

Sarasota Scullers Youth Rowing Program



*PARENTS AND ROWERS
HANDBOOK*

Rowers can do it all, and they can do it well. Joining the rowing team will be the greatest decision you will ever make, if you choose to accept the harsh realities of the sport. By doing so, you will understand the incalculable value of an indomitable spirit--and you will learn, above all, that your achievements in life are limited only by the magnitude of your drive to achieve them.

-Amy Yao

Welcome!

If you are reading this, you are or are becoming a Sculler. We at Sarasota Scullers Youth Rowing Program are here to build successful rowers and develop incredible people. Success means so much more than only winning medals. Success means respectful, welcoming, passionate athletes. We attempt to bring each other up to the high standard that is Sarasota Scullers. At Scullers, we see rowing as an opportunity to develop skills that can be carried on throughout our lives. We call this the “Whole Rower.”

Our athletes are expected to push themselves to their physical and mental limits and do so with a smile. Rowing is the most difficult sport around- physiologists compare our 7 minute, 2,000m races to the same physical exertion as 2 back to back basketball games. Trust us when we say, you have never committed yourself like you must in rowing. Rowing is the epitome of team sports- every stroke you take must be in perfect harmony and rhythm with those around you. You must speak without speaking, lead without talking, and be able to follow and anticipate your surroundings with your eyes closed. Those teams and boats able to commit, follow, and harmonize will take home the gold.

Off the water, we demonstrate the respect and gentility of this long-standing sport. We help other teams in need. We respect race officials, parents, other teams, team mates, and the venues on which we row. At all times, we are Scullers. When we act and treat others like winners, we become winners and strong citizens. We expect that parents, too, will help the athletes develop skills to grow stronger individually and as a teammate throughout their rowing career.

Sarasota Scullers takes great pride in the academic achievements of its athletes and insists the athletes maintain a solid academic record according to the standards set by the local schools. Part of athletic training is learning juggle scholastic achievements with training plans. We do follow a no-pass, no-play policy. We also have a mandatory attendance policy. While the sport pushes you to challenge your individual limits, you cannot do so without the entire team present.

College rowing teams will scout some of our rowers. A great academic record with strong rowing skills will greatly enhance the individual athlete's opportunities of gaining admission to leading universities and colleges. We celebrate our alumni's success with their new teams.

There are probably lots of questions you have right now- How can I help? What is rowing? What is expected of a participant? What is expected of me as a parent? What are all these strange words?

This guide aims to answer those questions and give an overview of Sarasota Scullers' rules, regulations and procedures. Please, keep in touch with the coaches throughout the rowing season. They are there to guide the team towards success. Please also volunteer often, not only do we thrive on volunteer efforts, it is a great way to make new friends. We thank you for bringing a new rower to this lifelong sport.

Scullers Contacts

Clubhouse/Office:
153 N Tamiami Trail, Osprey, FL 34229

Water Practice Site:
800 Blackburn Point Dr, Osprey, FL

Phone: 941-966-2244

Head Coach: Greg Wood

Assistant Coaches: Jack Mischak, Kyle Dieterle, Jonathan Zagroba

BOARD MEMBERS

President - Kevin Labrecque
Vice President- Dr. Susan Mihm
Treasurer - Carl Watkins

Wendy Deming
Ray Giannini

Roger Navarro
Alice Rothbauer

Fall Season runs High School Aug 10 to Dec 18 Middle School Aug 23 – Dec 18
Spring will be Jan 1 – May 31
Summer will be June and July; final details will be based on Sarasota County Schools calendars.

Expected Race Dates-

Sarasota 5000 – 10/2/2021
Tampa Fall Classic – 10/16/2021
Halloween Regatta – 10/30/2021
Head of the South – 11/13/2021
Festivus – 12/18/2021

Novice Regatta – 2/1/2021
Southern Sprints – 2/12/2021
Sarasota Invitational Regatta – 2/25-27/2021
Tampa Mayors Cup – 3/19/2021
Club Championships 4/2/2021
Southeast Regional Championships 5/7-8/2021

Please mark your calendars for December 4, our planned Million Meter Day. All hands on deck will be required.

Our season follows the Sarasota County School Calendar. Weekdays are typically 3:45pm-6:00pm, and Saturdays 6:45am-9:00am. Days off are ordinarily shift to morning practices, or we skip the day. Thanksgiving and Christmas break will have limited practices

*Of course it's hard. It is supposed to be hard. If it was easy, everyone would do it.
Hard is what makes it great.
-A League of their Own*

Helpful Websites & Communications Tools

Regatta Central www.RegattaCentral.com

This website is a near complete list of regattas, schedules, updates, and results. (Do NOT register yourself or your child for regattas. The coach and regatta coordinator will do this!)

Row2k www.row2k.com

This is a great website with tons of information about the rowing world. This site covers world-wide rowing events and results. Blog entries include rowing tips, the future of rowing and more.

USRowing www.USRowing.org

USRowing is the official sanctioning body of rowing within the United States. Join today! You can find copies of rulebooks and more on this site.

Amazon Smile smile.amazon.com

Use this link to support Sarasota Scullers Youth Rowing Program. Connect your Amazon account and Amazon will donate up to half a percent on the purchase of eligible items at no cost to you. Purchases must be made through smile.amazon.com, not amazon.com to qualify for the donation.

CDC Extreme heat article www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp

This site is a pretty good overview of the dangers associated with heat stresses. Please familiarize you and your child with the warning signs of heat stress. Heat stress should not be confused with a difficult workout!

CDC Hypothermia overview www.bt.cdc.gov/disasters/winter/staysafe/hypothermia.asp

While it does not usually get very cold in Florida, sometimes the regional competitions in the fall take place up in Tennessee or other locations where cold air temperatures, plus water can yield hypothermia. Familiarize your child and yourself with the signs of hypothermia.

Email

When you sign up and register, we will use your email to add you to our MailChimp list. We send out notes at least monthly, if not more often to keep you up-to date with the goings on of the organization. You are responsible for the information contained within these emails; please read and ensure it isn't going to spam.

You MUST Sign these waivers!

USRowing - <https://membership.usrowing.org/individual/join> You must create an account and affiliate with Sarasota Scullers Youth Rowing Program. You will need our club code, FJZVE when you register. Once you register, please contact the Head Coach to ensure registration worked properly. You need only to choose the ~\$10 option unless your athlete goes to a USRowing hosted event. At that point, they will need to upgrade to the Championship member level. You can add that option at a later date.

NOARA waiver- https://www.noara.org/index.php?option=com_chronocontact&chronoformname=waiver_fl_scholastic
You must sign this waiver as well. Florida has its own governing body in regards to racing and has a separate waiver. We may ask you to sign this waiver on a 3rd method at a later date. FSRA is amending their waiver system currently and we hope it gets easier, soon!

A Moment for Health and Safety

SSYRP is committed to the safety of all participants. We need your active participation to ensure that all events at SSYRP remain incident free. Please, do not underestimate the rigorousness of this sport in conjunction with the Florida weather. As part of that commitment to safety, all officers and coaches of SSYRP are required to be first aid certified. We encourage you to become trained as well, so that in the event of an emergency, you can render assistance.

While millions of practice meters are logged incident free, accidents and emergencies do and will happen. SSYRP will be vigilant in an attempt avoid those instances. We require that you and your child do the same. Completed, signed USRowing and NOARA waivers are required of all participants. Parents and/or legal guardians must sign the provided liability form yearly. Additionally, it is required that all participants have the ability to swim and tread water for at least 10 minutes. The inability to swim will, in most cases, preclude your child from rowing at SSYRP. To ensure safety, all participants must think safety, at all times.

