



Junior Parent & Rower  
Handbook  
2016-2017

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## **Coach Contact List**

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Head Coach  
Varsity Girls' Coach  
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312.375.6579

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Brooke Grimes  
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Ethan Nussdorfer  
Assistant Boys' Coach  
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## **Competitive Practice Schedule**

Monday 5:15-7:15 PM  
Tuesday 5:15-7:15 PM  
Wednesday Off  
Thursday 5:15-7:15 PM  
Friday 5:30 -7:00 AM OR 5:15 – 6:45 PM  
Saturday 9:30 AM- 12:30 PM

## **Boathouse hours**

5 AM- 10 PM every day (please note there is not someone present at all times)  
Junior rowers are permitted to use the boathouse facility anytime during these hours. Junior rowers under the age of 18 are not permitted to take out rowing equipment without a coach's supervision.

## **2016-2017 Schedule**

Thursday, August 18	Fall parent meeting 6:30 PM @ WCB
Saturday, August 20	Fall season starts
Saturday, August 20th	Payment deadline or first installment due
Friday, September 16	Head of the Oklahoma Payment Due
Saturday, September 17	Second dues installment due
Saturday, September 24	Head of the Brazos – Payment Due
Fri. Sept. 30 – Sun, Oct. 2	Head Of the Oklahoma – All Crews
Saturday, October 8	Head of the Brazos
	Head of the Charles Payment Due
October 22- 23	Head of the Charles – Select Crews
Monday, October 24	Head of the Lake Payment Due
Saturday, October 29	Pumpkin Head Regatta, Austin- All Crews
November 4-6	Head of the Lake Regatta, Seattle, WA- varsity rowers
November 12-13	Erg-a-thon Fundraiser – All Rowers
November 23-November 27	Thanksgiving Break- no practice
TBA	Holiday Party
Saturday, December 17	Inter Squad Races- last day of fall season
Monday, January 9	Start of spring season
TBA- early February	Erg Regatta- All Crews
March 4-5	Heart of Texas Regatta, Austin- All Crews
Spring Break	Varsity practice for part of spring break- check with coaches
	Dallas regatta- All Crews
Friday April 21	Regionals Championships – Payment Due
April 22-23	State Championships- All Crews
May 5-7	Regional Championships- All Crews
TBA	End of year banquet
Friday May 26	Youth Nationals – Payment Due
June 9-11	Youth Nationals, Sarasota, FL. – Qualifying Crews

### **Mission Statement**

The Junior Program at the Austin Rowing Club strives to create a positive, inclusive, and competitive environment that prepares our young athletes for success in all facets of their lives. We row with each other, for each other. Our Boat. Our Race. ARC.

### **The ARC Juniors Philosophy**

The Austin Rowing Club Juniors are a competitive rowing team that strives to succeed at the state, regional, and national levels. We believe in developing a team environment where athletes work with each other, for each other every day at practice and during races throughout the year. We believe in developing a program where student athletes will learn: self-discipline, motivation, confidence, perseverance, goal setting, teamwork, sportsmanship, time management, and the rewards of hard work.

### **History of the ARC Juniors Program**

The juniors program was founded in 1989 as a way to introduce the sport of rowing to high school students. Over the years the program has expanded to include middle school classes and non-racing teams to allow greater opportunities for youth in Central Texas. In the past year we had over 200 youth row in our programs. The competitive program has been very successful at the state level, winning more state titles than any other Texas team. The team has also won several Youth National titles and had numerous graduates continue to row in college on rowing scholarships.

### **About the Austin Rowing Club**

Austin Rowing Club is a non-profit 501c3 organization dedicated to promoting the sport of rowing in Austin, Texas. ARC is a contract partner with the City of Austin Parks and Recreation Department for the management of Waller Creek Boathouse. ARC offers a variety of programming for adults and youth as well as recreational, competitive and outreach programming. ARC has a long history dating back to 1899 with the modern version of the club formed in 1981. Today's ARC has over 500 members and manages a brand new 10,000 sf facility. The club is governed by a board of directors elected by members every year at the annual meeting in September. While the club is managed by several full and part time staff, the heart and soul of the rowing club is the membership and volunteerism of the organization.

