juniors participate. Clubs from around the Midwest regularly attend these regattas. Every winter, the Club hosts the St. Louis Indoor Rowing Championships to cap off the indoor season.

The Junior regattas are typically scheduled on Saturdays. They start as early as 7 a.m. and last for the better part of the morning and early afternoon, until 4 or 5 p.m. We welcome all crew parents and family members to cheer for the teams.

REGATTA EVENTS

A regatta consists of a series of races (or events) conducted over a period of a day, or sometimes several days. A typical regatta will have races for men and women in various age brackets, experienced rowers and novices, scullers and sweep rowers, in a variety of boat configurations. The possible number of combinations is almost endless. The particular races that are scheduled vary from regatta to regatta and are established by the organizers. If the number of entries in an event is large enough, heats and semi-final races may be required prior to the final race for first place. It is not unusual for races to start every 8-10 minutes all day long during a regatta. It is also not unusual for an individual rower to compete in two or three events in a regatta. Medals are normally awarded to the winners in each event category.

BOAT SELECTION & REGATTA PARTICIPATION

The crews for racing are selected by the coaches of each squad with intention to provide ample opportunity for each individual to compete during the season. In selecting the top boats, the coach will consider a variety of factors. These include attendance at practice, attitude towards practice, the rower's technical skill level and development, availability for regattas, demonstrated strength on the ergometer (erg score), and experience. Sometimes "seat racing" is applied as a water test to compare one rower to another. Rowing is unlike other sports where substitution is used. In rowing it is good to have a specific crew row

together for awhile to achieve their optimal performance. In all cases, the coach will use the factors listed above in his/her determination for the crew selection.

OUT OF TOWN REGATTAS

The SLRC Varsity Juniors typically compete in two or three regattas in the fall and four in the spring. We normally race against other Midwest or Eastern clubs at these regattas. Novices typically compete in only one regatta in the fall, as they require more preparation before competing.

Fall Races are 4,000-6,000 meter races called "head races"

Spring Races are 1,500 - 2000 meter sprints and sometimes 400 meter sprints

Summer Races are 1,000 - 2000 meter sprints

Regattas for the upcoming season are listed on the website under Upcoming Events on the home page. Specific details about each regatta (travel schedule, hotel arrangements, etc.) will be sent via email from the Communications Director. Please read these messages thoroughly.

TRANSPORTATION

The majority of the regattas begin early on Saturday mornings. In order to fully prepare for the race with a solid night's sleep and have their equipment ready to go, the athletes typically leave Friday (midday or after school) and return very late the night the regatta ends. Some regattas that are a far distance may require the athletes to leave on Friday morning. In accordance with Athletic Directors from various schools, the amount of school missed per season for a sport is usually limited to less than three total days. **Parents are responsible for notifying the school well in advance of the planned absence of their child for a regatta. Students are required to notify their teachers and ask for any homework they will be missing before they leave for the trip.** For travel to the regattas, we rent tour buses. These buses contain DVD players to watch movies on the long journeys. We use economically priced motels with four student-athletes to a room. Parent chaperones ride the buses and stay in the motels with the athletes.

FOOD ON THE ROAD

Athletes are required to bring extra spending money for meals during the bus rides, practice days, and on the regatta days. The Boosters arrange for food for the athletes at the Regatta site for race day. Food includes muffins, granola bars, fruit, bagels, and healthy snack foods, along with water and Gatorade. The Boosters also provide hot foods for breakfast and lunch. Items such as oatmeal, hot chocolate, hot and cold sandwiches, and other items are cooked

on grills provided by the Boosters. The Club also owns two large shade tents with walls for the athletes to use for resting between events.

REGATTA FEES

Each student-athlete is responsible for his/her share of the transportation costs, boat towing costs, lodging and miscellaneous costs. Chaperones' and coaches' expenses (transportation and lodging) are also paid by the athletes on a prorated basis. The fees differ depending on the length and distance of the regatta. Recently, regatta fees have averaged \$180 per rower for each regatta. The exact amount of the regatta fee will be emailed to parents the week prior to the regatta. Athletes are required to bring the check (payable to SLRC Boosters) to the bus prior to the regatta. Unpaid regatta fees will incur penalties of \$10 a month and possible forfeiture of rowing privileges.

In addition to these costs, students must bring **money for their meals** for the weekend. It is also recommended that the athlete bring a **phone card or a cell phone** to use when calling home to notify parents of arrival time for the pick up when returning to St. Louis after the regatta.

All rowers are expected to attend all regattas, and to travel and stay with the team, unless excused by the coach. If he/she makes other transportation or lodging arrangements, he/she must still pay the entire regatta fee in order to be eligible to row in the regatta.

If a hardship should develop in an athlete's family which would prevent him or her from being able to attend the regatta due to lack of funds, the family may contact the Booster President or Treasurer to discuss a remedy. All requests are confidential and should be put in writing well before the regatta date.

COACHING STAFF

The Head Coach is a full-time salaried employee of the SLRC who oversees all rowing programs. He is primarily responsible for the development of the coaching staff and the scheduling and training of the crews. He has the final authority for the selection of all crews representing the Club in all rowing events. He also proposes the schedule of regattas in which the Club shall participate and determines who shall use any Club owned boats, according to an established skill rating system.

In addition to our Head Coach, the Club employs several part-time assistant coaches. They come from a variety of backgrounds and have diverse rowing and coaching experiences. In addition to coaching, many have full-time careers or are full-time students. Contact

information and biographical profiles for each of our current coaches is found on our website at <http://stlouisrowingclub.com/highschool.php>.

We are also proud of the many rowers that have gone through our junior and learn-to-row programs and returned to help coach. The time that they give to our Club and the junior program is invaluable. **The coaches want your athlete to have fun at rowing; please feel free to call any coach with your questions or concerns.**

DUES AND REQUIREMENTS

SLRC DUES

Each Junior rower will be a member of the SLRC. The operating costs of the Club are covered primarily by dues paid by its members. Dues for adult members are assessed on a calendar year basis. Because their rowing schedule does not fit comfortably in the January-December framework, the Club has chosen to use a different system for the Juniors. The year is broken down into 3 four-month-long periods: October-January, February-May and June-September. The SLRC dues structure is posted on the website at <http://stlouisrowingclub.com/join.html>.

Early in each period, you will receive a dues notice from the Booster Treasurer (or SLRC Treasurer) if your son or daughter will be rowing during the period. Because of conflicts with other school activities, summer jobs, etc. many Juniors do not row during all three periods. You will be expected to pay dues only during the periods when your child is actually rowing. Note that if your athlete is rowing in the Fall, your dues do not begin until October, even though he or she will be participating in September.