Competitive rowing is an extremely strenuous sport, both mentally and physically. Some participants may have chronic issues that may be affected by these stressors. We require that you as a parent (or legal guardian) make the coach aware of any condition that may surface during training. It is the desire of SSYRP, officers, staff and all involved, to ensure the safety and welfare of its athletes. Upon review, the Coach and/or committee may request a meeting with the parent and athlete to discuss the athlete's responsibilities, the condition, its symptoms, and treatments. When possible and reasonable, accommodations may be made so as to ensure the safety of all participants. If SSYRP feels the condition unsafe, unfortunately, we may have to preclude your child from participation.

Rowing takes place largely on the water and in the sun. At times, athletes and coaches could be in excess of 5 miles from a safe docking location. *If an emergency situation occurs while on the water, emergency medical assistance **will not** be immediately available.* Expected time for EMS to be available could be upwards of 30 minutes, depending on conditions and the situation. Land-based emergencies *may* have a more rapid response time. Parents and athletes should discuss these and all related medical concerns with a licensed physician and use that information to determine whether or not an athlete should participate in this program. We also encourage you to explain to your child the

dangers of heat and cold exposure. SSYRP, its coaches, officers, staff and volunteers do not and cannot accept responsibility for parent/athlete decisions regarding participation in SSYRP programming.

In addition to a waiver, SSYRP protocol also requires that your athlete provides a completed medical history form and physical. These forms should be given to emergency personnel should a medical emergency occur. Refusal to sign any travel, liability, medical form, or any other forms will prohibit participation at SSYRP programming.

Heat Stress Chart

Please take a moment to familiarize yourself and your child with this chart.

HEAT STRESS HAZARDS

	Cause	Symptoms	Treatment	Prevention
Heat Rash	Occurs in hot humid weather. Sweat on the skin can not evaporate and therefore plugs the sweat glands, resulting in a rash.	Red, bumpy rash with severe itching	Change into dry clothes; avoid hot environments and rinse skin with cool water.	Wash regularly to keep skin clean and dry. Wear loose clothing made of breathable fabrics (ex: cotton).
Sunburn	Excessive exposure to the sun's rays (UV rays)	Red, painful, blistering and/or peeling skin	If the skin blisters seek medical aid. Use skin lotions (avoid topical anaesthetics) and work in the shade.	Work in the shade; avoid sun exposure especially between 10am and 4pm; cover skin with clothing; wear suntan lotions with a sun protection factor (SPF) of at least 15. **People with fair skin should be especially cautious.
Heat Cramps	Excessive sweating causes the person to drink lots of water to compensate for the water loss but it does not replace the loss of salt (from the sweating), resulting in heat cramps. *Often occurs after vigorous exercise in extreme heat.	Painful cramps in the arms, legs or stomach which may occur during or after excessive exercise in extreme heat. **Cramps are serious because they can be a sign of other more dangerous heat induced illnesses.	Move to a cool area, loosen clothing and drink cool salted water (1 tsp salt per gallon of water), or a commercial replacement beverage. If cramps are severe and don't disappear seek medical aid.	When working in the heat workers should put salt on their food (if on a low-salt diet consult with your doctor). **Don't take salt tablets.
Heat Syncope	Temporary loss of blood supply to the brain. Often occurs to people who are not used to the hot weather, or who have been standing for prolonged periods.	Dizziness or fainting after at least two hours of work, cool moist skin, weak pulse	Fainting may be due to a heart attack or other illness GET MEDICAL AID . Assess need for CPR. Move to a cool area; loosen clothing; make person lie down; if the person is conscious offer sips of cool water.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms which often precede heat stroke.
Heat Exhaustion	Excessive loss of water and electrolytes as a result of profuse sweating. The body's cooling system starts to break down.	Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, body temperature over 38 °C, cool and moist skin, fast and weak pulse and fast, shallow breathing	GET MEDICAL AID . Heat exhaustion can lead to heat stroke, which can kill. Move to a cool shaded area; loosen or remove excess clothing; provide cool water to drink (salted if possible); fan and spray with cool water	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms which often precede heat stroke.
Heat Stroke	The body has used up all its water and salt and stops sweating. The body is therefore unable to regulate its temperature.	Body temperature above 39.4 °C, irritability, red and hot dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness and weakness. In the later stages the person may pass out and have convulsions	CALL AMBULANCE . This condition can kill a person quickly. Remove excess clothing; fan and spray the person with cool water and if the person is conscious offer sips of cool water.	Reduce activity levels and/or heat exposure. Drink fluids regularly. Workers should check on each other to help spot the symptoms which often precede heat stroke.

Team structure

SSYRP is divided into a middle school rowing team and a high school team. Our Head Coach, oversees the entire rowing program and communicates training and technical focuses to all coaches. The Head Coach, in combination with all of the other coaches, will determine all items related to the development of the team, scheduling, racing, and overall long-term planning of SSYRP.

The middle school team is coed, with boats containing boys and girls together. Most middle school races are mixed boats. This team is led by 1-3 coaches as necessary. Generally, the team will practice for about 12 weeks, September-December, then again from January-April. Additional programming is available over the summer months. Our goal with middle school rowing is developing fundamentals of rowing while beginning to challenge each rower to support their teammates. We aim to cultivate great high school rowers from our middle school team.

The high school team is divided into a men and women's novice team and a men and women's varsity team. The novice and varsity rowers practice on the same days, completing the same workouts. A novice rower moves to the varsity level of competition after one year, sometimes sooner. Some regattas have specific age or experience definitions for races. In those cases, athletes will be entered in races to best represent SSYRP. Overall, tenure means little; performance, attitude, behavior, and attendance rule the roost and will be looked upon favorably.

Additionally, we have a male and a female team captain. As needed, we will add an assistant team captain. The Team Captains are tasked with acting as a liaison to the Coaching staff. They are tasked with ensuring team bonding, being supportive, and generally be one-step ahead with needs for the team during practice, racing, and preparing for regatta travel.

Organizational Structure

SSYRP is a qualified 501(c)(3) charitable organization and your tax-deductible contributions of cash, securities, or non-cash items are accepted. We will provide a donation letter compliant with the law for all donations over \$100. Our non-profit status is required to allow us to apply for grants, hold fundraising events, and keep our operational costs as low as possible.

Board of Directors

The Board of Directors oversees the stewardship of SSYRP and guards the mission of SSYRP. They monitor the health and ethical behavior of the organization. The Board is also tasked with ensuring SSYRP has adequate resources, financial and otherwise, to ensure a successful program and ensuring we have an esteemed reputation. The SSYRP Board is a working board, volunteering 10+ hours per week completing these tasks. Another major job of the board is hiring and reviewing the Chief Executive - the Head Coach. The Board of Directors serves as a last-resort to address grievances not adequately addressed by the Executive staff.

Executive, Administrative and Coaching Staff

The Head Coach guides and is supported by assistant coaches and office staff. It is the responsibility of the Head Coach to determine all matters involving training, racing, equipment, and matters of summary discipline. The Head Coach oversees SSYRP programming, including middle school, novice, and varsity rowers. The Head Coach works with the Board to ensure the Organization's mission is being fulfilled and that there is a long-term plan in place for continued success and improvement. The Head Coach manages all day-to-day operations of SSYRP, provides a strategic vision, assists in fundraising, and helps make strides towards a bright future for SSYRP.

Sustainability

SSYRP is dependent upon the athletes meeting their financial responsibilities and assisting in fundraising in order to maintain our high level of commitment to our athletes and families. Your athlete's fees are not enough to maintain SSYRP's financial needs. As a parent of an athlete, we rely on your help to source donations, attend and work fundraisers, promote the organization and overall ensure that SSYRP has many community partners that donate and refer athletes to our organization. Parent participation beyond payment of fees, is required to sustain SSYRP. Failure to do so will result in participant fees being raised substantially.

