



ARC Juniors Handbook

Fall 2018 - Spring 2019

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Coach Contact List

Eli Brown
Varsity Boys Head Coach
214-287-8400
eli.brown@austinrowing.org

Annie Gardner
Varsity Girls Head Coach
609-751-6030
annie.gardner@austinrowing.org

TBD accompanied by John Kolenda
Novice Boys
kolendajohn@gmail.com

Ethan Nussdorfer
Novice Girls
ethan.nussdorfer@gmail.com

Competitive Practice Schedule

Varsity Girls	Varsity Boys
Monday 5:15-7:15 PM Tuesday 5:15-7:15 PM Wednesday 5:15-7:15 PM Thursday 5:15-7:15 PM Saturday 9:30 AM-12:30 PM	Monday 5:15-7:15 PM Tuesday 5:15-7:15 PM Wednesday 5:15-7:15 PM Thursday 5:15-7:15 PM Saturday 9:30 AM-12:30 PM

Novice Girls	Novice Boys
Monday 5:15-7:15 PM Tuesday 5:15-7:15 PM Wednesday Off Thursday 5:15-7:15 PM Saturday 9:30 AM-12:30 PM	Monday 5:15-7:15 PM Tuesday 5:15-7:15 PM Wednesday Off Thursday 5:15-7:15 PM Saturday 9:30 AM-12:30 PM

Boathouse hours

5 AM- 10 PM every day. Important: Rowers under the age of 18 are not permitted to take out any boats without supervision. If rowers would like to schedule additional rows, they should contact their coach and arrange a time.

2018 Fall Schedule

Sunday, August 26	Pay in full and receive \$40 off season dues
Monday, August 27th	Fall season begins -- first installment due (50%)
Saturday, September 8th	Fall parent meeting 12:30 – 1pm @ 74 Trinity St.
Saturday, September 22nd	Annual ARC meeting and boat races!
Monday, October 1st	Second payment installment due (25%)
Saturday October 13th	Head of the Brazos (all rowers)
Weekend of October 19-21st	Head of the Charles (select athletes only)
Weekend of October 26-27th	Pumpkinhead Regatta (all rowers)
Thursday, November 1st	Third payment installment due (25%)
November 20-25th	Thanksgiving Break
TBD	Holiday Party
Thursday, December 20th	Last day of fall season
December 21st - January 7th	Holiday Break
Tuesday, January 8th	Start of Spring Season

Mission Statement

We strive to be the best version of ourselves on and off the water by holding ourselves and our teammates accountable to high standards of character, kindness, and rowing.

The ARC Juniors Philosophy

1. Work hard.
2. Be kind and honest.
3. Have fun.

History of the ARC Juniors Program

The Juniors Team 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 opportunities designed for middle school students and recreational rowers. The competitive team has a long history of strong racing at the State and National level, and rowers train accordingly.

About the Austin Rowing Club

Austin Rowing Club is a 501c3 organization dedicated to promoting the sport of rowing in Austin, Texas. Austin Rowing Club is the managing entity for the City of Austin Waller Creek Boathouse and operates through a contract partnership with the City of Austin Parks and Recreation Department, ARC operates out of the Waller Creek Boathouse. Austin Rowing Club offers a wide range of programming for people of all ages, abilities, and backgrounds. 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 is the membership and volunteerism of the organization.

Expectations of Competitive Junior Rowers

Attendance

Rowers are expected to be accountable to themselves and their teammates. This means showing up to practice and putting in the work, as well as responsibly managing time outside of practice. Rowers will learn skills to take care of their physical, mental, and academic wellbeing.

- Rowers are expected to plan ahead and complete their schoolwork in a timely manner so that they attend practice consistently.
- Students on the Varsity team are expected to attend a minimum of 90% of all practices throughout the season.
- Make-up exams and tutoring should be scheduled on school nights a rower does not have practice.

- Rowers are expected to communicate with their coaches more than 24 hours prior to a practice they will not be able to attend. In the event of an emergency or illness, alert your coach as soon as possible.
- Rowers should plan to arrive at practice promptly. In the event of unplanned traffic or limited parking, alert your coach.

Weather

Rowers should plan on spending the majority of practice outside and come prepared for weather conditions, rain or shine. Athletes will need to make sure they have the sun protection, extra water, warm layers, and rain gear they need to stay comfortable and productive during practice.

- In the event it is unsafe to row due to rain, wind, or other weather conditions, practice will be held indoors at the boathouse.
- In the event practice is canceled due to weather, rowers and parents/guardians will be notified through email.

Safety

- Rowers will not be allowed on the water without a signed waiver and emergency contact information.
- On the water the first priority is safety. Rowers are expected to give their bow/coxswain and coach their full attention.
- Rowers are responsible for stopping the boat in the event they are out of sight of their coach.
- Rowers with medical needs are expected to communicate with their coaches and boatmates regarding what they need to stay safe on the water.
- 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 the rowers account.
- Rowers are expected to stay with a partner at all times when on the Hike and Bike Trail. This includes team runs as well as returning to their vehicles after practice.

Regattas

- Rowers will travel as a team to regattas by van or charter bus. Rowers are not allowed to drive themselves to regattas. Parents wishing to drive their child to a regatta independent of the team must notify the head coach before the event.
- All rowers are responsible for regatta set up and clean up. This is especially important at home races where extra time should be budgeted for clean up. Rowers must stay at a regatta until they have been dismissed by a coach.

- All rowers are expected to stay for the full regatta and help teammates with their boats. Rowers who would like to volunteer with stake boating ect. are encouraged to do so after they have completed their races.
- Rowers are expected to make good decisions regarding sleep, nutrition, and behavior at home and away races. Consequences for not doing so could include not being permitted to race.
- While traveling on a bus, girls and boys will be asked to sit separately.

Drug & Alcohol Policy

- The use of alcohol, cigarettes, e-cigarettes and illegal drugs is strictly prohibited. Any athlete using any of the above-mentioned substances on ARC property, at an ARC event, or providing them for teammates **will be immediately dismissed from the team.**
- If coaches become aware of alcohol, cigarette, e-cig, or drug use by any ARC athlete, parents will be contacted immediately.

Team Romances

- Rowers may not engage in public displays of affection at the boathouse or team sanctioned events.

Sportsmanship

- Rowers are expected to speak to their teammates, coaches, ARC members and staff, and opponents with respect at all times.
- Rowers will hold their teammates to high standards of character on and off the water with honest and kind conversation.
- Rowers may not remove their shirts at any point during practice or at a regatta.

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

Student Athlete Signature _____

Date _____

Parent/Guardian Signature _____

Date _____