

Manatee County Youth Rowing Athlete and Parent Handbook



www.manateeyouthrowing.com

One Team One Effort

2020-2021

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TABLE OF CONTENTS

Table of Contents	ii
List of Figures	ii
Introduction	1
Mission Statement.....	1
Coaches	1
General Information	2
Sec (1) What is Rowing?	2
Sec (2) Boat Positions	4
Sec (3) Fundamentals of Racing.....	5
MCYR Code of Conduct.....	6
SEC (4) General	6
SEC (5) Behavior Guidelines for Rowing Events.....	7
SEC (6) ATHLETE Responsibilities	8
SEC (7) Practice Rules.....	9
SEC (8) Regattas	12
SEC (9) Volunteers.....	13
SEC (10) RECRUITING.....	13
SEC (11) Financial Information	14
Appendix.....	15
A – Glossary of Rowing Terms.....	15

LIST OF FIGURES

Figure 1: Boat Types.....	3
Figure 2: Boat Positions	4

INTRODUCTION

Rowing has been described as the "ultimate team sport" because each athlete's individual effort, no matter how great, must harmonize with that of every other athlete to create the smooth, synchronous flow of a successful boat.

Successful athletes develop a deep practical understanding of the power of teamwork. They learn to build and perform as a team, and they learn to deal with the common obstacles and challenges that impede teamwork. Athletes learn a kind of mental discipline that will stay with them in any endeavor they may undertake, now or in the future.

Palmetto High School was the first high school in Manatee County to have a rowing team in the spring of 2010. Southeast High School soon followed in 2011 and then Manatee High School in 2012. Today, these schools are represented along with Lakewood Ranch and Braden River High School. In 2012, Manatee County Youth Rowing (MCYR) formed as a registered 501(c) 3 non-profit organization to help support all of the rowing teams. All teams share equipment and coaches and in some cases row as one team under the MCYR banner. Although we have an excellent working relationship with Manatee County, the County does not govern us. The MCYR Board of Directors is comprised of parents, adult rowers, and community members.

Rowing is the ultimate team sport, on and off the water! Our athletes make the boats go fast when they work together. However, it takes an even bigger crew of parents and volunteers working together to make the whole team function successfully and smoothly. The easiest way to get involved is to volunteer for a regatta or committee, attend parent meetings and attend the regattas to support your athlete and the team. Please speak with any board member and they will find a spot for you!

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 for all ages. 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 athletes 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 including a Head Coach, Assistant Coaches, Novice Coaches and Middle School Coaches (current coaching staff can be found on our website: www.manateeyouthrowing.com).



GENERAL INFORMATION

MCYR

SEC (1) WHAT IS ROWING?

Note: a list of rowing terms is provided in the Appendix.

In rowing, boats are divided into two categories, “sweep rowing” and “sculling.” In sculling, each athlete has two oars each about 9.5 feet long. Sculls can be “singles”, “doubles”, or “quads”. In sweep rowing, each athlete has only one oar, 12 feet long. Shells come in “pairs” and “fours” with or without a coxswain, and “eights” with a coxswain. See Figure 1: Boat Types.

In both kinds of racing boats, athletes are able to take long and powerful strokes with the oars because their feet are tied into shoes. They slide back and forth on seats that roll on a track about 2.5 feet long with swivel oarlocks.

The racing shells themselves are light and streamlined, made out of carbon fiber or of a thin composite less than 1/8 of an inch thick. For example, an 8-oared shell (8-person) is 62 feet long, weighs less than 250 pounds, and can carry a crew weighing as much as 1,800 pounds; a single scull (1-person) is approximately 28 feet long and weighs less than 30 pounds.

There are two distinct rowing seasons, the fall season or “head” races and the spring season or “sprint” races. The typical head races are 5,000 meters while the sprint racing distance are 2,000 meters. Under good conditions, an 8-oar crew can row this distance (2,000 meters) in less than five minutes at an average speed of about 14 mph. See also, Section 3 Fundamentals of Racing.

I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death (“Risks”); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Release named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

Figure 1: Boat Types

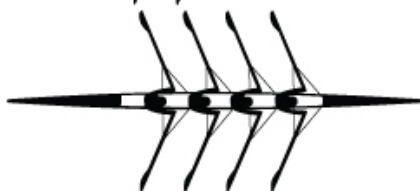


Sculling Boats

Single (1x): Approximately 26 feet long, 11 inches wide, and about 30 lbs. Rowed by one person using two oars.



