

Manatee County Youth Rowing Masters Handbook



2017-2018

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INTRODUCTION

Manatee County Youth Rowing (MCYR) is a 501(c)(3) was established in 2011 to support youth rowing activities within Manatee County. The youth rowing program initially served Palmetto High School and was soon followed by the addition of crews from Manatee High School and Southeast High School. Today, athletes from Braden River High School and Lakewood Ranch are also represented by MCYR. The Varsity and Novice program has since been expanded to include a Middle School program as a means to engage athletes and help form the foundation of MCYR.

A Masters level program was added in 2015 to address the growing desire for adult level rowing opportunities and to further support and grow the sport of rowing in Manatee County. The Masters program is included within the MCYR Program and is governed by the MCYR Board and Coaches. The Masters program is also governed by the MCYR Parent and Student Handbook and Bylaws, as applicable.

MISSION STATEMENT

Manatee County Youth Rowing, Inc. (MCYR) is a community based, not for profit organization located at the Manatee County Fort Hamer Boathouse on the Manatee River. MCYR's mission is to provide rowing programs in a positive and competitive environment. Our Goal is to promote *teamwork, strong character, personal integrity, fitness and good nutritional habits.*

In support of the Mission Statement, we encourage all members to actively volunteer and be involved in their community. We provide an environment where rowers of all ages can work together in a constructive team environment, fostering personal and social skills of significant value that are essential to our community.

COACHES

MCYR is extremely fortunate to have a talented, experienced and dedicated coaching staff led by Head Coach Trish Chastain. Coach Chastain is supported by her assistant coaches, Novice Coaches, and Middle School Coaches, all of which may from time to time assist in the coaching duties and responsibilities of the Masters Program.

GENERAL INFORMATION

MCYR Masters

SEC (1) TERMS DEFINED

Note: a list of rowing terms is provided in the Parent and Student Handbook Appendix.

- **Coach** – defined to include the MCYR Head Coach, Varsity Coach(es), Novice Coach(es), Masters Coach(es), and Middle School Coach(es).
- **Athlete** – Any registered member of the Varsity, Novice or Middle School Program; attendees at any MCYR sanctioned camp, summer camp (i.e., Long Skinny Boat Camp) or similar are also included in this term.



- **Masters Athlete** – any registered member of the MCYR Master’s Program. See also Eligibility Sec (1) below.
 - **Novice Master** – any registered member of the MCYR Master’s Program that does not have prior rowing experience.
- **Boathouse** – refers the MCYR Boathouse, parking lot, outdoor storage area, dock(s) and lawn space/prep area.
- **Board** – refers to the MCYR Governing Board identified by the MCYR Bylaws
- **Waiver** – refers to the MCYR Waiver of Liability. May also include reference to the US Rowing and North American Rowing Association (NOARA) Waiver.
- **Year** – refers to the MCYR Masters Year beginning July 1 and extending through June 30.

SEC (1) ELIGIBILITY

The MCYR Master’s program is open to all persons 21 years of age or older. Members may be less than 21 but not less than 18 years old and not in a high school or similar program, subject to a waiver (approval) of the age requirement by the Head Coach. An additional application may be required. In general:

- Prior rowing experience is not required.
 - Novice Master Rowers will be required to undertake basic rowing classes (“Sweep or Sculling”) as offered by MCYR. Additionally, they must successfully pass assessments of boating safety, basics of rowing (sweep and sculling), swim test, etc., as administered by the MCYR Head Coach and or their designee.
- Competitive and Recreational rowing is offered. Competitive rowers will be required to pay extra fees to cover the costs of regattas, uniforms, etc.
- All Masters Athletes are required to maintain an active MCYR application and waiver, must be a member in good standing, and remain current in the payment of dues and fees.
 - Non-members including family members not a member of MCYR shall not be allowed to participate in and or utilize equipment and services of MCYR.
- Masters Athletes (competitive), including those engaging in the competitive rowing activities, shall be required to pay extra dues and fees to cover additional coaching, regatta fees, transportation and similar. Fees will be assessed and payable prior to each competition.

SEC (2) RULES OF USE

Priority Use

The primary Mission of MCYR is the support and development of the Youth Program - Varsity, Novice and Middle School Athletes. As such, the “Priority Use”, i.e., the use of all rowing equipment including boats, oars, slings and related equipment, shall be by the Athlete; priority shall also be given to Athletes training in the Boathouse, use of the lawn space/prep area and the dock(s) including launch/recovery activities. It

is understood that accessibility to equipment, training/practices or similar including "open row" periods as may be offered, are subject to the Priority Use items in this section.