Program Fees

Each athlete is required to be current in their fees to row and participate with SSYRP. In limited circumstances, we offer to break the fee into two or three payments over the course of each season. Our fees include regatta fees and, in most circumstances, transportation for regattas over 2 hours away. Regattas with overnight travel or special regattas, such as Head of the Hooch, Regionals, Nationals, may not be included in our fees. These will be denoted at the beginning of each season for we cannot and will not guarantee that all athletes will have the same number of races over the season or at a regatta. This is due to many factors, some of which are: number of participants in the program, equipment limitations, athlete availability, athlete attendance, athlete performance, race schedules. The coaching staff will race each athlete in a manner that combines success for the organization and participation of each athlete. It is the goal of our coaching staff to have everyone racing, but it will not always be possible.

Volunteering

Each family is required to provide at least 15 hours of volunteering hours per year. SSYRP maintains a log-book to track our volunteer hours. Opportunities are endless at SSYRP, from helping to clean the clubhouse, to cooking at regattas, to being a chaperone, to fundraising. Typically, we charge a "volunteer" fee to all families in the Fall semester and discount the next spring, or summer registration once volunteer hours are met. Should your athlete quit mid-season, be removed from the team, or not

return the following season, let it be known that the volunteer fee is non-refundable. For the Fall 2021, we will attempt to not collect this fee, and count on you, the families to put forth the effort. If we do not meet our volunteer needs, we will reinstate the fee in Fall of 2022. The fee for 2020 was to be \$500.

Scholarships

We believe that any athlete, regardless of their financial situation, should be able to do so. Partial scholarships, and in rare cases, full scholarships, are available to those who wish to avail themselves of this opportunity. The scholarship committee, including the Head Coach, will work with the recipient's parents to determine the appropriate level of financial assistance.

***Please note that regatta expenses, travel expenses and clothing expenses are not ordinarily included in the scholarships. Your plan will be custom tailored to your family's need, but in no circumstance will participation be totally free.*

Fundraising

Three to four major fund-raisers held throughout the year and several minor fundraising events such as garage sales, profit-share restaurant nights, and car washes are mixed in. All athletes and families will be called upon to assist in most, if not all fundraising events. It is imperative to our success and ability to thrive that all participants have a hand in fundraising efforts. Our fees can only stay low if we raise sufficient funds to cover our operating costs.

Assessments

Assessments are fees for regattas not included in the ordinary fee structure. The assessments will detail what is covered and come with an itinerary. In some cases, the Coaches and parents will meet to make cost-effective travel arrangements. These assessments must be paid in full PRIOR to the rower boarding the bus for the regatta. The total cost of the regatta is computed and then divided by the number of rowers attending the regatta in order to determine the cost per rower. Therefore, the fee is the same for every rower regardless of whether the rower rides the bus or rides with their parent, whether they stay in the hotel room or not, and regardless of the number of races they may participate in. Examples of this assessment include, but not limited to: Head of the Hooch, Head of the Charles, Head of the South, Regionals, Nationals.

Account Questions

Please email office@sarasotascullers.org for account or invoicing questions.

*Harmony, rhythm, and balance.
There you have it. That is what life is all about.
-George Pocock*

General Policies, Rules and Regulations

The policies listed below apply to all Sarasota Scullers Athletes at all times. In addition to these guidelines, all other SSYRP guidelines must be followed as detailed throughout the handbook.

- Be safe at all times. Adhere to safety protocols of SSYRP.
- Attend all practices unless excused by the coach.
- Show respect to coaches, team mates, competitors, members and volunteers at all practices, regattas, trips and any SSYRP event.
- Show good sportsmanship at practices and regattas, both home and away.
- Ensure you provide 100% effort during every practice. We must maximize the benefit of every stroke, both physically and mentally.
- Help others- Do not stand around. Help put a boat back. Help wash boats. Do not make someone ask, be observant and aware.
- Lead - Help your teammates achieve their full potential. Encourage everyone to give their best each practice. SSYRP Athletes strive to be the best team in Florida. We need all participants giving 100% at each practice. Your motivational words may help your teammate to succeed.
- Language - Swearing, cutting up and name calling are unacceptable. The words you choose to use display your integrity and self-respect. Choosing poor words, especially against others, undermines you, your teammates, and the team as a whole.
- Horseplay during practice or at races is unacceptable. Horseplay may lead to damage equipment or injured participants.
- Take care of the SSYRP equipment better than your own.
- Your child will be required to volunteer *at minimum* 20 hours per year on-site to grow the organization and maintain equipment. Preparing boats for races does not count towards this time. The Coaching staff will identify these activities and opportunities.
- SSYRP has a SafeSport Policy in place. This covers most situations regarding sexual abuse, harassment, inappropriate behavior, and situations of that nature. Please familiarize yourself with the policy. We endeavor to create a safe, comfortable, and positive environment for your athlete.

The unifying theory behind all of these guidelines is discipline and safety. Sarasota Scullers is regarded highly in the rowing community. A disciplined crew will allow for more rapid success and a better race day performance. Be personally responsible for your own actions and those of your team.

Actions that may lead to Expulsion, Suspension, Discipline

Participation and invitation into the SSYRP programming is at the Head Coach's discretion. To ensure success and safety, SSYRP has in place some rules centered on safety and performance. Failure to adhere to these rules may result immediate expulsion from the program, without warnings. If SSYRP is traveling to or attending a regatta and you are expelled from the team, you will be responsible to return home without the assistance of SSYRP and the trip will be made at your additional expense. Most disciplinary actions will consist of a warning for the first offense. A 2nd offense will result in missed regattas, but mandatory attendance. A 3rd offense will be dismissal from the team. We do have a "No Tolerance Policy" in relation to drugs or other illegal or controlled substances. Those caught with alcohol, drugs, etc., will be terminated immediately. While this is not an exhaustive list, some examples of actions that will result in discipline are:

- Disruptive conduct at any time
- Inappropriate or illegal use of social media
- Inappropriate or illegal use of any recording devices
- Unauthorized possession or use of equipment outside of practices or regattas
- Failure to follow SSYRP safety protocols
- Failure to obey referee officials
- Theft from SSYRP or other teams
- Smoking or other tobacco use
- Destruction or vandalism of property
- Use or possession of drugs, alcohol, controlled, or illegal substances
- Assault or unacceptable aggressive actions toward another person
- Commission of a felony

*Row as if you had a man eating shark at your stern.
-Frank Cunningham*

Parent, Athlete, SSYRP and Coach Relationship

SSYRP, its officers and Coaches understand the competitive nature of the sport. We also understand that parenting and coaching are difficult tasks. Participation in a competitive sport can bring out the best in some and the worst in others. It is our aim to inform you of the expectations of your child, as well as expectations SSYRP has of you as a parent. We also want to let you know what you should expect of those involved in this rowing program. When all involved have a positive working relationship, the Coach and SSYRP will be able to effectively train your athlete. A great relationship between all involved starts with excellent communication.