Double (2x): Approximately 32 feet long, 13 inches wide, and about 60 lbs. Rowed by two people using two oars each.

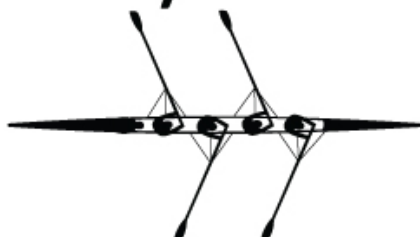


Quad(4x): Approximately 42 feet long and about 115 lbs. Rowed by four people using two oars each.



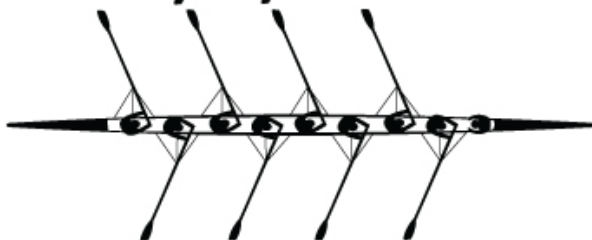
Sweep Boats

Pair (2-): Approximately 32 feet long, 13 inches wide and about 60 lbs. Rowed by two people using one oar each.



Four (4+): Approximately 42 feet long, 21 inches wide and about 112 lbs. Rowed by four people using one oar each. Coxswain can be in the bow or the stern.

A **Straight Four (4-)** is a similar boat but without a coxswain.



Eight (8): Approximately 60 feet long, 26 inches wide and about 210 lbs. Rowed by eight people using one oar each. Coxswain sits in the stern.

SEC (2) BOAT POSITIONS

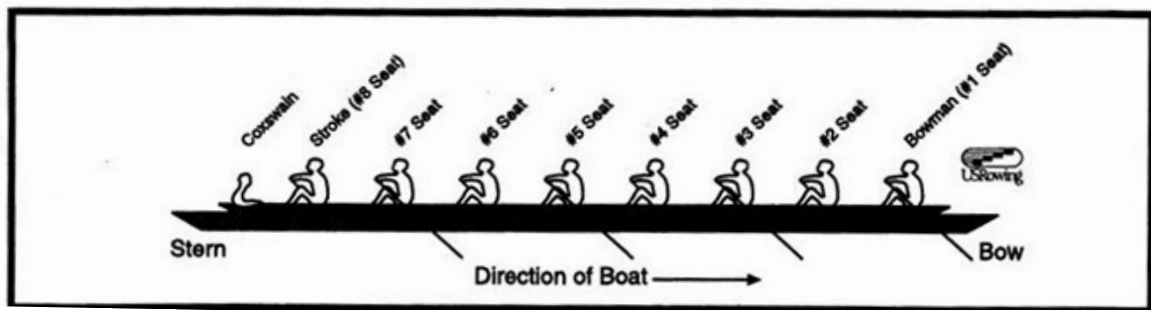
There are eight rowing positions in an “Eight” racing shell. Seats 1 and 2 are the bow pair.

This pair is special, as they, “set the boat”. Athletes in these positions must have smooth and fluid technique. Seats 3, 4, 5 and 6 are the power, or engine seats. Athletes in these positions must be large and strong. Seats 7 and 8 are the stern pair. They set the stroke rate for each side of the boat. The number 8 seat is usually the hardest to row. Bow seats require fluid and consistent athletes. It is important to remember that all three sections of the boat are equally important. A good winning boat consists of eight people rowing together as a team under the direction of their coxswain. See Figure 2: Boat Positions.

The coxswains are team members who are often overlooked, receiving little praise or encouragement (other than being thrown into the water to celebrate a boat’s victory). The coxswain is the eyes and ears of the boat. The coxswain has to be a good motivator because, once the race begins, the coxswain is the only one who can talk to the athletes, sets the pace and calls out cadences.

The coxswain must guide the boat to the starting line and get the boat lined up. Once the race begins, the coxswain talks to the athletes, telling them where they are in relationship to the other boats and how much farther they have to go. A coxswain must know rowing technique, so that if a correction is necessary, he/she will know what to do and why to do it, and when. It is vital that the coxswain communicates with the athletes in a motivating way. The coxswain steers by giving directions to the athletes and by keeping the boat in the proper lane to avoid penalties. This is especially important during headraces which often have multiple turns; whereas, sprint races are a straight course. Note some boats do not have a coxswain.