For a complete history of the club:

<http://austinrowing.org/history.php>

List of Current Board of Directors:

<http://austinrowing.org/contacts.php>

# Expectations of Competitive Junior Rowers

## Attendance

- Students are required to attend a minimum of 90% of all practices through the season.
- Rowers are expected to manage their schoolwork so they are able to attend all practices. Make-up exams and tutoring should be scheduled on school nights a rower does not have practice.
- If a rower is unable to attend a practice they must let their primary coach know by 12 PM of that day (weekdays); 8 AM for varsity Saturday. Each coach will have their preferred method of contact (Teampages, Text, Call, Email, etc.)
- Failure to notify a coach may result in other rowers who were in a boat with your child not being able to row that day.
- Rowers need to be on time for practice. Rowers need to be at practice no later than 15 min after the start time or they will miss the launching of boats. If a rower is going to be late to practice, they need to notify their coach.
- **Attendance at the regional championship regatta is required.**

## Weather

- If it is unsafe to row (lightning, strong rain, high winds) we will still have practice and rowers should be prepared for a land workout. We will row in light rain.
- In very severe weather we may cancel practice. We try to give as much notice as possible and you should check e-mails or look for phone calls.
- Rowers and parents are responsible for making sure athletes are prepared for different weather conditions.

## Attitude

- Rowers are expected to be ready at the start of practice with a good attitude and to work hard. Rowing is a team sport and rowers should be willing to help teammates and help develop a motivational, positive and encouraging team culture.
- At regattas rowers should always show good sportsmanship towards other teams. Trash talking is not appropriate. Be gracious to your opponents and congratulate them on racing well.
- Juniors must remember they are part of a larger rowing club and should always be respectful of other adult rowers at the club as well as parents and guests who may be at the club or traveling with the team.

## Safety

- All rowers should follow the orders of coaches, coxswains, and bow seats to maintain safety on and off the water.
- It is the responsibility of rowers to stop rowing if they can no longer see their coach.
- Rowers needing medications on the water (i.e. for asthma) need to make sure they have their medication with them at all times.
- Each rower will be issued a fob (electronic key) that will allow them to access the main doors as well as the interior door to the restrooms and erg room. Each fob is electronically assigned to a rower and will monitor entrance to the facility. Lost fobs or

fobs not returned when a rower leaves the club will result in a \$25 charge to a rowers account.

### **Regattas**

- Rowers will travel as a team to regattas either by vans or a charter bus. Rowers are not allowed to drive themselves to a regatta. In special circumstances parents wishing to drive their child to a regatta independent of the team must notify the head coach before the event. We ask that rowers travel as a team as this is part of the team bonding experience.
- All rowers are responsible for helping load and unload the trailer for regattas.
- **All rowers are expected to stay for the full regatta and help teammates with their boats and for support. Rowers must stay at the regatta until they have been dismissed by a coach.**
- Rowers are expected to make good decisions while having fun on these trips. Being out of bed after curfew, staying up all night, being disrespectful to chaperones, other teams, or officials, not being where you are supposed to be, and anything illegal are all behaviors that will not be tolerated.
- **While traveling on a bus, girls and boys will be asked to sit separately on the bus. We ask athletes to respect this policy during travel.**

### **Behavioral Policies**

#### **Drug & Alcohol Policy**

- **The use of alcohol, cigarettes, and illegal drugs is strictly prohibited. Any athlete using any of the above-mentioned substances, whether at home, while with friends, at school, at practice, or while traveling with the team, will result in immediate dismissal from the roster. We will not tolerate this behavior whatsoever.**
- **If we hear of alcohol, cigarette, or drug use by any ARC athlete, we will immediately be in contact with parents to discuss further actions to be taken.**

#### **Team Romances**

- **While we completely understand this time of their lives, we ask that our athletes respect their teammates, their coaches, and the club at large, by not advertising their affections while at practice, at team events, or on team trips. Failure to adhere to this guideline will result in a phone call to parents, and a second offense may elicit a suspension from traveling or racing. Team activities are neither the time nor the place for personal displays of affection.**

#### **Missing Regattas**

- **Athletes are expected to race at ALL regattas on the schedule. In the event of emergencies, religious obligations, or academic conflicts, certain exceptions may be made.**
- **Rowers must let their coach know AS SOON AS POSSIBLE of any conflicts. Notice less than 1 month before a regatta may result in disciplinary action by the coach.**
- **School dances (Prom) and/or music festivals shall not take precedence over racing.**
- **Attendance at the regional championship regatta is required.**

## **Expectations of ARC Juniors Parents**

Joining a competitive rowing program is a very exciting decision but also a big commitment that requires everyone to work together, manage time, and sometimes make hard decisions. Parents are a vital component to help your rower succeed in the program.