Priority Use also extends to and includes previous approved agreements with Manatee County and other entities, certain outside programs including but not limited to visiting college, high school/preparatory school or similar programs (i.e., Harvard University, Craftsbury, US Rowing Junior Nationals), Athlete training sessions during Christmas/Winter break, Spring Break, and summer camps. In certain circumstances, MCYR is required to remove equipment, including private storage of boats, oars, etc., from the interior areas of the boathouse. MCYR including the Masters Program are not permitted to utilize the facilities including docks during these times. Private equipment is required to be moved to either outdoor storage areas and or private storage by the owner and is not the responsibility of MCYR.

The dates, times, and duration of these visits will be provided to the Masters Program members in advance.

Requirements

Masters Athletes shall:

- Be checked out on boats and equipment prior to use. Use of a boat and or equipment is contingent only on the member's demonstrated ability to operate the boat and equipment safely.
- Be required to satisfactorily pass an Orientation and Skills Assessment including safety review of the use of the equipment and proper rowing procedures. All Masters Athletes shall be required to pass a swim test (swim / tread water) and, depending on the type of equipment to be used, be able to exit/(re)enter the boat (i.e., "ottering"). This also includes but not limited to boating safety, rowing techniques (rowing on the square, steps of the stroke, etc.), docking, loading and unloading boats from the trailer, slings, and storage racks, etc. Additional reviews and approvals may be necessary as determined by the MCYR Head Coach.
 - Novice Rowers are required to complete rowing classes offered by MCYR.
- It is incumbent upon the Masters Athlete to obtain his/her doctor's approval (i.e., physical) prior to rowing or undertaking any physical activity/regimen.
- Notify the Head Coach of any medical issues, concerns or similar as applicable under law.
 - Medical conditions including but not limited to asthma, allergies or similar should be disclosed to the Head Coach. Athletes shall be required to provide their own and carry at all times, inhalers, medications, devices (i.e., EpiPen) including on their person during training.
- Maintain an up to date Application and Waiver.
- Adhere to all "Florida Boating Regulations".
- Be a member of and maintain an active US Rowing membership.

- Adhere to US Rowing's "Rules of Rowing".
- Sign, acknowledging the MCYR Student and Parent Handbook.
- Shall not permit the use of any equipment by any non-member of the MCYR Masters Program, including any MCYR Youth Athlete, without approval of the Head Coach.
- Furthermore, all Masters Athletes shall obey any verbal or written directions or commands of the Coach.

Use of Equipment

- Masters Athlete may use designated equipment only; the use of non-designated or unauthorized equipment including private equipment of other Athletes is strictly prohibited.
- Eligible equipment will be designated by a master listing maintained by the Head Coach and also designated with a red tag on the boat or similar identifying method on the storage rack.
- Equipment Log: Masters Athlete shall note in the equipment log the following information:

PRIOR to rowing including any additional comments including:

- Date
- Equipment
- Time out
- Direction heading/ route
- Estimated return time
- Any damage or issues of note (which do not compromise the boat's use but are of concern including noting change of equipment and comments)

Upon RETURN, the Athlete shall complete the log to include the following:

- Time in
- Issues/Damage to the equipment, if any
- Any other incidence(s) on the water (e.g., unsafe boating operations by other craft, boats not adhering to "No Wake" areas, etc.);
 - type/make/registration number or other identifying information is requested.
- Before launching, Masters Athletes should check for missing seats, incorrect rigging, loose screws/nuts, loose shoes, and loose foot stretchers, etc. If any piece of equipment is damaged,

questionable and you are unsure of its safety, choose another shell and note the equipment problem in the log book.