BOOSTER CLUB DUES

All parents are expected to be active in the Boosters during the time their student athlete is on the team. The current Booster dues can be found on the Junior Payment form posted on the Forms & Waivers page of the website, <http://stlouisrowingclub.com/waivers.html>. Your Booster dues help to pay for the many expenses of running the juniors program, including printing and postage, recruiting supplies, fees for Summer Opportunities Fair, regatta equipment and supplies, publicity, coordination of home regattas, bulk ordering of uniforms, coaching salaries and benefits, equipment, and much, much more.

SCHOLARSHIPS

If a financial hardship should arise that would keep your child from being able to row, please contact the Booster President for possible assistance.

- All scholarship requests and information are strictly confidential.
- Scholarships are available each season: fall, spring, and summer.
- If you would like to request a scholarship, you must do so in writing to the Booster President within one week of receiving your first invoice.

USROWING ASSOCIATION DUES

A membership in USRowing is required before a rower may compete in the events which it sponsors, such as national championship regattas. If your son or daughter advances to the National Championships in any season, he/she will be asked to become a member of USRowing prior to the event. This membership also allows your rower to register his/her erg scores on their web site. (See Organizations, under ROWING RESOURCES.) A USRowing membership is not included as part of a rower's Club dues.

UNIFORMS

Each student-athlete must purchase a uniform for use during the regattas. Novice uniforms are red Henley-styled T-shirts with the SLRC logo and navy shorts. Varsity uniforms are custom-fitted unisuits that are specially ordered. Uniform order forms are available on the website with our other forms at <http://stlouisrowingclub.com/waivers.html>. Payment must be submitted with all uniform orders. Please contact the Uniform Coordinator with any questions. Club apparel (excluding uniforms) can be ordered through the Sew Sporty website at <http://www.sewsporty.com>.

LIABILITY INSURANCE

The SLRC purchases liability insurance to protect it against claims for injuries suffered by its members while they are participating in club activities. As a condition for receiving this insurance coverage, the Club must request that each member (or the parents of each member under 18 years old) sign a waiver. Completion of the waiver is mandatory. No one will be allowed to row unless a waiver is on file. The waivers are effective for a calendar year. Those who start to row in the fall will be asked to sign two waivers: one for the current

calendar year, and one for the next calendar year. Current waiver forms may be downloaded from our website at <http://stlouisrowingclub.com/waivers.html>.

FUNDRAISING

Our rowing club is rapidly growing. The love of rowing is widely spreading across the greater St. Louis community. That is the good news. Outfitting our crews with proper equipment, however, is a challenge. Therefore, besides the membership dues and the Regatta expenses, fund raising is necessary to accomplish our goals for our rowers. The funds are combined with the dues to purchase equipment and other items and services that support the teams. These costs necessitate that the Boosters sponsor a number of major fund raising activities each year. Fund raising requires the commitment, dedication and active participation of both the student-athletes and their parents. **A rower's participation in fundraising activities is required as a condition of team membership.** Some of the ways we raise money are:

ERGATHON

The Ergathon is the major fundraiser for our athletes. It is typically held on a Saturday towards the beginning of the Spring season at the Boathouse. **Rowers and coxswains obtain financial pledges from friends and family** to row long distances on the ergometers. Each athlete is expected to collect at least \$100 in donations for this event.

SILENT AUCTION

The recent years' spring banquets held very successful silent auctions. With support from many generous rowing families, this fundraising event has provided several thousand dollars towards the boathouse and new equipment.

TRIVIA NIGHT

In 2007, the Club hosted its first trivia night, and it has become an annual event that occurs in late winter or early spring. This event is organized and run by the adult rowing community of the Club, but many JR parents attend and/or help, and some of our Junior rowers get involved as runners.

PARENT VOLUNTEER OPPORTUNITIES

Keeping our Junior teams “afloat” takes a great deal of time and effort. If all of our parents chip in and help, we can have a lot of fun and do great things for our kids. Since we all have different talents and amounts of time to contribute, listed below are some of the opportunities that typically need to be done:

HOME REGATTA VOLUNTEERS

Parent volunteers are crucial to the success of each home regatta because they staff a variety of essential positions required to run a regatta. For example, parent volunteers are needed as launch drivers, finish line timers, fee collectors, starting line personnel, dock traffic controllers, and food concession personnel. Without parents, the regattas simply would not happen.

USROWING REFEREE

For those who truly enjoy the hands-on involvement of a regatta, you may want to consider becoming a licensed USRowing referee. As a referee, you will be actively involved in ensuring safety and fairness of the regattas, and you often have the best seat in the house for watching races. The process of becoming a referee is beyond the scope of this Handbook; if this opportunity intrigues you, visit the USRowing website’s Referee section at <http://www.usrowing.org/referees/index.aspx> for details. Also, you may contact the Head Coach, who can put you in touch with a local referee for more information.

REGATTA CHAPERONES

Our out-of-town regattas require chaperones to ride the bus with the students and stay in the motel with them. Chaperones’ expenses (transportation and lodging) are paid for by a pro-rata to the athletes. Chaperones also handle the shade tents and the snacks & drinks for the athletes during the regatta itself. (See CHAPERONE RESPONSIBILITIES for a detailed description of chaperone duties, as well as a helpful checklist.)

BOOSTER COMMITTEE POSITIONS

The **President** heads the Booster Committee and presides at all meetings. S/he maintains close contact with the Head Coach and coordinates the activities of the Boosters to provide support to the coaches as well as to accomplish all other activities, including regatta organization and fundraising efforts. The President (or designee) is also the representative on

the Executive Committee of the SLRC and an officer of the SLRC and is entitled to vote on all matters before the SLRC Executive Committee. The President is also responsible for seeing that the Booster Treasurer provides a comprehensive quarterly financial report to the SLRC Treasurer.

The **Vice-President** assists the President and other Board members as requested and fills in for the President when s/he is unavailable. The VP is also responsible for oversight of the Parent Handbook.

The **Secretary** issues all proper notices; keeps a record of the meetings of the Committee. S/he is also responsible for the upkeep of the rosters for each Junior squad for each season. S/he also organizes all forms collected from the parents and rowers and assembles a binder for the coaches with all medical care consent forms for use on the regattas.

The **Communications Director** is responsible for any and all correspondences relating to the Boosters' functions and rowing functions e.g., fall/spring banquets, flyers, announcements, regatta events, etc.

The **Treasurer** collects all monies due the Boosters. The Treasurer contracts vendors, pays all bills deemed necessary to support the rowers in their regatta activities and to conduct the everyday business of the Boosters. All expenditures and payments by the Treasurer require a receipt before they will be paid. Any expenditure of a special nature requires approval by the President or in his or her absence, another officer of the Boosters. The Treasurer shall make a monthly report of all affairs connected with his office, including a full accounting stating the bank balance, amounts received for various activities and the associated expenditures, a list of all delinquent rowers and any other monies paid out or needed to be paid out to conduct the Boosters business. The Treasurer's duties shall also include other items that he may be called upon to furnish by the President or Vice President. The Treasurer shall also provide a comprehensive quarterly financial report, which will be given to the SLRC Treasurer. All records of the Treasurer shall be available for inspection of the President or Vice President upon demand.