Figure 2: Boat Positions



SEC (3) FUNDAMENTALS OF RACING

In general, there are two seasons for rowing. In the fall, “head” races are conducted. Some popular headraces are “The Head of the Charles” held in Boston and “The Head of the Hooch” in Tennessee. In a headrace, crews race in staggered running starts for time over winding river courses lasting several miles typically 3.1 miles (5,000 meters). These races usually take between 15 and 20 minutes. These headraces require great endurance.

The spring season is sprint season. Crews are held stationary at the start and take off on the commands of the regatta official. Should a crew anticipate the command and cause a false start, the starter or referee will call all crews back to the start. A crew assessed two false starts may be disqualified. Once the race has begun, only the referee may stop the crews. A referee in a motor launch follows the race. The referee is the sole authority on whether the crews are complying with the rules of racing. The boats must stay in their lanes. However, crews that stray out of their lane will not necessarily be penalized as long as they do not interfere with or impede any other competitors. A group of judges at the finish line determines the order of finish and records the times. The winning boat is the one whose bow crosses the finish line first.

A good crew must be precise. The oars and athletes must move together as one. At the beginning of the *stroke*, the oars should catch the water quickly. During the stroke, the oar blades should remain buried. At the finish of the stroke all oars should leave the water together without splashing. Between strokes, on the recovery, the oars are turned parallel to the water. This is called feathering and the purpose is to cut down wind resistance and avoid hitting the water. As the athlete approaches the catch, the oar is squared up again.

While the finish is obviously an exciting part of any race, the start is often the most thrilling part of rowing a race. The sight of six eight-oared shells pounding off the line at forty or more strokes a minute is one of the most exciting moments in crew. Even the most inexperienced spectator can spot a good crew. A well-rowed shell will run smoothly through the water with very little check between strokes.

Strategy is involved at all stages of a race including a strong start and knowing when to “kick it in”.

MCYR CODE OF CONDUCT

A successful crew requires discipline and cooperation on the part of all athletes, coaches and parents. Adherence to the following disciplinary rules will ensure that MCYR remains well respected in the local community as well as the larger rowing community. MCYR believes that rowing is a team sport that can develop the character of the athletes and provide them with the tools to succeed in life beyond their MCYR experience.

SEC (4) GENERAL

1. **Respect for people:** Coaches, teammates, volunteers, chaperones, are always expected to treat and be treated in a courteous and respectful manner .
2. **Foul Language:** Language that is foul, abusive or disrespectful to others is not permitted at MCYR Crew. This includes all practices, bus rides, regattas and MCYR Crew events.
3. **Respect for property:** Athletes will respect all property and equipment of MCYR Crew and Manatee County Parks and Natural Resources Department. Athletes will not damage, alter, or remove any property that is not their own. While on regattas trips, athletes will respect hotel and bus property.
4. **Illegal activities:** Tobacco, alcohol, illegal drugs and controlled substances or the appearance of such activities are all strictly prohibited.
5. **Personal Decorum:** Public display of affection is not acceptable when involved in any crew function or anytime an athlete is acting as an MCYR representative. After three warnings a parent conference will be held.
6. **Dress Code:** Proper dress is required at all times. Athletes shall not attend practices, regattas, crew events shirtless and must wear MCYR or school crew shirts apparel.
7. **Parents:** Parents shall not congregate in/around the boat trailer during regattas. Parents shall not interfere with coach's instructions, preparations, launch/recovery activities, post-race discussions held by one or more of the coaches, and shall not interfere with a judge's decisions. In the event of a disciplinary issue, whether at the Ft. Hamer Boathouse or at any regatta, parents will be contacted and expected to pick up their Athlete. Failure to do so will result in a babysitting fee of \$15/hr.
8. **Conduct Unbecoming:** MCYR, upon recommendation by the Head Coach, may dismiss a member for what may be categorized as "Conduct Unbecoming". Conduct Unbecoming may be characterized as those actions that are deemed to be detrimental to MCYR, coaches and any of its respective athletes (Masters and or Youth). Conduct Unbecoming is understood to be any actions deemed to be incompatible with the best interests of MCYR or of members of MCYR, tends to harm the standing of MCYR in the local or global community. This includes but is not limited to verbal, physical, psychological, physiological threats or abuse; hazing; bullying; harassment of any type; discrimination, and or comments & actions which are in direct conflict with MCYR's Mission. Conduct Unbecoming may also include actions which are aimed at destabilizing, damaging and or undermining the coaches and or MCYR.
9. **Gender Identity:** MCYR will follow US Rowing regulation when it comes to gender identity.