Expectations of Athletes

- Attendance to each and every practice- Contact your Lieutenant when you are going to miss practices, they will communicate with the Captain and they with the Coaches regarding your absence
- Early arrival to practice- Practice times means “on water” and ready at start of practice
- Give 100% each and every practice
- Help foster team spirit and unity
- Be a good role model for new participants
- What happens on the water, stays on the water
- Maintain positive attitude
- Focus on rowing while at practice
- Eat properly and hydrate outside of practice
- Wear and bring appropriate attire to each practice

Expectations of Coaches

- Provide a path to success
- Provide expectations of the team and individual participants
- Set practice times and schedules
- Notify parents of expected regatta dates and travel plans
- Inform participants of changes to the program. i.e., Fee structure, equipment needs, etc.
- Discipline individual team members or the team, as necessary
- Provide guidance to best develop your rowing career while at SSYRP

Expectations of Parents

- Address concerns to the coach directly, but not during practice unless there is an emergency
- Notify the Coach of known schedule conflicts immediately
- Discuss with the coach a specific issue with a coach’s expectation
- Cheer for the team!
- Trust and support the decisions of the coach
- Help instill team cohesion with your child
- Work together with other parents to minimize costs for all
- Volunteer at events and regattas
- Make donations of time and/or money
- Champion SSYRP and our mission.

This is but a short list of expectations. The job of the Coach is more than just making someone a good rower. The Coach must act in the long-term interest of the team. This may mean that your athlete is not selected to participate in the event that he/she would like or an event you feel your athlete should participate in. The Coach is considering the best choice for the team's performance, not the individual's desires.

Communication

Rowing is the ultimate team sport. As such, the team will have some fantastic moments of celebration, but that also means there will be some trying times as a group. As your child grows with the sport, the understanding of teamwork, rhythm, and team spirit will grow as well. With this growth, they will begin to understand why sometimes they don't get what they expect. They will also learn how to improve so that they are always growing in the sport.

We at SSYRP value open communication, with coaching staff especially. Sometimes athletes may express concerns to you as a parent that they may not want to discuss with a coach. However, some topics serve as distractions to the overall performance of our program. Please do remember that the coaches position our athletes to give the best chance for success; sometimes this is not what an outside observer would expect. As most reading this handbook are new to the sport of rowing, here are a few examples of what is appropriate and inappropriate to discuss with a coach.

Appropriate discussion topic	Inappropriate discussion topic
Inappropriate treatment of your child, physically, or mentally. (abuse)	Boat and Seat assignments
How can I help my child improve?	Comparisons to other rowers or teams
Concerns about your child's behavior at practice.	Race strategies
Planning travel for a regatta	Training/Technique
Volunteering (We need and love parent volunteers!)	Volunteering (as in, "Do I have to" or "Why do I have to")

I'm a part of a team, and I'm no better or any worse than any single player on this team. That's the approach I've always had and will continue to have. It's not about me. It has never been all about me. If it had, this would have been a really lonely journey.

—Mia Hamm

Conflict Resolution/Grievance policy

At times, there may be a serious conflict that must be resolved. So that order is maintained within the organization, there are procedures to be followed to achieve resolution.

First, you must set up a meeting with the coach. Attempt to address the matter with the coach directly. Coach contact information is at the beginning of this handbook.

If you are unable to meet with the coach, your next option is to contact the Head Coach in written format. Please put forth as much detail as possible in writing. The Head Coach will then set up a meeting with all parties involved, including the athlete. Contact information is found on the first page of this handbook.

Third, if the Head Coach does not respond, refuses to meet, or an agreement cannot be reached, bring your concern to the Vice President or President of SSYRP's Board of Directors. All concerns must be presented in writing. At that point, a meeting will be held with a portion of the Board of Directors at SSYRP, the Head Coach and the coach involved, the parents and the athlete. All parties must be present to achieve a proper resolution. Resolution should be achieved shortly after this meeting. The Board decision will be the final resolution.

At no time should a Coach be confronted or approached with an issue before, during or after practice or race. Discussions at these times waste valuable practice time. Typically, they are or become heated and confrontational. This is detrimental to team morale and an issue will not be solved in a heated argument. The exception to this rule is an emergency situation where someone or something is in immediate peril and the confrontation is likely to resolve the situation immediately.

No issues may be brought to the Board without first completing the aforementioned steps and all concerns must be presented in writing.

Additional relationship matters

It is expected that athletes volunteer at all workdays and home regattas. Additionally, the Coach may add additional practice dates for special opportunities or to hone specific skills. Some examples are: Scrambles, Parent Rows, or scrimmages with other teams.

It is expected that athletes will participate in any and all fundraising events hosted by SSYRP. SSYRP will accept no donations or funding directly for a specific athlete or program. All SSYRP fundraisers benefit the organization as a whole.

Winning means you're willing to go longer, work harder and give more than anyone else.
-Vince Lombardi

CARE AND MAINTENANCE OF EQUIPMENT

SSYRP works hard to maintain and acquire rowing equipment. An 8+ can cost upwards of \$40,000, while a single oar can cost \$500+. Rowing is an expensive sport and we must be diligent in our upkeep to ensure our equipment lasts for many years.

Damage to equipment

There will be damage to the equipment through normal wear and tear, in addition to the corrosive effects of salt water and weather. Each athlete is expected to constantly strive to maintain the equipment in the best condition possible. Cleaning the boats, oars, ergometers and other equipment after use is part of our daily routine. We at Scullers expect that each athlete treats our equipment better than if it were their own.

Before Rowing

Boats should be removed from the boatyard with caution and placed into slings. Rowers should check all riggers for loose bolts, the heel ties and condition of the shoes, the seats and tracks for smooth operation. If necessary, rinse tracks and seats with fresh water.

After Rowing

The boats should be washed after each row. This includes using soap on the tracks, oarlocks, and hull. The soap and boats should be rinsed thoroughly with fresh water. Oars should be rinsed with care before being returned to their racks. Notify the coach of any issues noted on the row or any new damage immediately.

Reporting of Issues

If there are any minor maintenance issues such as a corroded wheel or unfastened heel tie, the rower's coach should be notified **BEFORE** carrying the boat to the launch dock. As an athlete, you must ensure you are looking out for your safety and the safety of your team. You must not launch with a damaged or incomplete boat. Talk to your coach to fix any issues before launching!

Careless damage

Careless conduct that directly leads to equipment damage is not acceptable and may result in a fine being levied against the occupants of the boat or the careless athlete. The fine is not to exceed \$500.00 or the deductible of the insurance policy, whichever is lower.

Loading/unloading of trailers

All athletes are expected to participate in assisting in the loading and off-loading of the boat trailer at the regatta sites and at the clubhouse and boathouse. Packing for a regatta is an important undertaking that requires careful attention to the task at hand and should be conducted without unnecessary talk. Inattention to the loading process can lead to damage to equipment. Each athlete is responsible to see to it that all necessary equipment is packed. Failure to do ensure all items are packed and secured could result in some athletes not being able to compete due to missing or broken equipment.

ATTENDING PRACTICE

Rowing is the ultimate team sport. For the team to continually improve, there must be regular attendance at all practices by all athletes. The absence of a rower from a practice is extremely disruptive to the boat line-ups. It is also unfair and discourteous to the remainder of the team and the coaches, who are carrying out their commitment to the team by being present. Each time an athlete is absent from a practice it has a detrimental effect upon the entire team's development. Please assume that we will always meet at the boathouse unless you receive have been told otherwise. We attempt to notify all participants of a location change by about 1pm on the day of practice if a school day. We will use a text system via Boathouse Connect. You **MUST** include any phone number you want in the "additional contacts" tab under My Profile in Boathouse connect.

Any athlete who anticipates not being able to attend a practice should clear the matter with the coach in advance. Reasonable absence is what the coach determines reasonable to be under the circumstances and based upon the athlete's attendance record. Examples of reasonable requests are: a religious holiday, serious illness, visits to college campuses, SAT and ACT exams, major family events such as a wedding, christening or funeral. These requests will be favorably entertained. Requests to be excused from practice that will not be entertained as being reasonable include: dates with a boyfriend or girlfriend, dinner or other events with the family that could reasonably be scheduled at a different time, birthday parties, surfing, conflicts with jobs or conflicts with other activities that could have been foreseen with careful planning.