The **Publicity Coordinator** provides press releases to the media (newspapers, television and magazines) about the Juniors program of the St. Louis Rowing Club. Press releases range from coverage of local events to human-interest articles regarding individual rowers. The goal of the Publicity Coordinator is to increase the awareness of the St. Louis Rowing Club in the St. Louis Metropolitan area. S/he shall also be responsible for any articles about the Junior rowers and/or the Boosters activities to be published in the SLRC newsletter.

The **Travel Coordinator** coordinates all travel arrangements (primarily bus and hotel) for the team in conjunction with the coaching staff and informs the Treasurer of all associated

contracts and payments required. S/he also prepares the itinerary and directions to be given to each chaperone.

The **Regatta Volunteer Coordinator** provides chaperones and food for the out-of-town regattas, maintains the regatta equipment (shade tents, tarps, coolers, etc.) and gets it to the bus to be taken on regattas. S/he is also responsible for all non-rowing aspects of the St. Louis Sprints, including obtaining host families and concessions. S/he is also responsible for concessions at the Gateway Regatta.

The **Assistant Regatta Volunteer Coordinator** assists the head Coordinator with the purchasing and transportation of food. S/he may be called up to assist the head Coordinator with any of his/her duties.

The **Uniform Coordinator** is responsible for ordering all necessary Junior rowing uniforms (JLs, uni's, warm-up shirts, Novice henley shirts and shorts, etc.).

EVENT COORDINATOR

One of our biggest events is the banquet held at the end of the spring season. Banquets can be held with everyone bringing a covered dish or it can be a catered event depending on the preference of the committee. These events take lots of volunteers to run smoothly. For instance, flyers must be sent, reservations taken, a hall must be secured, menus determined, along with set up and clean up duties. A successful silent auction requires advance work and volunteers on the night of the banquet. On the night of the event, volunteers are needed to man tables with name tags, where guests can be checked off as they arrive. People are needed at the clothing table, and the lost and found table.

Other important events are our recruiting/information sessions to entice new rowers. If you would like to help with an event, please volunteer.

EVENT PHOTOGRAPHERS

We would love to have some parents who can photograph our races and other events. Videos could be used by our coaching staff as a teaching tool. Still shots can be turned into Power Point presentations to be shown at Banquets and at Fund Raising presentations to potential Corporate Sponsors. (Note: Anyone can contribute photos. Negatives or CDs are best.)

FUND RAISING ACTIVITIES

See above. Volunteers are always needed to help staff a fundraiser. Please call any member of the Booster Committee or the Chair of a specific fundraiser to offer your assistance.

COLLEGE ROWING PREPARATION

College coaches want to know the erg scores for your rower in order to compare them to other athletes. Erg scores can be posted on the USRowing website for easy access by the coaches. This website will also give you information on which colleges have rowing programs, the coaches' names, and any possible scholarship information. Another good source of information is the Parents Club at iROW.com. It provides a unique opportunity for parents to understand how the sport will help their rower get into a good college. The site is password coded, so it takes a few days to get a PIN after registration. Then go to the site, click on Parents Club and then on GETTING YOUR ROWER INTO COLLEGE. We encourage you to use this site to become more informed about the sport.

In 2005, the SLRC Boosters prepared a Junior Program College Guide, which is available on our College Rowing page at <http://stlouisrowingclub.com/college.html>. Please take advantage of this valuable resource for your rower.

ADDITIONAL INFORMATION

RECOGNITION BANQUETS

Usually held at the end of the rowing year, this event is held to recognize the achievements of all the squads, distribute letters and awards, and allow the rowers an opportunity to thank their coaches and say farewell to graduates. These are family events and parents are included. It is a fun night for everyone.

ANNUAL AWARDS

Each year, a "trophy" in the form of an oar is presented at the recognition banquet. The recipient of the oar award will have his/her name added to the oar "trophy" displayed at the Boathouse. The four awards are:

Novice Woman – Leroy Schmaltz Award – Most outstanding novice woman that embodies all ideas of sportsmanship, including athletic achievement and dedication.

Novice Man – Karl Heilmann Award – Most outstanding novice man that embodies all ideas of sportsmanship, including athletic achievement and dedication.

Varsity Man – Earl Keppel Award – (usually goes to a junior) Given to the most outstanding freshman, sophomore or junior man who embodies all characteristics of dedication, team spirit, selflessness, and desire to excel.

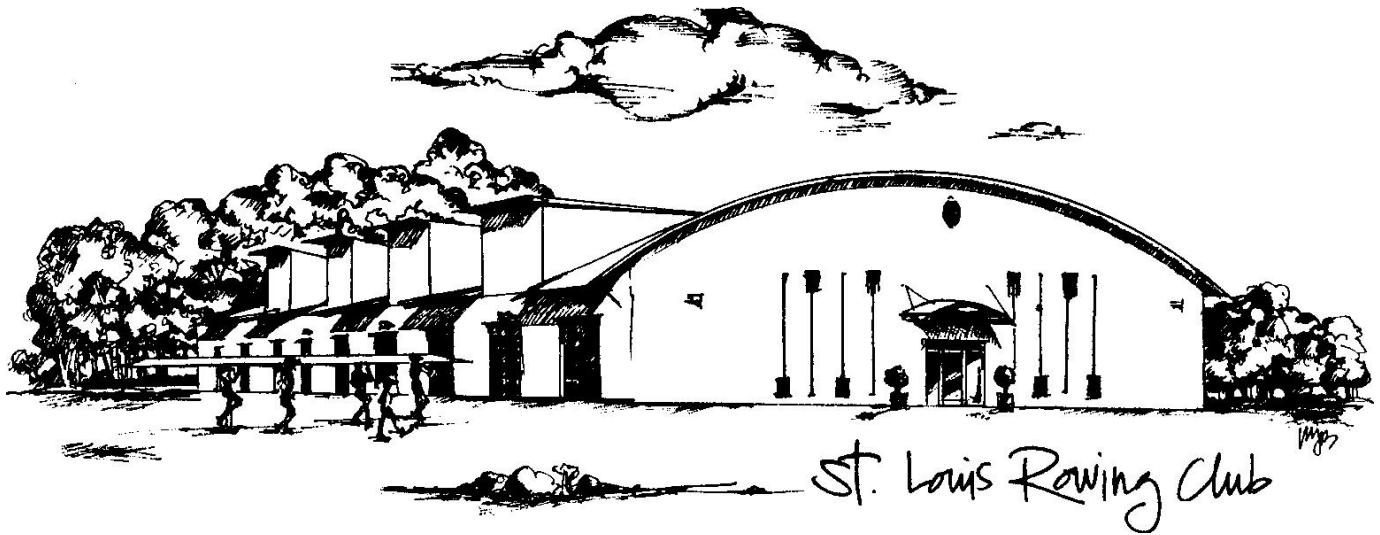
Varsity Woman – Ron Suermann Award – (usually goes to a junior) Given to the most outstanding freshman, sophomore or junior woman who embodies all characteristics of dedication, team spirit, selflessness, and desire to excel.