SEC (5) BEHAVIOR GUIDELINES FOR ROWING EVENTS

All athletes are expected to attend scheduled regattas. If an absence is unavoidable, it must be communicated to the Coach as soon as possible.

(A) LOCAL REGATTAS

1. No student athlete, under ANY circumstances, will drive him/herself to any away regattas unless in Manatee or Sarasota Counties. Athletes will be transported to and from all other regattas by charter buses. All athletes must ride the bus to the regattas and home from the regattas. Any extenuating circumstances must be cleared with the Head Coach PRIOR to the day of the regatta.
2. All athletes are expected to attend all regattas unless the absence has prior approval of their Coach.
3. All athletes are to remain with the team at all regattas. Athletes shall arrive prior to the first race, times to be identified by the coach to assist with unloading and rigging of boats. Athletes will remain for the last event in which MCYR has an entry and assist with de-rigging and loading boats and equipment unless otherwise approved by the coach.
4. Athletes are to refrain from public displays of affection (kissing, petting, and inappropriate touching).
5. Athletes shall remain at the team tent/area (race site), boat trailer or public spaces; Athletes shall not leave the regatta area (race site) except when approved by the coach. Also, parents may not give their child permission to leave the race site, hotel or planned activity without consulting the head coach.
6. Athletes shall adhere to the team dress/uniform policy while attending and participating in all MCYR activities/regattas/while on team travel. The Dress Code is provided in Section 6 below.
7. When buses are utilized, all athletes are responsible for getting to the bus loading location at the time specified.
8. Failure to follow the above stated rules will lead to disciplinary action including, but not limited to, suspension and / or removal from team.

(B) OVERNIGHT STAYS / AWAY REGATTAS

1. For all races, athletes are expected to remain at the race site until the event is concluded and all equipment is packed and loaded.
2. Athletes may not leave the race site, hotel or planned activity without permission from the head coach. Also, parents may not give their child permission to leave the race site, hotel or planned activity without consulting the head coach.
3. When coaches are not present an adult chaperone is in charge.
4. The curfew during an overnight stay will be at the discretion of the head coach.
5. In the event an athlete displays non-compliance with published guidelines for conduct on an overnight trip, that athlete may be asked to room with their parent(s) if they are attending. If the offense is severe enough the parent will be asked to take the athlete home or travel to get the athlete.
6. Room assignments will not be changed without the permission of the head coach, but visitation from other same gender MCYR athletes will be allowed PRIOR to curfew.
7. Under no circumstances will visiting rooms of opposite gender be allowed at any time.
8. Under no circumstances will MCYR athletes be allowed to leave their assigned room AFTER curfew. In the case of emergency, please contact a coach or chaperone.
9. An athlete allowing anyone other than a member of MCYR to visit his or her room is in violation of the MCYR Code of Conduct.

10. The head chaperone, in conjunction with the head coach, will oversee the organized activities in which the athletes will participate, accompanied by chaperones.
11. Seating on buses is restricted to the same gender; no male-female seating is permitted on bus travel.
12. During bus trips, athletes will only be allowed to go to designated restaurants. Other establishments in the area are off limits.
13. Failure to follow the above stated rules will lead to disciplinary action including, but not limited to, suspension and / or removal from team.

SEC (6) ATHLETE RESPONSIBILITIES

Have You Got What It Takes?

Have you got what it takes to be a team player in rowing?

To be a part of an energetic and enjoyable crew takes consistent effort and a lot of thought. Here are some things to think about:

1. **KEEP YOUR WORD** – Only promise what you can deliver. If you promise to meet the group at a certain time, be five minutes early. Be consistent in your actions.
2. **CARRY YOUR FAIR SHARE OF THE LOAD** – Both on and off the water the term “pulling together” is very appropriate. Don’t expect others to pick up the slack.
3. **BE A FRIEND** – Take your other teammates’ best interest to heart.
4. **NEVER MAKE A FELLOW ATHLETE LOOK BAD** – Praise in public, provide constructive criticism in private. If you have concerns with a fellow teammate, discuss them in private with the coaches.
5. **GO ABOVE AND BEYOND** – Deliver more than you promise. Volunteer to help out the team. Your fellow athletes will be there when you need them.
6. **LIGHTEN UP** - Rowing is a sport to be enjoyed. Try not to get stressed out over situations or people. Interact with your team. You’ll learn about them as well as about yourself.
7. **CAN YOU SWIM?** Rowing is a water sport. For your safety it is important that you can swim. Be sure to notify your coach if you can’t swim.
8. **TRAINING AND CONDITIONING** - Training and conditioning are important for each athlete’s performance. All aspects are equally important; nutrition, rest and exercise. All athletes need plenty of sleep. Sleep is important to athletes because it gives their muscles time to recover and rebuild. A consistent amount of sleep each night is more important than one long night before a race.
9. **SCHOLASTIC PERFORMANCE** - Maintain a GPA of at least a 2.0 and abide by school code of conduct. Report cards are to be presented to your Coach quarterly.

If a late night is necessary, it is crucial that it does not fall on Thursday or Friday, since the sleep two days prior to a race is most important to race day performance.

Diet should be high in protein and carbohydrates, including lots of fruits vegetables, white meats (chicken and fish) and complex carbohydrates like pasta, potatoes and rice. A good breakfast and lunch are a must. A healthy snack low in protein and fat before practice is recommended for energy. Athletes with special dietary needs, allergies or similar shall notify the coach immediately. Athletes with allergies shall be responsible for providing their own medications, inhalers, or similar; MCYR is not responsible for providing and/or maintaining medicines

required for Athletes.

The night before a race it is important to avoid heavy, greasy foods and heavily sugared, caffeinated drinks.

Lightweights should maintain their weight (typically not to exceed 130 lbs. for females and 150 lbs. for males).
NO CRASH DIETING!!!!

DRINK PLENTY OF WATER!!!

SEC (7) PRACTICE RULES

Absences, defined as non-emergency and no prior coach notification, by Varsity and novice athletes, are never acceptable. Absences are, however, inevitable and sometimes necessary. It is important to understand rowing is a sport where each large boat requires 9 athletes in attendance. If one is absent, 8 people do not get to participate in practice due to that one person's absence. If we cannot plan for the absenteeism, it may be to the detriment of 8 other athletes and possibly the team. If an athlete misses a practice the week before a race, including the Saturday before, the athlete will not race. Consequently, athletes must text their coach no later than 24 hours (or as soon as possible) before the start of the practice to inform them (or leave a message) that they will be absent. Tardiness must be avoided as it affects the entire team's practice. Multiple absences or late arrivals, regardless of the reason, may affect the athlete's participation. The coach will determine boatings & seats prior to the race. Poor attendance will result in possible boat line-up changes!

Not attending practice has the following effects:

- The absent athlete does not develop when they do not practice.
- Other athletes are unable to practice.

Not attending practice may or may not have the following effects:

- The absent athlete is removed from a boat and replaced by another athlete for practice.
- The absent athlete is removed from the boat and replaced by another athlete for a race.
- If an absence occurs the week prior to a regatta the athlete will be removed from a race. This includes the Saturday practice before a regatta.

Cancellation: On the water practice continues in all weather conditions, except lightning. Indoor practice continues in all weather conditions. If classes or afterschool activities at Manatee County Schools are cancelled, then practice is cancelled. Typically, an MCYR Captain will text Athletes with updates on practices, regattas, or crew events. Please ensure the Captains have your Athlete's cell phone number and email address.

Seasons:

- Fall: Typically, from a week to two weeks before school starts through November. Regattas are headraces.
- Winter: Typically, from November through January (until school begins after winter break). This is a training season.
- Spring: January (school start) through May. Winning varsity boats may advance through June. Regattas are sprint races.

PRACTICE SCHEDULE

Practice is generally as follows. Coaches will notify athletes of practice changes. Additional practices may be added if deemed necessary by the coaches.

High School (Varsity and Novice)

Monday, Tuesday, Wednesday & Thursday: 3:30 p.m. - 6:00 p.m.

Saturdays: 7:00 a.m. - 10:00 a.m.

Middle School (MS)

Monday and Wednesday: 4:45 p.m. - 6:00 p.m.

Saturdays: 10:00 a.m. -12:00 p.m. (Noon)

Spring Break: Spring Break falls in the middle of regatta spring season so practice typically continues through Spring Break.

Winter Break: A schedule will be communicated by the coaching staff.