Missing practice because of a claimed need to study for an exam will not be deemed acceptable. It is presumed that the athlete has known the date of the exam for a period of time and that the entire weekend was available for study. The athlete owes it to his or her teammates to plan better.

If an athlete attends school, they should also be at practice!

Athletes should plan on arriving at least ten minutes before practice and be prepared for starting to practice at the scheduled time with a briefing by the coach. If someone needs more time to prepare, he or she should arrive earlier. Fall 2021 high school practice starts at 3:45-6:00p MTWR, and Saturday at 645a-9a. Middle school practice is 445p-6p Monday, Thursday, and 645a-9a on Saturday.

Athletes who are engaged in other activities such as band, debate, drama, church, etc. that conflict with practice should make arrangements with the coach. Every effort will be made to permit participation in other activities. Cooperation from the head of the other activity will be expected. In some instances, a choice will have to be made.

Tardiness

Late arrivals force everyone to wait for you. This limits practice time. Practice begins at the scheduled times. Equipment should be ready to by the start of practice. Our late policy is as follows: 10 pushups for every minute late, then once you reach 5 minutes, it is 1k on the erg for every minute. For example, 5 minutes late, you owe the team 5k on the erg. 4 minutes late, you owe the team 40 pushups. We do factor in the bridge opening/closing since we can hear and see it from our boat yard. Those arriving late are **NOT GUARANTEED** to row that day and **WILL LIKELY** end up riding in the coach's launch.

Supplies

Participants are required to bring the following supplies to each practice:

- Water (or diluted sports drink.) One quart is suggested and should be taken in the boat with the rower. More during summer months is a smart choice.
- Appropriate rowing attire. Tight fitting shirt and shorts. (rowing trou or snug shorts)
- Sneakers
- Socks
- A good attitude
- 100% effort
- Optional items include: hat, hair ties, seat pad, tiny towel (for sweat,) sunscreen

Effects

Attendance and tardiness is recorded. Those missing or late to excessive practices may be barred from competition (even if it means scratching your team's boat.) Extreme cases may result in dismissal from the team. Regardless of warnings, you may lose your seat assignment at the coach's discretion. Expectations to maintain team status are above 75% attendance. To maintain the ability to compete, clubhouse and water practice attendance records must each be above 85%.

*When you win, nothing hurts.
-Joe Namath*

Withdrawal or removal from the team

Any withdrawals should be communicated to the athlete's coach. Neither withdrawals or removals will be eligible for refunds. No refunds, nor request for refunds will be honored or considered under any circumstances.

Injury/Illness

If an athlete must withdraw from the team due to injury or illness and the athlete intends to return before the season ends, they will need approval from a medical professional.

Other Withdrawal

Should the athlete wish to transfer to another team, SSYRP adheres to the Florida Scholastic Rowing Association policy. Athletes are considered committed to Sarasota Scullers from September 1 until June 15 of a training year. Athletes must request in writing to be released from the team regardless of their transfer location. (e.g., if the athlete moves to Miami they must still be released from SSYRP before representing a new club in Miami.) All requests to transfer will require a parent meeting.

PERSONAL DECORUM

Sarasota Scullers athletes are expected to conduct themselves in a respectful and courteous manner at all times. This applies to interaction with teammates, adults, opponents, race officials and family members. Foul and abusive language reflects poorly on the SSYRP, is not acceptable and will not be tolerated.

Disrespectful behavior

Disrespectful behavior includes, but is not limited to language, tone and volume of voice, body language, facial expressions and gestures.

On matters of disagreement

If a rower feels that he or she has a point of disagreement with a member of the administration, coach, volunteer parent or other adult, he or she will do so in a respectful tone of voice and manner. Every attempt will be made to find a fair and full audience to all grievances of athletes.

Conduct on the racecourse

Disrespectful conduct or foul language on the racecourse or directed toward any race official will not be tolerated. Such conduct is not only unseemly but can lead to a penalty being applied toward the entire team. Athletes will exercise self-control. Reacting in the heat of the moment after an intense athletic contest is not an excuse that will be given the slightest credence.

Conduct toward teammates

All rowers will treat each other with respect. The men and women athletes of the Sarasota Scullers are part of the same team and will behave towards each other with courtesy and consideration at all times. Directives, instructions or orders from coxswains and captains will be followed without complaint. If there is a grievance regarding any such directive, instruction or order, the matter should be taken up with the coach. Failing that, it is expected that there will be total cooperation.

Conduct during public events

Sarasota Scullers routinely holds public events that athletes attend. These include Learn to Row days and summer camps. Athletes are expected to adhere to practice dress code guidelines and conduct themselves according to all other guidelines listed in this handbook.

Romantic attachments

In the event some athletes should become romantically attached, they will behave in a tasteful manner. Public demonstrations of affection will not be tolerated. If in doubt about a certain course of conduct, don't engage in it.

Drug, Tobacco & Alcohol Use

Sarasota Scullers has a strict no-tolerance policy while enrolled. This policy is in force even outside of Scullers' events. I understand that if I am found using, in possession of any form of drugs, alcohol, illegal substances I will be immediately and permanently dismissed from the team. This includes, but is not limited to, vaping products, dip/chew, tobacco, CBD oils. Staff, chaperones, and coaches, reserve the right to search all personal belongings at any time should they suspect an athlete is in violation of this policy. If I see someone violating this policy, I am obligated to and I will immediately speak with the Head Coach.

Cell phone use and social media

Cell phones and personal electronic devices are not permitted to be on the athlete's person at any time during practice. All devices must be put away, inside personal belongings at all times during practice. Cell phone use is expressly prohibited in locker rooms. Athletes further understand that they are not permitted to post on social media, text message, or any other form of communication any inappropriate or negative posts about Sarasota Scullers, Sarasota Scullers participants, coaches, volunteers or others. Athletes will, at all times, maintain a positive relationship with Sarasota Scullers and each of my fellow athletes. I understand that if I violate this cell phone usage policy, I will be immediately dismissed from the team and I may be subject to criminal or civil actions.

Sanctions

Those failing to uphold the high standard of SSYRP will be subject to discipline up to and including removal from the program, without warnings.

*Don't practice until you get it right. Practice until you can't get it wrong.
-Unknown*

DRESS CODE

In preparation for college and life beyond college, and acting upon the assumption that excellence in performance is enhanced through discipline and pride, SSYRP has adopted guidelines for the wearing of the racing uniform, attire at practice and the proper attire for travel and for attending formal functions.

Every athlete is required own a crossed oars t-shirt, a unisuit (if in HS), and a SSYRP polo shirt (HS). This is usually covered in the Registration fee assessed in the fall. For international events and other special occasions, male athletes and coaches may be required to wear ties and blazers while traveling and for special events. Middle school athletes will be given (1) crossed oars T-shirt at the start of their season.

Wearing of tops

While at practice, all athletes will wear tops. Females will not be allowed to wear only sports bras. Athletes are required to race in tops and therefore they will practice in the same attire. Males must keep their shirts on and unis properly worn while at practice.

Graphics and slogans on clothing

T-shirts or other clothing that have obscene or improperly suggestive slogans, pictures or graphics will not be permitted. All clothing will be clean and of a proper fit. The determination of a breach of this standard will lie with the sole discretion of the administration, coaching staff, and Board of Directors. If in doubt, don't wear it.

Hand Gear

Rowers should take care when rowing to use proper technique to avoid blisters. To ensure proper care of the oar handles and reduce blistering, the use of tacky glues and substances on hands is prohibited. Athletes should take care when using Band-Aids or other tapes to cover their fingers and hands. When applying products like sunscreen or bug spray, hands should be cleansed with soap and water before launching.