USROWING SCHOLASTIC HONOR ROLL

This award is available to high school rowers in their senior year. Applications may be submitted from June through early September of the summer preceding the senior year. Essentially, this award is to recognize rowers who also excel academically. For more information, visit the high school rowing section of the USRowing website at http://www.usrowing.org/HighSchool_Juniors/ScholasticHonorRoll/index.aspx.

SUMMER LEARN-TO-ROW CLASSES

For beginners only. This series of ten lessons usually takes place in the summer time frame. Junior rowers are encouraged to attend Learn to Row classes before joining a Novice team, but it is not mandatory. Adult learn-to-row classes also provide an opportunity for **parents** to learn to row in a fun environment. For more information on Learn to Row classes, visit our website or call the Club at 314-434-8299. These classes fill up quickly, so don't hesitate.



ROWING RESOURCES

ORGANIZATIONS

USRowing (800 314 4ROW)

USRowing is the official governing body of the sport in the US. It selects and develops the elite rowers who represent the US in international competitions like the World Championships and the Olympic Games. In addition, it sponsors national championship regattas for Elite, Club, Junior and Masters rowers, establishes the rules governing racing and works to develop the sport at all levels. A membership in USRowing is required before a rower may compete in events which it sponsors.

Other benefits of membership in USRowing include access to its resources of technical information and a subscription to its bi-monthly magazine USRowing. The USRowing web site is www.usrowing.org.

PERIODICALS

Independent Rowing News (800-784-5709)

The Independent Rowing News is the ultimate print source of current news about rowing. It is published every other week during most of the year and carries comprehensive information on upcoming regattas, regatta results, technical information and general gossip about the rowing world. It is intended for the hardcore rower who really wants to keep up on the latest about the sport.

THE INTERNET

St. Louis Rowing Club (<http://www.stlouisrowingclub.com>)

The SLRC site contains information about current events in the Club, regatta and practice schedules, regatta results, club history, rowers forms and booster and Club officer contact information. It is also full of great photos of SLRC rowers in action.

www.row2k.com

www.usrowing.org

www.regattacentral.com

www.racetrak.com

If you can't find what you want to know about rowing on these sites, it probably doesn't exist. They have up to the minute regatta results, links to thousands of other sites (e.g. clubs, equipment suppliers, rowing camps), discussion groups, regatta calendars, etc., etc. You can fritter away many hours, just wandering around these sites and the ones that they're linked to. Use them as a starting point for searching for everything that you want to know about rowing. For more links, check www.rowinglinks.com

www.sportgraphics.com

www.regattasport.com

www.jlracing.com

www.sewsparty.com

The first website provides the opportunity to order regatta photos. The others have everything from apparel and accessories to videos, books and posters.

www.rowing.about.com: This site has tons of information on everything from rowing technique and terminology, to coaching technique and training methods. It's well worth a visit.

iROW (www.irow.com): This site has a special section for parents called Parents Club. This is a unique opportunity for parents of rowers to enjoy a site designed specifically for them. Many, if not most parents know little or nothing about rowing, yet many take the time and make the effort to attend events and support the sport their young rower loves. The Parents Club at iROW.com provides an opportunity for parents to learn about the sport (Rowing 101), understand how it will help their rower get into a good college (Getting Your Rower Into College), and enjoy unique Parent Club events at regattas. This is a free service.

rec.sport.rowing is essentially a bulletin board where questions about rowing are posted and answered, ideas are exchanged and arguments rage. If you've got a question, you can post it here and somebody will probably help you out. www.rowingillustrated.com has a number of interesting blogs.

BOOKS

Many, many books about rowing are available. They range from manuals on rowing technique to stories about the rowing experience and collections of rowing photographs and art. Most are available for purchase on the Web using links to suppliers found at Row2K.com or and/or from Amazon.com and barnesandnoble.com. A few favorites include:

The Amateurs (David Halberstam) – the story of the competition for places on the 1984 Olympic rowing team by some of the best rowers America has produced.

Mind Over Water (Craig Lambert) and Rowing Against the Current (Barry Strauss) — both books recount the experiences of men who learned to row long after they had graduated from college and established careers. Both authors reflect on the problems, frustrations and ultimate joys they found in learning to row. These books appeal to Masters rowers because they are more relevant to our experience than are the stories of world-class athletes.

Rowing Fundamentals (John Ferriss) — one of the most comprehensive collections of technical information on sweep rowing and sculling. Much of the information provided in the SLRC Learn to Row manual comes directly from this book.

A Short History of American Rowing (Thomas Mendenhall) — if you want to learn something about how our sport developed, this is a great place to start.

Thomas Eakins — The Rowing Pictures (Helen Cooper) — Eakins painted some of the classic pieces of rowing art in the 1870's. This book is essentially the catalog of an exhibition of his work which was assembled at the Yale University art gallery. Besides having good reproductions of Eakins' work, it contains discussions of his technique and his love of the sport.

The Art of Sculling (Joe Paduda) — a good general introduction to sculling which includes information on technique, training regimens, rigging, etc.

The Nuts and Bolts Guide to Rigging (Mike Davenport) — this book explains many of the mysteries of proper rigging of sweep and sculling boats in a humorous, non-threatening way. This is especially important information for coaches and for those who purchase and maintain their own boats.

The Coxswain's Manual (Joe Keeley) — Reference source for coxswains.

The Down and Dirty Guide to Coxing (Kirschbaum, Jr.) — A book for every coxswain from rank beginner to the top collegiate level.

CAMPS

By using the above-mentioned internet sites, you can find many summer camps that offer intense rowing opportunities for your student athlete. Many are held at prestigious universities around the country.

DEVELOPMENT CAMP

Invitations to development camp are based on 6K erg scores from the fall and the 2K erg scores in the spring. The coach will tell you the time maximum for each to qualify. These numbers are different for men versus women's scores. Scores are submitted and posted on the USRowing website. The coach will be asked for a recommendation letter if contacted by the development coach. The purpose of the camp is to provide a challenging, competitive, and enjoyable environment for the rower to develop their individual rowing skills for future Junior National Team, World Championship and collegiate rowing opportunities. The camp runs for seven weeks from late June until mid August. There are two camps; one east and one west. Sites can vary where the camps are held and the coaches are usually from the collegiate level. Usually the rower is either going into junior or senior year. Occasionally a rower entering their sophomore year can have strong enough scores to attend. Only 31 rowers attend each camp. We are proud to note that SLRC has sent rowers to development camp over the years.