- It is important we have a current e-mail for parents & activated TeamPages Account as TeamPages is our current form of communication.
- Please study the practice and race schedule carefully and plan events around this schedule.
- If you need to make important college visits please talk with your child's coach about less critical times in the season.
- It is also important to get your child to practice on time (if you are driving).
- It is important that rowers are eating enough calories and nutritiously dense foods.
- Parents should not provide alcohol, cigarettes, or illegal drugs to their athletes or other ARC athletes. Parents condoning this behavior will be removed from the club along with their athlete.
- If your child is rowing lightweight or is a coxswain it is important to monitor their eating and make sure they are not making significant changes to their diet. Please contact your child's coach if you have concerns about their nutritional choices.
- The Austin Rowing Club is a volunteer driven organization and requires support from all members. All parents are asked to volunteer their time, even if it is only a small amount, during the year.
- If there are problems we ask that rowers discuss issues with coaches first. If needed parents should get involved as a second measure. Please contact your child's coach about a meeting time. Race day is not a good time for any significant conversations.
- We ask that parents support the race line-up decisions of coaches. Parents are asked not to get involved with boat selection but can encourage their child to keep up the hard work and focus on short-term and long-term goals for the season.
- Make sure your child is dressed appropriately for practice.
- If your child is receiving PE credit for rowing it is important to understand that rowing should be the first desire and PE credit second. Rowers who fail to meet the club policies or follow the code of conduct may be removed from the team and dropped from PE credit.



## Clothing/ What Rowers Need

- T-shirts or tank tops that are not too baggy.
- Shorts that are either spandex or athletic shorts that are not too long or baggy (rowers will not be allowed to row in jeans or jean shorts).
- At least one 32 oz water bottle with your child's name written somewhere.
- Sunscreen. Hat and sunglasses are optional.
- Athletic tape and band-aids kept in their athletic bags for covering blisters.
- Socks
- Rowers will need some type of running or tennis shoe for land training.
- Novice rowers will receive a racing tank top as part of their dues (sizes taken at the start of the season) and will then need black spandex shorts to complete their race uniform.
- **Effective fall of 2016, boys must wear a top, no matter the temperature or condition.**
- **Girls must also wear a shirt or tank top. Rowing or erging in just a sports bra is strictly prohibited.**
- **Girls must also wear spandex longer than 5" at all times. If you have questions about this rule, or where to find appropriately sized shorts, please contact one of your daughter's coaches.**

## Parking

With growth in the downtown area parking is becoming an increasing challenge. The club is always looking for parking options for our members and there may be changes to parking options through the year. For now parking can be divided between paid and free parking.

- If you are dropping off and picking up then the best place to meet your child is at the cul-de-sac (Trinity street just south of Cesar Chavez).
- There are metered spots along Trinity, San Jacinto, Cesar Chavez, and 2<sup>nd</sup> street and this is a convenient place to park, for a fee. Note on Sundays that metered spots are free. There are also parking garages near the convention center and visitor's center that offer parking for a fee.
- The MACC parking lot to the hike and bike trail and then cross at the Waller Creek Bridge. It is only a few minutes to get to the boathouse. Rowers are encouraged to walk in groups at the end of practice back to their cars. This is especially important in the dark.
- Regardless of where you park rowers should not leave things inside of their car. Even a bag that just has clothing may tempt someone to break your window to get the bag. If rowers are going to put things in their trunk they should do so at school and not when they get to the boathouse. There are small lockers in the boathouse that rowers may use to secure items. Some lockers can be rented and other are day use locker where you use your own lock.
- At the start of the season an e-mail will go out to parents listing contact info for everyone on the team. This list can then be used to help form carpools if needed.

**I have read and understand the policies of the Austin Rowing Club Junior Program.**

**Student Athlete Signature & Date:**

**Parent Signature & Date:**