Racing Attire

Athletes will demonstrate proper respect for the racing uniform of SSYRP by wearing it properly at all times at a regatta site. The top of the unisuits will not be lowered.

Travel attire

By bus: Athletes will dress in a manner that reflects well upon the Sarasota Scullers, aware that they will be eating in public restaurants. Male athletes will wear their pants up around their waist. Female athletes should avoid suggestive, revealing attire. Athletes will not wear clothing that displays offensive slogans and graphics.

By air: Male athletes will wear approved SSYRP polo shirts over tan, beige or khaki long trousers, or jeans. The clothing will be clean, pressed and fit properly. Female athletes will wear a tan, beige or khaki skirt, jeans or pants. The skirt will be worn at an appropriate, conservative length.

Formal attire: At the Awards Banquet, athletes shall dress appropriately for the special occasions. No jeans or shorts.

Travel Rules

While traveling, each team member must be on their best behavior. We represent the Scullers whether we are local or across the Country. Travel will be supervised with the coaching staff as well as chaperone parents. Travel arrangements will be coordinated as needed by the Coach and/or parents, depending on the racing situation.

Hotel etiquette

Please keep hotel rooms neat and tidy. It is a sign of respect. It also prevents lost items. Athletes are not to touch any roommates' belongings, without permission. Do not throw items off or hang items from any balcony. Athletes must always use their "inside" voice and be respectful of other hotel guests at all times. No loud talking/yelling, no TVs or music at high volume. Athletes are to take advantage of the time to sleep, rest, and prepare for the regatta ahead. Doors are taped shut at curfew. If the seal is broken, those assigned to the room will be unable to race the following day. Should a hotel room be damaged, the rowers sharing a damaged hotel room will be responsible for dividing any penalties/fees; any incurred fees will not be spread amongst the entire team.

SANCTIONS

Unfortunately, there is a need from time to time to take disciplinary action for the breach of organization rules and procedures. It is extremely difficult to anticipate all possible circumstances when a sanction might have to be imposed. The purpose of any disciplinary action is (a) to maintain the standards of SSYRP, and (b) to reinforce in the athlete his or her obligation to the team. Most disciplinary action is summary in nature and will be addressed accordingly by administration, coaching staff, and the Board of Directors.

Disciplinary actions

Forms of disciplinary action include additional workouts, Saturday work detail, writing an essay or letter of apology, suspension for a week or less, suspension from participating in a regatta, fine or assessment for damage, suspension of a week or more, or dismissal from the team.

Refund policy

In the event an athlete withdraws, is suspended, or dismissed, there will be no refund of any fees, assessments, or contributions paid. The suspended/dismissed athlete will still be responsible for the payment of the balance of their financial obligation for the remainder of the season (i.e. Fees, Assessments.) If dismissed during a race, the athlete and their family will be responsible for all costs and efforts to get back home without the team's support.

Refunds will not be issued under any circumstances. We will do our best to resume practices and make opportunities available as often as possible in the event of an act of God, pandemic, or other catastrophic event. At our discretion, we may offer a tax-letter for an "unused" portion of dues for situations outside of our control.

COMMUNICATION

Maintaining lines of communication are essential for the management of a rowing team. There are many ways information is shared amongst team members.

Notices

Most notices, practice schedules, regatta information, and important announcements are sent in mass e-mail from MailChimp. If you are not receiving these emails, there may be an error with your email address or your service is sending the notices to spam.

Parents are expected to read the information contained with the e-blasts to stay aware of current and upcoming team events.

Facebook

SSYRP has a public Facebook page Please share with the public Facebook group.

Coaches

Our coaches are given work email addresses. The standard address is firstname@sarasotascullers.org
Please use these emails for any communications.

Viewing Guide

So, you're at the regatta venue. There are boats and people everywhere. Now what? This section aims to explain some of what is going on out there. Afterwards, a list of things you'll want to bring to enjoy the races and a few tips on where you can help out (and stay out of the way.)

First, is it the Fall season? Or Spring/Summer?

Fall Season

You're watching a head race! There are several docks where boats are leaving and arriving. Boats launch off one dock and will "warm up" on their way down to the start line. Once near the start line, boats are instructed to enter numerical order. As boats are in order, the race officials will call a boat number and tell them to approach the start. On the way to the start, the crew will increase pressure to race speed and then cross the start line. A boat will enter the course every 10-15 seconds.

The race will pass by the spectators on the way to the finish line. Cheer for your crew now! They need your motivation! The easiest way to spot your team is by the blade design. Every team has a different blade color scheme or design.

The rowers will row through the finish line and continue rowing until it is safe to take down the power or stop rowing. They will be exhausted- The race is typically between 17 and 27 minutes long depending on the type of boat, experience and weather conditions. After a quick rest, they will row back to the landing or recovery dock. At that point, everyone gets out of the boat, takes the oars out and removes the boat from the water.

To determine the winner, the officials take the finish time, subtract it from the start time and compare times to those in your event. In the Masters category, there is a handicap applied to the race times.

Spring/Summer Season

Congratulations! You're watching a Sprint race. These are the fast paced, head to head Olympic style races. These are exciting for you to watch. Pay attention though, the race goes by quickly!

An official Juniors event is 2000 meters, however, 2000m of straight, wide water is not available everywhere. Many venues only have 1000, or 1500 meters available. Rowers will leave the launch dock, and head to the warm up area. In this area, rowers warm up, do a few practice starts and get ready. The official calls their race (often, you cannot easily see the start as an observer) and the teams move into their assigned lanes. Each boat will back against the stakeboat dock and will "lock-on." The race volunteer will listen to the officials to get the bow balls aligned. Once alignment has been achieved, the race official will say "Attention, ROW!" and drop a red flag. Once the flag moves, the rowers begin their sprint.

If you look at the course, you will notice very large orange buoys regularly throughout the course. These large buoys are at 250m marks. At the end of the race course, you will notice that the buoys change from white to red. This signals the last 250 meters of the race. This is where races are won and lost. Racers will go as hard as possible here because they know it is the last 30 strokes of the race.

There is dead silence at the start of a sprint race, until the official calls the start. A sprint race starts fast and furious. The rowers are going from zero to ~5 meters/ second as fast as possible. They will maintain this speed more or less throughout the race. You will hear coxswains yelling at their crews. You will see high stroke rates.

You may notice that boats are not staying within their lanes during a sprint race- This is okay as long as the boat out of their lane is not impeding another boat! Referees are following the race down the course to ensure fairness and safety.

At the finish line, a horn will sound and often times, rowers will collapse from exhaustion. After they catch their breath, they will row back to the landing dock. There, they remove the oars, remove the boat from the water and carry the boat to the team's meeting site.

In Masters races, the competitor's row against the clock and the handicap. In all other racers, whoever crosses first, wins that race.

But wait! There is more! If there are more entries per event than there are lanes, there will be heats. The heats will eliminate a portion of the competition. The finalists from the heats will go on to a "final" round, where the winner will be determined.

Typically, a race will come down the course every 6-10 minutes (for a 1000m sprint.)

What to watch

You've determined what kind of race you're watching. Now, watch the rowers in the boat. Does it look smooth and effortless? Does it look choppy? Are there lots of splashes everywhere?

The rowers in the boat can move quickly and the boat can be slow. Look for the boats that make rowing look easy- Those are the fast boats. Look for the rowers that move in perfect unison. All the rowers move as if they are connected together. Look for synchronicity, rhythm, fluidity. Look for clean blade work- not much splashing at the catch or release.