SELECTION CAMP

After Development Camp a player may be asked to selection camp. The rower's erg scores for the spring 2K need to be even better for this camp and only 24 are invited to come. Out of the 24 only eight are selected for the Junior National Team.

SLRC SUMMER ROWING

Although it is not listed as a Rowing Camp, the summer rowing season with the SLRC Junior Program is an intense and challenging way to develop rowing skills.

ROWING GLOSSARY

BOATS & BLADES

The boats (or shells) are basically of two types and reflect the two forms of rowing: sweep rowing and sculling. In sweep rowing each rower handles a single oar (about 12.5 ft. or 3.9 m long); in sculling a rower uses two oars, or sculls, (each about 9.5 ft or 3 m long). The word *shell* is often used in reference to the boats used because the hull is only about 1/8 to 1/4 thick to make it as light as possible. These shells are also rather long and as narrow as possible.

Each rower has his back to the direction the shell is moving and power is generated using a blended sequence of the rower's legs, back and arms. The rower sits on a sliding seat with wheels on a track called the slide.

Each oar is held in a U-shaped swivel (oarlock) mounted on a metal pin at the end of a rigger. The rigger is an assembly of tubes, which is tightly bolted to the body of the shell. The subtypes of rowing shells are classified according to the number of rowers in the shell.

SWEEP BOATS

Each rower has one oar. These shells can have a coxswain; a person who steers the shell (using a rudder) and urges the rowers on. Included in parentheses is the symbol used for each subtype along with some dimensions and weights.

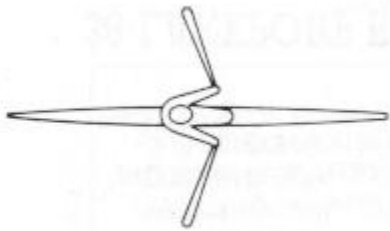
- Coxed Pair (2+): Two sweep rowers with a coxswain
- Coxless Pair (2-): Two sweep rowers without a coxswain
- Coxed Four (4+): Four sweep rowers with a coxswain
- Straight Four (4-): Four sweep rowers without a coxswain. Steering is usually accomplished via a rudder that is attached to a cable that is connected to one of the rower's foot stretchers.
- Eight (8+): Eight sweep rowers with a coxswain. Eights are 60+ ft long and weigh about 200 pounds.

SCULLING BOATS

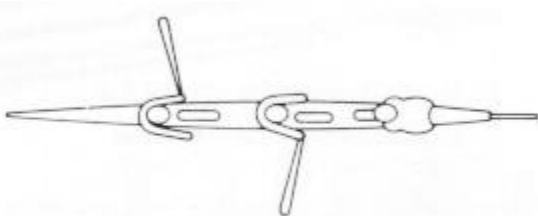
Each rower has two oars. These shells almost never have a coxswain. Steering is generally accomplished by applying more power or pressure to the oar(s) on one side of the shell. The hands overlap during part of the rowing cycle.

- Single (1X): One rower or sculler. Singles are about 26 ft. long and less than a foot wide. Racing singles can weigh as little as 30 pounds. There are heavier (45 to 50 pounds), shorter and wider versions often referred to as recreational singles.
- Double (2X): Two scullers. Most racing doubles can also be used as a pair with a different set of riggers designed for sweep oars. There are also recreational versions of sculling doubles.
- Quadruple (4X): Four scullers. Often referred to as a 'quad' and usually has a rudder attached to one of the sculler's foot stretchers. Most quads can also be rigged as a straight four using a different set of riggers.

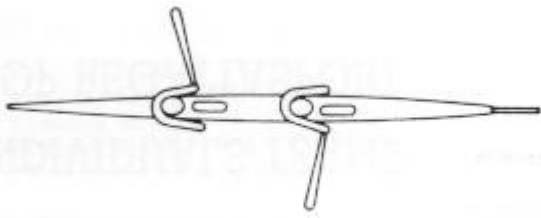
ILLUSTRATIONS OF BOAT TYPES



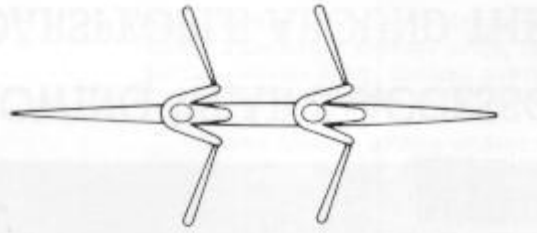
This is a single. One rower, with no coxswain. Its abbreviation is 1x.



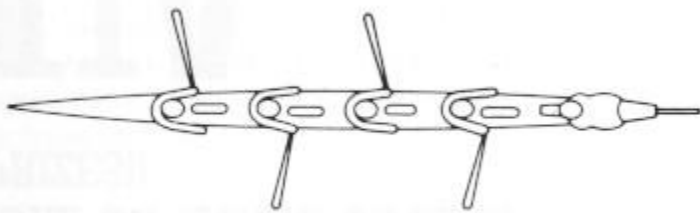
This is a "pair with" (two rowers with one oar each, and a coxswain). The abbreviation is 2+.



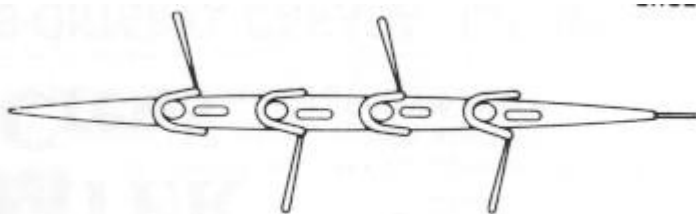
A pair without a coxswain is called a straight pair. The abbreviation for a straight pair is 2-.



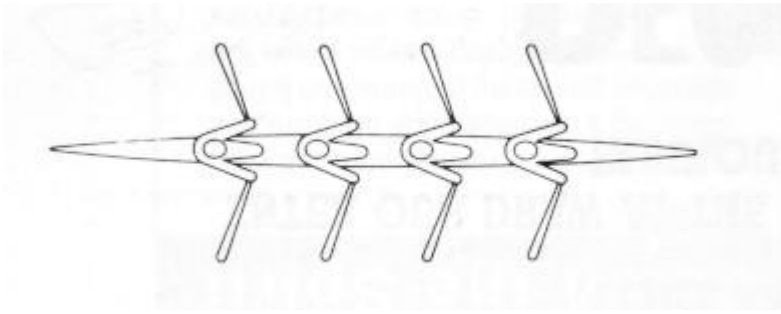
This is a double (two rowers with two oars each). The abbreviation for a double is 2x.