PRACTICE SITE

Fort Hamer Boat House, 1605 Fort Hamer Rd. Parrish, FL 3419

WHAT ATHLETES SHOULD BRING TO PRACTICE

- Flip flops or water shoes
- Running shoes with dry socks
- Towel
- Two (2) 7/16", two (2) 10 mm and one (1) adjustable wrench
- Change of dry clothes
- **WATER!** Each athlete is responsible to bring his or her own water each day. For health reasons, drinking from another athlete's water bottle with or without permission is prohibited.

DRESS CODE

- Men: hats/caps, feet protection, rowing shorts or uni-suits (or biking shorts, or long spandex shorts), shell shorts, tank tops or t-shirts. Men may remove shell shorts IMMEDIATELY prior to shoving off from the dock. A top must be worn at all times.
- Women: hats/caps, feet protection, sports bras (or equivalent), row shorts or uni-suits (or biking shorts, or long spandex shorts), tank tops or t-shirts.

- Prohibited at MCYR:
 1. White or otherwise sheer spandex, this includes sport bras
 2. "Altered" (i.e. shortened or trimmed) garments, revealing or immodest clothing
 3. Thin under armor style compression shorts.
 4. Inappropriate graphics or language.

COMMUNICATION WITH COACHES

- **Communication from the Coaches**

- ☞ Philosophy of the Coach.
- ☞ Expectations the Coach has for athletes and the team.
- ☞ Practice times and schedules.
- ☞ Procedures regarding injuries.
- ☞ Disciplinary action that results in denial of participation.

- **Appropriate Concerns for Parents to discuss with the Coaches**

- ☞ The treatment of your athlete (mentally and physically).
- ☞ Ways to help your athlete improve both athletically and academically.
- ☞ Concerns about your athlete's behavior.

- **Inappropriate Concerns for Parents to Discuss with Coaches**

- ☞ Seat/Boat Assignments
- ☞ Other Athletes
- ☞ Race Strategy

- **Procedures to Follow if you have Concerns to Discuss with a Coach**

- ☞ Contact the Coach to set up an appointment.
- ☞ Individual coaches will not meet with parents alone.
- ☞ IF the Coach does not respond, please send an email to MCYR Board via board@manateeyouthrowing.com.
- ☞ Do not attempt to confront a Coach before or after a regatta or practice. Coaches are focused on the team and regatta issues at the regattas and the Coaches may have previously scheduled appointments before and after practice times.
- ☞ In the event a satisfactory resolution is not obtained, parents should email board@manateeyouthrowing.com to set up an appointment with the MCYR BOD.

ATHLETE PARKING AND PARENT PICK-UP/DROP-OFF

- Parking for all athletes and parents will be provided in the rear parking lot of the County boathouse facility or otherwise designated.
- Speed limit along Fort Hamer road will be obeyed
- No loud music or cell phone use when on the boathouse site

- Be courteous and friendly to all neighbors
- **Parents need to be at the facility 10 minutes before the end of practice to pick up their athletes. There will be a late fee imposed of \$1.00 per minute for athletes that are picked up after the end of practice (i.e.10 minutes, \$10.00)**

SEC (8) REGATTAS

Regattas are unlike other sport competitions. Generally speaking, regattas are ALL day events and ALL athletes are expected to arrive to unload the trailer in the morning and stay to reload it once the team's last event has finished. Athletes are not dismissed until the boat trailer as well as the food trailer is loaded and the coaches dismiss everyone at the same time. Parents volunteer at the food trailer to provide healthy food throughout the day. Regatta schedules and race events tend to be very fluid. Coaches try to provide information as timely as possible. Athletes and parents are asked to be patient and flexible.

REGATTA SUPPLIES FOR ATHLETES

- Uniform and appropriate foot wear
- Personal water bottle
- Sunscreen
- Bug Spray
- Sunglasses and/or hat
- Pillow and blanket
- Dry change of clothes
- Sweatshirt, jacket, rain gear
- Homework/books/games/cards
- Money for regatta t-shirts

REGATTA SUPPLIES FOR PARENTS

- Portable chair
- Shade tent (usually parents share these)
- Binoculars
- Personal water bottle
- Sunscreen
- Bug Spray
- Sunglasses and/or hat
- Sweatshirt, jacket, rain gear
- Money for regatta t-shirts and food

REGATTA FOOD & BUSES

The food committee arranges food at regattas. Money for the food is included in the fees for each athlete (except middle school athletes). If a parent would like to purchase food at the regatta, it is 10 dollars for the day and a reservation must be requested in advance. No food money will be reimbursed for non-attendance or not eating.