The whole body is used while rowing, but oddly enough, it is primarily a leg sport. The upper body is a giant connector for the legs. Watch closely as the rower calmly moves towards the stern of the boat, and then drives back towards the bow forcefully, but smoothly. On the drive, watch the legs flatten out, the back swing towards bow, and then the arms draw inward. On the recovery, watch for the exact opposite, arms away, body over, then legs draw up. Rowing, when done properly, looks graceful and easy. It isn't- It takes hundreds of thousands, millions of strokes to make it look easy.

Keep your eye out when you hear coxswains yelling- That is an indication that they are close to another boat and want to make a move. These can be exciting times to view.

*There is a war on the outside of the boat, but a ballet on the inside of the boat.
-Mr. Clark, Empire State Games coach*

What to bring

Races will be an all-day event, sometimes 2 or even 3 days for big regattas. You'll want to be comfortable. You'll also want to be entertained. Your child won't be racing every minute of every day. Suggestions to make race day more fun include:

- Folding chairs
- Plenty of sunscreen
- Cash- you'll want a regatta t-shirt or other regatta swag
- Liquids to drink and share- coffee, water, Gatorade, etc. Coolers are almost always allowed.
- Food (coordinate with others)
- Table (coordinate with others)
- Pop-up shade structure (coordinate with others)
- Grill (coordinate with others)
- A book or electronic device
- Wear comfortable shoes
- Extra clothes for your racer (never know what will happen)
- Layers of clothes, sometimes the day starts off very cold and will get quite warm

Do consider leaving pooch at home. Pets are fun, but they are not typically worth the hassle to bring to a race venue.

How you can help on race day

There are lots of ways you can help. Here are a few ways to help out:

- Cheer loudly as the boat passes by. Rowers can hear screams for their team and will pull harder to move the boat.
- Stay positive at all times, even if there was a loss
- Bring easy to digest food- Bananas, granola, etc.
- Bring plenty of water and sports drink. (Nalgene bottles are great!)
- Bring lunch, nothing too heavy. Sandwiches and basic wraps are popular
- Be ready to help out when asked for something specific

What NOT to do on race day

There are certain things that can ruin a race day for a competitor or interfere with coaching/race prep. DON'T do these things:

- Do not talk to the racers immediately before a race, when they are prepping. This is the time to get in the zone. The coach may be giving a speech or talking race strategy. Do not violate this “game space.”
- Do not talk to the boat immediately upon arrival to our team’s site. The rowers have just carried the boat to the slings and are tired- The cox or coach will have some words for the rowers. This is a decompression time. Once the cox or coach lets them free, you can congratulate them on a job well done.
- Do not walk out on the dock as the boats are launching or landing- they are crowded, dangerous places. If your help is needed, you’ll be asked and educated on what to do. If you are asked to help out, get off the dock as soon as physically possible.
- Don’t forget to keep your head on a swivel- Boats are moving in many directions. You can get hit in the head or face with a boat, it is an unpleasant experience.
- Do not act nervous, stressed, or annoyed. Your child will sense that and it could compromise their performance. You are there as a support crew.
- Do not raise issues on race day unless there is an emergency or eminent danger. Save any comments or issues until after the team as returned home.
- Don’t leave once your race is over, support the entire team.

Glossary of Terms

Boat Parts

Backstay – Provides additional support for the oarlock, part of the rigger.

Bow - The nautical front of a boat. The person who sits at the front of the boat is also called bow, or “one seat”. You can identify the bow because there is a ball attached to the bow end.

Bowball – The plastic ball mounted on the bow of the boat. Lessens severity when there is impact with another shell.

Clogs – Where you put your feet in the boat when full shoes do not exist. Consists of a heel cup and some sort of strap or upper to hold feet in place.

Fin – A small piece of metal or plastic on the bottom of the boat to help keep the path of the boat true and vertical, also called the skeg

Foot Stretchers – The assembly onto which a rower applies pressure with their feet. May be called “stretchers.”

Gate – The portion of the oarlock that keeps the oar contained.

Gunnel/Gunwhale – The vertical edge of a boat along the hull.

Hull – The rounded exterior of the rowing shell.

Keel – The centerline of a boat, modern rowing shells do not always have a keel.

Oarlock – This is mounted on the rigger and the oar is locked into this device.

Port – The left side of the boat as the boat travels forward. The port side is on the rower’s right.

Rigger – The metal, carbon fiber or fiberglass apparatus that holds the oarlock off to the side of the shell.

Rudder – A small device used to steer the boat. Typically the rudder is controlled by the coxswain in a sweep boat. In sculling, bow seat or stroke seat will be responsible for steering.

Skeg- See “fin”

Starboard – The right side of the boat as the boat travels forward. The starboard is on the rower’s left.

Stern – The back end of a boat.

Stops – Part of the track that “stops” you from over reaching or losing your seat

Tracks – The part on which the seat slides. May also be called slides.

Oar Parts –Oars are NOT Paddles

Blade- the colorful part of the oar that enters the water

Button - A part on the oar that prevents the oar from falling out of the oarlock. The button is attached to the sleeve.

Collar- See “button”

Handle – Where your hands go. Sweep oars may have wooden or synthetic handles. Sculling oars of today typically are all synthetic/plastic.

Inboard – the measurement between the collar and the end of the oar handle.

Outboard – the measurement between the collar and the oar blade.

Shaft- The black, cylindrical part of the oar.

Sleeve- The button or collar is mounted on the sleeve. This sleeve has detents to indicate square versus feathered rowing.

Cox(swain) – This is the person known for yelling “stroke.” In reality, the cox doesn’t yell “stroke” repeatedly but instead, steers the boat, helps implement drills, executes the race strategy and is responsible for overall boat activity. The cox is a critical component to the success of a sweep team. Coxswain is pronounced “KAWK-sin”

Commands

Attention...Row – The command used to start a sprint race. There is an undetermined period of time between the two words. Rowers must be at the ready when they hear “Attention”

Back – applying power to the boat opposite the normal direction. Heard when a boat is turning or docking.

Check it down – Stop the boat quickly.

Hold water – square blades into the water to stop the boat from moving, may be used to help turn a boat as well

Let it run – Rowers stop at the finish with the blades feathered and off the water and the boat glides silently underneath.

Power 10 (20, 30, etc.) – A call for additional power for the given number of strokes. Typically used to make a move on another boat.

Weigh Enough – “Stop rowing,”

Other terms

Catch- When the blade enters the water and begins power application

Crab- When a rower “loses” his oar under water. This slows, or even stops the boat.

Crew – a group of rowers. (Crew team, is redundant)

Elite - A category of rowers that encompasses those who are rowing on the National Team/Olympic level.
The best of the best.

Erg/Ergometer – The rowing machine. Most popular is Concept 2. A digital readout provides information such as strokes per minute, power output, time and distance

Feather- When the blade is parallel to the water

Finish- the completion of the stroke when the blade comes out of the water

FISA – The international body for rowing regulations and standards

Handicap – Handicaps are applied in Masters races. They are an attempt to equalize the playing field. An 85-year-old rower can't keep up with an experienced 27-year-old rower, so there is a formula to assess a handicap. This handicap time is removed from the clocked time of the handicapped crew. It is similar to a golf handicap.

Head Race – The longer races in the fall season. Typically, 5000m in distance.

Heat – A race to knock out some competitors. Winners from heats go on to the final round.

Junior – A rower who has not attained the age of 19 or is still in high school, whichever is later.

Lightweight – A class of rowers meeting certain weight requirements.

Masters – A rower who is age 21 and up. These races have handicapped times in an attempt to even the playing field. A Masters aged rower can choose to row in the Open category, which has no handicaps applied.

Novice- A rower in their first year of competition.