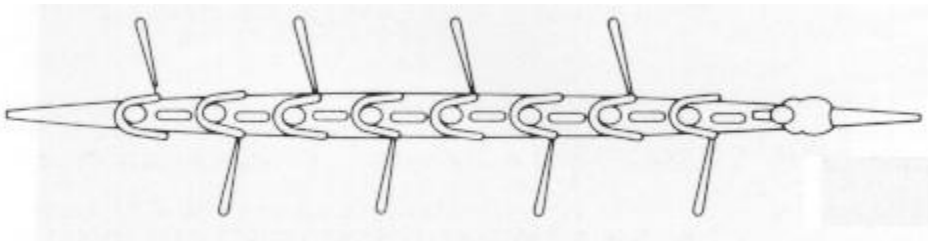
This is a "four with" (four rowers with one oar each, and a coxswain). The abbreviation is 4+.



This is a straight four (four rowers with one oar each, and no coxswain). The abbreviation is 4-.



This is a quad. Four rowers with two oars each, and no coxswain. The abbreviation for a quad is 4x.



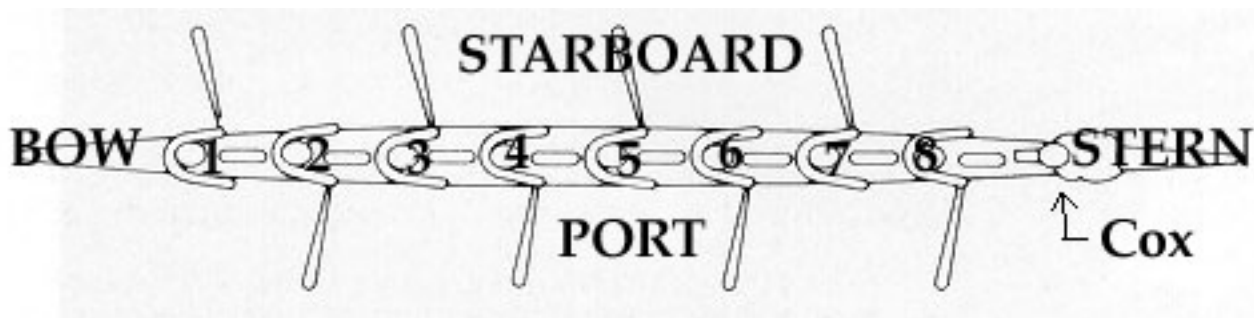
This is an eight. Eight rowers with one oar each, and a coxswain. The abbreviation for an eight is either 8 or 8+. This boat is too big not to have a coxswain.

Bow: The forward end of the shell. Also used as the name of the person sitting nearest to the bow.

Stern: The rear end of the shell.

Port: The left side of the boat when facing the bow.

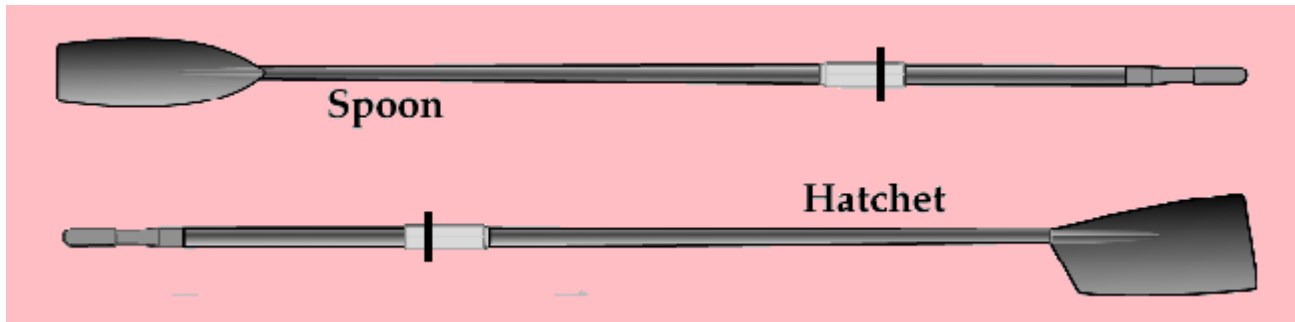
Starboard: The right side of the shell when facing the bow.



BLADES

The wide flat section of the oar at the head of the shaft, also known as the *spoon*. This term is often used when referring to the entire oar.

Hatchets: a relatively new design of oar blades. These were introduced by Concept II in 1992 and are what the names indicate: oar blades that have a bigger surface area than the 'standard' (Macon) blades and have a hatchet or meat cleaver shape. The hatchets are a bit shorter (by about 7 cm) than the standard blades.



WEIGHT CLASSIFICATIONS

There are basically two weight classes for rowers: heavyweight (HWT) and lightweight (LWT).

Men (M)

For team LWT boats, there is a 72.5 kg (160 lbs.) individual maximum, and the boat must average no more than 70 kg. (155 lbs.).

Women (W)

The individual maximum for team LWT boats is 59 kg (130 lbs.), and the boat must average no more than 57 kg (125 lbs.). In the US, the women have an individual max only; no average. In some regattas in the US (usually head races late in the season) these limits are increased by 5 lbs.

A rowing shell is usually built with a particular weight class of rower in mind.

GENERAL TERMINOLOGY

Catch: The point of the rowing cycle at which the blade enters the water at the end of the recovery and is accomplished by an upward motion of the arms only. The blade of the oar must be fully squared at the catch.

Collar (or Button): Traditionally leather, but more normally a precision plastic molding with a flat face which matches the shape of the back face swivel. This affects the pitch. It also keeps the oar from slipping through the oarlock.

Coxswain: The person who steers the shell and urges the rowers on during practices and in a race. A knowledgeable coxswain can also serve as a coach for the rowers and can be the difference between winning and losing a race.

Crab: A problem encountered by a rower when his or her oar gets 'stuck' in the water, usually right after the catch or just before the release, and is caused by improper squaring or feathering. The momentum of the shell can overcome the rower's control of the oar. In more extreme cases the rower can actually be ejected from the shell by the oar.

Drive: That part of the rowing cycle when the rower applies power to the oar. This is a more (or less) blended sequence of applying power primarily with a leg drive, then the back and finally the arms.

Ergometer (Erg): An ergometer is a rowing machine that closely simulates rowing in a boat. "The ergometer simulates the physical demands of rowing, packaging the pains with none of the amenities that make it worthwhile." from Kiesling's [The Shell Game](#).

Feathering: The act of turning the oar blade from a position perpendicular to the surface of the water to a position parallel to the water. This is done in conjunction with the release.

Finish: The last part of the drive before the release where the power is mainly coming from the back and arms.

Foot Stretcher (or bootstretchers): An adjustable bracket in a shell to which the rower's feet are secured in some sort of shoe or clog.

Head Races: These races are conducted later in the rowing season, starting in late September. They are about 2.5 miles long and the boats are started in their respective divisions separately at 10-second intervals. These are usually conducted on a river with an

assortment of bridges and turns that can make passing quite interesting. The winner of each division is referred to as the 'head' of that river.