- Do not attempt to repair equipment unless requested and instructed to do so by the Head Coach. Report the damage/repair needed to the Head Coach or one of the other Coaches immediately.
- Damaged/Lost Equipment – Masters Athlete shall report immediately any damaged or lost equipment, including keys/access cards, to the MCYR Head Coach. The Masters Athlete shall be responsible for the replacement of any damaged and or lost equipment including damage to boats and equipment (i.e., oars). Failure to report damage to equipment shall be reviewed by the Coach and may be grounds for suspension or privileges (see also “Other” below).
- Upon return to the dock and Boathouse, all equipment shall be cleaned prior to storage. Cleaning includes the use of soap and water, and rinsing. This applies to the boats as well as oars.
- It is understood that rowing outbound (i.e., generally to the west, towards I-75), the Athlete shall row to the north/right side of the Manatee River; inbound rowing shall be to the south side of the river.
Heads Up! Be constantly aware of other boat traffic on the river, especially, recreational and sport boats. And watch for markers, buoys, and floating debris.
- Storage of private equipment at the Boathouse is permitted upon written authorization from the MCYR Head Coach and MCYR Board, and subject to space availability. Fees identified in the Fee Schedule include the use of the outdoor storage rack; additional fees are required for storage of private equipment interior to the Boathouse.
- Rowing before dawn and/or after dusk requires the use of bow and stern lighting. The Masters Athlete is responsible for providing their own required lighting.
- Any private equipment including boat(s), rigging, seats, oars, slings, boat covers, clothing, or similar is the responsibility of the Masters Athlete. MCYR is not responsible for or liable for any damage, loss, or theft.
- Use of Weight and Training Equipment: the use of all weight and training equipment, including the ergometers (erg) machines, stationary bicycles, free weight equipment, and associated equipment is prohibited except when participating in a training event by the MCYR Head Coach and/or their designee.
- Payment of dues prior to the use of any MCYR equipment is required.

Other

- MCYR expects all members to treat each other with respect and courtesy. This applies to Athletes and other member's lockers and belongings as well.
- MCYR cannot be held liable for any loss or damage to member's belongings in the Locker Room/Area or Boathouse.
- Boathouse Service: Every member is required to do 1-2 hours of boathouse service a month. This may include cleaning, sweeping, boat/oar repairs, grounds maintenance or similar. Masters Athletes that volunteer/assist at Youth Regattas, boat camps or similar may count that time towards Boathouse service. There are occasionally larger projects that will count towards this time as well. Look for announcements over email or posted at the boathouse for these work days.
- Careless, reckless or actions which endanger others, non-payment of fees, use of unauthorized equipment or use by non-members of the MCYR Masters Program may result in the suspension of privileges and may only be removed by the MCYR Head Coach upon review. Depending on the nature of the action, the MCYR Head Coach may require the review of procedures including safety review prior to the resumption of activities and/or MCYR Board review.
- From time to time, Masters Athletes will be asked to assist with fundraising activities which further support MCYR and may include assistance at local regattas.
- Policies and procedures not identified in this Handbook or the interpretation of terms, policies and requirements shall be by the MCYR Head Coach upon review and approval of the MCYR Board.
- Don't row alone. It is recommended to row with other members; have a buddy on the water at the same time, keeping each other in sight.
- Rowers are encouraged to take extra water and their cell phone (in a waterproof, floating case) on the water; Masters Athletes shall provide their own case.
- Rowers should check the current and future weather before rowing. Rowing activities may be suspended or canceled due to certain conditions including but not limited to lightning, high winds, white caps, excessive current, fog, or extreme temperatures. If lightning is detected within proximity of the boathouse, rowing activities shall be suspended immediately.
- MCYR offers a variety of learn to row opportunities for adults from a four-part Learn to Row series to Private Lessons with an MCYR Coach. Only the MCYR Head Coach or their designee may provide training at the MCYR facility and/or use MCYR equipment for training.
- Organized practices are identified in the Fee Schedule. Training schedules and activities may be altered upon notification by the Head Coach or designated coach.

Fees

MCYR Masters Program Fees are provided in the Fee Schedule and are based on the Masters Athlete level of involvement.

1. Fees are subject to annual change by the MCYR Board.
 - a. There are no reductions in fees for recreational rowers.

2. Waivers of fees, in whole or in part, except as noted otherwise and or as may be approved by the MCYR Board, are not permitted.
3. Services Provided/Included are non-transferrable except as approved by the MCYR Board.
4. Sweep Classes/Sculling Classes are separate and apart from the annual MCYR Masters Fee.
5. As noted in the Fee Schedule, Services Provided/Included are not credited to the member's account and "do not carry over" if unused in whole or in part except when sessions/practices are cancelled by the Head Coach.
6. Limitations of use due to visiting programs, MCYR Athlete training or designated camps do not result in discounted or reduced fees.
7. Fees are payable pursuant to MCYR Board policies only (i.e., PayPal) including payment methods and schedules.
 - a. Annual Fees are assumed to be based on a July 1 through June 30;
8. Regatta fees including registration, transportation, overnight accommodations, food or similar are not included in the Fee Schedule.