Open – A rower who is not a Junior, Masters or Elite level. No handicaps, think “run what you bring” style racing. These events are divided by gender, or a mixed boat, (half or more female rowers in a boat is mixed as long as both genders are present, cox excluded)

Rate- Measured in strokes per minute (SPM). To calculate stroke rate, count the time from catch to catch.
 $60/\text{that time} = \text{stroke rate}$. i.e., 2 seconds/stroke = 30 SPM Depending on the race distance and skill level, a stroke rate could be as low as 22 or up to 40+ strokes per minute.

Release- See “finish”

Sculling- When each rower holds two oars per person.

Sling – A device used to store the boat temporarily. Slings are NOT seats.

Sprint race- The shorter races in the spring- Typically 1000m or 2000m in distance.

Stakeboat – A floating platform at the start of a sprint race. A volunteer will lay on their stomach and hold the stern of a boat. The race officials will line the bowballs up by instructing the volunteer to push the boat forward or back. Once aligned, the race will start.

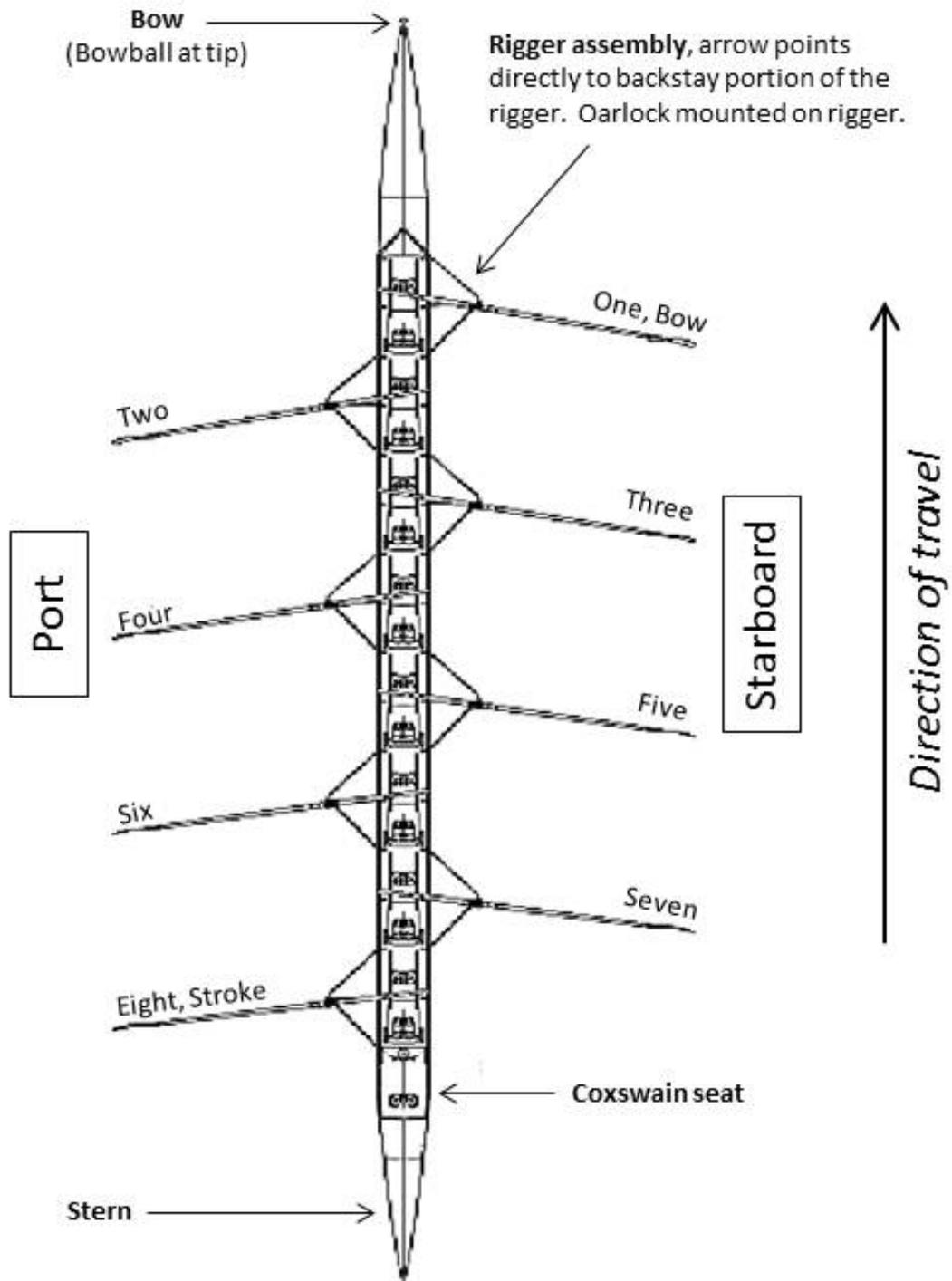
Square- When the blade is perpendicular to the water.

Sweep/Sweeping – When each rower holds one oar per person.

USRowing – The governing body for rowing in the United States of America. Become a member today!

Boat Diagram (8+)

Here is a basic diagram of an 8 man rowing shell. All rowing shells have the same basic parts (not all boats have coxswain seats.)



Weigh Enough

While this handbook covered many topics, there is no way to include every bit of information about rowing and the programs in the previous pages. Please ensure you keep an open and honest line of communication with your coach. This goes for both parents and participants. The job of the coach is demanding and some things may not be noticed as soon as you notice them. Open communication lines keep everyone happy and the program successful. Thank you in advance for your effort, support and commitment to the team throughout the upcoming season.

See you on the water.

*"The will to win is worthless if you do not have the will to prepare."
- Thane Yost*

**Sarasota Scullers Youth Rowing Program
Athlete and Parent Contract**

Please keep in mind that no handbook is exhaustive of every situation. Our staff, board and coaches expect each athlete and parent to act respectable, honorable, and dignified at every practice, regatta, and Scullers event. A few highlights are below:

This is a competitive program, participation in all scheduled regattas is mandatory. I understand my team is counting on my attendance and will ensure I keep regattas dates open for participation.

I will attend all practices. If I went to school, I understand I am expected to attend practice. I must maintain 75% attendance to remain on the team. I must maintain 85% attendance to be eligible for competitions

I commit to volunteer at minimum 20 hours per year to support the community that supports me. Scullers will provide opportunities meeting this minimum requirement.

I must complete and annual swim test and flip test.

No swearing is permitted and I must be dressed appropriately at all times for practices, during team travel, and during regattas.

No PDA will be tolerated while at practice, traveling, or at regattas. Any relationships formed within Sarasota Sculler must be quiet, respectful, and must never interfere with the Sarasota Scullers team.

I have read and understand SSYRP's "No Tolerance" policy and understand that my personal belongings are subject to search at any time if there is a suspicion of violation of the policy.

Theft, or other criminal acts will result in my immediate dismissal from the team.

I have read and understand SSYRP's cell phone and social media policy

I understand I am not permitted to access any Sarasota Scullers equipment outside of practice time. Variations from this policy must be in written form signed by the Head Coach. Athletes may not participate at other clubs while enrolled with Sarasota Scullers.

Should I act outside of these rules or our handbook, I may be immediately dismissed from the team.

If my actions cause damage, I understand I am responsible for those costs even if I am dismissed from the team.

By signing below, I acknowledge that I have read that Sarasota Scullers handbook and understand the policies as explained. I will abide by the rules set forth and will be a dedicated and respectful rower.

ROWER'S NAME (Printed)	ROWER'S SIGNATURE	DATE
PARENT'S NAME (Printed)	PARENT SIGNATURE	DATE