Layback: The amount of backward lean of the rower's body at the end of the finish.

Oarlock: A U-shaped swivel which holds the oar in place. It is mounted at the end of the rigger and rotates around a metal pin. A *gate* closes across the top to keep the oar in.

Pitch: The angle of the blade to the water...usually about 4-6 degrees. Pitch prevents the blade from digging uncontrollably deep into the water. The pitch is positive, in other words, the top of the blade tilts towards the stern.

Recovery: Part of the rowing cycle from the release up to and including where the oar blade enters the water.

Regatta: An organized crew race.

Rigger (or outrigger): The device that connects the oarlock to the shell and is bolted to the body of the shell.

Rigging: The relationship between the dimensions and angles of the boat, the seat, the sculls and you. The adjustment and alteration of accessories (riggers, footstretchers, oar, etc.) in and on the shell. Examples of rigging adjustments that can be made are the height of the rigger, location of the footstretchers, location and height of the oarlocks, location of the button (or collar) on the oar and the pitch of the blade of the oar.

Rudder: Steering device at the stern. The rudder in turn is connected to some cables (tiller ropes) that the coxswain can use to steer the shell. Older shells have short wooden handles (knockers) on the tiller ropes. These knockers are used by the coxswain not only to steer the shell, but also to rap out the cadence of the stroke rate on the gunwale.

Scull: This term is used interchangeably when referring to one of the oars used in a sculling shell, the shell itself, or to the act of rowing a sculling shell.

Skeg (or Fin): A small fin located along the stern section of the hull. This helps to stabilize the shell in holding a true course when rowing. All racing shells have a skeg. The skeg should not be confused with the rudder.

Slide (or track): The track on which the seat moves.

Slings: Collapsible/portable frames with straps upon which a shell can be placed temporarily.

Sprints: The standard racing distance is 2000 meters (preferably straight) and usually has several shells racing against each other in their separate designated lanes which may or may not be marked by buoys. These races can take anywhere from 5 ½ to 8 ½ minutes depending on boat class, weather conditions, water current and the physical condition and experience of the rowers. Other racing distances are 1000 meters for older guys and gals (Masters) and 1500 meters for the Junior age division (high school).

Squaring: A gradual rolling of the oar blade from a position parallel to the water to a position (almost) perpendicular to the surface of the water. This is accomplished during the recovery portion of the rowing cycle and is done in preparation for the catch.

The "Stroke": The rower sitting nearest the stern (and the coxswain, if there is one). The stroke is responsible for setting the stroke length and cadence (with the coxswain's gentle advice).



CHAPERONE RESPONSIBILITIES

BRIEF OVERVIEW

1. **HAVE FUN:** This regatta is as much an event for you as for the rowers.
2. **ENLIST THE HELP OF THE ROWERS:** Your job is to oversee activities, not do activities (except for cooking). Therefore, if a tent needs moving, **ENLIST THE ROWERS**. If the coolers and supplies need loading or unloading, **ENLIST THE ROWERS**.
3. **PARENTING:** You are the parents for the rowers. If they are out of line, you get them in line (this is incredibly rare). If they are loud, you quiet them. If they are not keeping the area clean, **ENLIST THE ROWERS**.
4. **EVENING DUTIES:** Tim will have a list of rooms, a curfew, a bed check time, and a wake-up time. You share this load with him. Your job is to make sure they're settling in for the night and getting up in the morning.
5. **MEALS:** Cooking is the exclusive purview of the Chaperone. Setting up or taking down – **ENLIST THE ROWERS**. When you eat and what you eat is your responsibility. Evening meals are normally eaten out. Your responsibility is to coordinate the group so some cohesiveness remains; either everyone eats together or they are allowed, **IN GROUPS**, to eat at separate locations in the immediate area with a single "return to this spot" time. You have the flexibility to make this decision.

DETAILED CHAPERONE DUTIES

PRIOR TO THE DAY YOU LEAVE:

Make sure you have the following items to take along: Cell phone, if possible; 2 copies of trip itinerary and directions to hotel and race course; rain gear; credit card and cash for emergencies; jumper cables to start rowers' cars upon return; alarm clock; sun screen; pen/pencil; lawn chair; trash bags for the bus; ziplocs for injuries. (Note: On trips by plane, where a rental van is involved, you may need to secure the rental with your credit card at time of pick up. Check with the Travel Coordinator for details.)

ON THE DAY YOU LEAVE:

Be at the Boathouse parking lot 45 minutes before the scheduled departure. Meet the other chaperones and decide who rides in the Varsity bus and who rides in the Novice bus. Members of each squad must ride on that squad's bus. Introduce yourself to the coaches and find out which coach is going on each bus. To the extent possible, there should be at least one coach riding on each bus. If only one squad is going to a regatta, the coaches may be driving the boats and unavailable for bus duty. Ask the coaches for a copy of the room list. If the buses get too far apart, you will need to use your cell phones to reach the other bus. Therefore, exchange cell phone numbers with the chaperones on the buses. Keep your cell phones on during the bus trip in case it is needed.

Introduce yourself to the bus drivers and give them each a copy of the directions to hotel and race course. Look over the bus for potential safety problems. As the bus driver if the air conditioning/heating is working. Point out any problems you see to the driver. Consult with the coaches if you discover a safety problem that the bus driver cannot immediately remedy.

Help Regatta Coordinator unload food and equipment from his or her car to the underside compartment in the Varsity bus. Put the table in first and load other stuff on top. Make sure the coolers are in a position where they can be removed at the hotel for ice. The propane tank for the stove should be securely strapped in the boat trailer, which probably left earlier in the day. Find out from the Regatta Coordinator what to do with the equipment when you return.

Be sure all rowers and chaperones leaving cars at the Boathouse have a placard indicating that they are members of SLRC attending an out of town regatta and will be parked overnight "on date ____." (Placards are available in the Boathouse.)

About 15 minutes before scheduled departure, ask the coaches if you should start getting kids on the bus. Send a rower into the Boathouse to get rowers out. Get everyone on the bus and call the roll using the room list or alpha list (the coach may want to do this, so ask him/her). Make any corrections in the list that need to be made so it accurately reflects each and every rower who is on the bus. Collect cell phone numbers from the rowers. Do not allow the kids to switch buses. Sit up front so you can talk to the bus driver. If a coach is on the bus, he or she should sit further back in the bus for control purposes.

Ask the coach or team captain to introduce you and to tell the kids that they must follow your directions and help you with equipment. Either you or the coach should tell the kids the bus rules using the microphone that most buses have at the drivers seat:

1. No standing in the aisles or on seats or arms of seats. Stay in your seats at all times when bus is moving.
2. Keep the noise level down. No screaming.
3. Keep the bus clean. Nobody will be allowed to leave the bus when we get to the hotel until all trash is picked up and put in trash bags.
4. Do not use on-board toilets. They smell up the bus. There will be bathroom stops.

Check with coach and bus driver to set dinner/bathroom stops. Whenever you stop, tell the kids what time the bus will be leaving and to use the bathroom because there will not be another stop for several hours, at the earliest. Do not stop whenever a rower needs to go to the bathroom. Each stop takes time, and you will never get there if you do. Also, rowers often just want to stop for candy, not to use the bathroom. CALL ROLL USING THE LIST BEFORE YOU LEAVE ANY STOP – ALWAYS ASK IF EVERYONE HAS A WALLET/PURSE. We seem to leave one behind during every regatta.

If the bus has a VCR and rowers bring movies, you have the right to limit what movie is shown and when it is shown. If a rower brings a movie that you believe is inappropriate because of violence or sexual content, you may refuse to let it be played. Also, if you are traveling late at night and most rowers are trying to sleep (or should be, given the late hour), you can turn the movie off.

When you are about 2-3 hours away from the boathouse, begin watching the signs along the way for exits that have a good variety of fast food (especially Subway). Mark these exit numbers on one of your papers so you will know of good stops for dinner on the return trip.

About 45 minutes before arriving at the hotel, call the hotel on your cell phone and ask them to have the room keys ready. This saves a lot of time at check-in. About 10 minutes before arrival, pass trash bags back and tell the kids to pick up all trash on the bus. Remind them they will not be allowed to get off the bus until it is clean.

Upon arrival, have all kids stay on the bus. You and the coach coordinate picking up the room keys. While the kids are sitting in the bus, the coach will read the room assignments off the list and give a key to the kids as they exit the bus. Assist as needed. Ask coaches when they want lights out. Make sure the coach tells the kids this while they are on the bus. Get a copy of the room assignments so you can make wake up calls and lights out checks. Make sure kids know what time to be on the bus in the morning.

Rowers may not enter the rooms of rowers of the opposite sex. This is a new rule and will not be popular. Nonetheless, if male and female rowers want to socialize, they must do so in the hotel lobby, or in a room designated by the coach, *not in their rooms*.

Get coolers off the bus and after check-in fill them with ice from the hotel. If the ice runs out, finish in the morning.

About 15 minutes before lights-out, go to each room and tell them "lights out in 15 minutes". Go by the rooms several more times until you see that lights are out. Report any problem rooms to the coaches.

THE MORNING OF THE REGATTA:

Make wake up calls to all rowers about 30-40 minutes before departure time. Finish filling coolers with ice and load them on the bus. Fill water jugs from the spigot in the bathtub of your room.

Take roll call when kids are on bus. Make sure driver has directions to race course.

Upon arrival at course, get some rowers to help unload and transport the equipment. Pick a good site and set up the tents. Put tarp on ground under tent. Set up table and food. If appropriate, set up stove and heat water for hot chocolate. Ice down the drinks or mix Gatorade.

Through the day, monitor food area and keep it clean. Watch the races and enjoy yourself. Ask the coaches if they need any help. If you brought a camera, take pictures for use at the banquet.

If rowers ask to leave the regatta site, it is a judgment call. They should never be alone, since their safety is paramount. Also, they must be available for their races, or they will jeopardize the entire crew's ability to compete. If they are not back when the bus is ready to go, everyone will have to be delayed. In the summer, we sometimes have college kids who row in the regattas. They do not need the permission of the chaperones to leave, but we must know where they are so we won't accidentally leave them. Cell phone numbers are helpful in all of the above situations.

At the end of the day, clean up area and pack up equipment. Get rowers to help transport it to the bus and store it. Securely strap propane tank (if utilized) in the boat trailer.

Call roll and hit the road. At the last stop before arriving in St. Louis, have all rowers who are being picked up at the Boathouse call their rides and tell them when we expect to be in. Tell them this is mandatory. If the calls aren't made, you will be stuck waiting at the Boathouse until they are picked up. You can also offer your cell phone if you have free long distance.

About 15 minutes before arrival in St. Louis, pass out trash bags and make rowers pick up bus before you let them off. After they are off the bus, go through the bus again and pick up any trash that is left. Check the bus and luggage compartments for lost and found items. Give them to the Regatta Coordinator. Move equipment and leftover food to Regatta Coordinator's car or your own car, depending upon the arrangements you have made. If you take the equipment home, please rinse out the coolers, sweep off the tarps, and get the equipment back to the Regatta Coordinator during the next week.

Do not leave the Boathouse until all rowers have been picked up or have left.

FOLLOW UP:

Call the Regatta Coordinator and tell him/her about any problems or make suggestions for the future.

Get equipment and lost items back to Regatta Coordinator if you have it.

Send receipts for any expenses you had to the Treasurer for reimbursement.

THANK YOU VERY MUCH!

CHAPERONE CHECKLIST

- Items to Bring: cell phone, rain gear, credit card & cash, jumper cables (leave in car), alarm clock, trash bags, ziplocs, sun screen, lawn chair, pen/pencil, Chaperone Duties document, itinerary and 2 copies of directions to hotel & race course
- Names & cell #'s of Chaperones & Coaches
 - Novice Bus: _____

 - Varsity Bus: _____

- Introduce yourself to the bus driver and give him/her a copy of directions (if s/he doesn't have one).
 - AC/heat working? _____
 - Any obvious safety problems with bus? _____
- Get Room List from coaches to use for calling roll. Make corrections as needed. Gather cell phone numbers of rowers.
- Be sure all cars parked at boathouse have placards indicating that car is parked by an SLRC Rower attending a regatta and will be parked overnight "on dates _____" (placards are available in boathouse).
- Just before leaving, have coach or team captain introduce you to the bus and then call roll.
- Read the list of bus rules from your Chaperone Duties document.

- Dinner/Restroom Stops: Before they leave the bus, set time for return. Upon return, call roll, ask everyone to check for wallets & purses.
- 2-3 hours before arrival: Start noting exit numbers with fast food like Subway. This will help for dinner on the return trip.

- Exit #_ Food: _____
- Exit #_ Food: _____
- Exit #_ Food: _____

- 45 Minutes before arrival, call hotel on cell phone and ask that room keys be ready upon arrival. (Phone # _____)
- 10 minutes before arrival, pass trash bag to clean up bus.
- At Hotel: Give out room keys on bus. Tell them when to be on bus: _____a.m. Get a copy of room assignments for wake up & room check.
- Get coolers off the bus and fill with ice.

NEXT MORNING:

- Wake up calls 30-40 min. before departure. Load coolers on bus. Fill water jugs.
- At Race Course: Get rowers to help unload and set up site: Shade tents, tarps, coolers. Make Gatorade.
- After Race: Get rowers to help clean up. Load bus. Take roll.
- Approximately 1 hour before arrival in St. Louis, have kids call parents and tell them arrival time.
- 15 minutes before arrival, wake everyone and clean up the bus.