Bus Money

All athletes are required to ride the buses and the cost for the buses has been included in the fees (bus fees for middle school athletes is not included in the assessment fees and will be additional). No money will be reimbursed for non-attendance or not riding the bus.

PARENT PARTICIPATION AT REGATTAS

Parents are encouraged to come early on race days and stay for the entire day.

Parents should not get involved in the coaches' decisions regarding boat assignments for any given race. Please do not approach any coach on race day for any grievances or other discussions. Parents should not try to talk to coaches or athletes at the boat trailer as they prepare for or finish races.

Regattas are not the appropriate time or place to have discussions (unless an emergency) with the coaches, as they are focused on the day's events and the athletes. Please set up an appointment to discuss issues.

SEC (9) VOLUNTEERS

MCYR's success depends on volunteers willing to step up and do what needs to be done. Whether it is working at a regatta, procuring auction items for fundraisers, serving on committees, or making food for regattas helping out is essential to MCYR and it can be very rewarding for the volunteer. It is also one of the best ways to understand the culture of crew, meet other parents and get to know the athletes and the coaches. Each family (not including athletes) are required a minimum of 20 hours of volunteering through committees, fundraising events such as "Run to Row" and regattas. Self-reporting of volunteer hours will be requested each month. Should you not be able to volunteer you may "buy" your volunteer hours for \$10/hour.

In accordance with SANCA Policies for regattas held at Nathan Benderson Park, each team must provide one (1) regatta volunteer per boat entry. A member of the regatta committee will distribute communication, typically via email, requesting volunteers. If the corresponding number of volunteers is not secured, MCYR must "scratch" a boat.

SEC (10) RECRUITING

"The act of recruiting or trying to recruit a Student Athlete from participating FSRA programs to utilize the Student's athletic abilities is deemed as unsportsmanlike conduct and therefore is prohibited. However, during the time frame of June 16th to December 31st, the Student Athlete has the ability to leave their existing program in order to join another program as long as the Student Athlete does so under their own desire and did not switch due to the act of recruitment or attempted recruitment."

Recruiting is against FSRA rules-if a representative from a program registered with FSRA recruits -fines or suspension from FSRA and FSRA regatta can occur. A representative is defined as: staff, athlete, parent, donor and it sponsor.

SEC (11) FINANCIAL INFORMATION

MCYR is a non-profit organization and the entire budget for the season is not covered by session fees. Coaches salaries, equipment maintenance, insurance, regatta expenses and fees, maintenance of boat and food trailers, as well as boat house needs are covered by session fees. Fees do not contribute to overnight stay events. Fundraising is used for new equipment, extra costs, etc. Session fees are evaluated each year and distributed prior to the Fall season.

Payment is due at the beginning of each season. Please see www.manateeyouthrowing.com for details about the payment options. All payments are collected through PayPal. There will be a \$10 fee for all late payments added weekly until the account is brought current. Insufficient funds (ISF) are the responsibility of the athlete's family and will be automatically added to the athletes account balance. Delinquency may result in athletes not participating (i.e.: not boated) until the account is brought current. Athletes leaving voluntarily before the end of the season will not be issued a refund. The season is expected to be paid in full. If the athlete wants to return to the team at any time, all past due balances must be paid in full before the athlete can participate. In the event the rowing season is cancelled due to unforeseen circumstances beyond the control of MCYR, no refund of fees will be given and balances due on payment plans must be paid in full.

Each athlete is required to join the United States Rowing Association (www.usrowing.org). This is in addition to the session fees.

If any athlete or parent has questions regarding finances, please contact the treasurer through our website. Coaches do not have any information on the financial standings of any athlete.

Fundraising

Fundraising is intended to offset the cost to purchase equipment and to offset costs for regattas. All athletes benefit from successful fundraising efforts; therefore, all athletes and their families are strongly encouraged to participate.

Fundraising events will be announced early in the fall season and updated as they arise.

APPENDIX

A – Glossary of Rowing Terms

The sport of rowing has been around for a long time and has developed its own, sometimes peculiar terminology. Here is a glossary to help you understand what your athlete is saying.

- **2-** Symbol for a – pair (2 athletes, sweep, no cox).
- **2+** Symbol for a – coxed pair (2 athletes, sweep, cox).
- **2x** Symbol for a – double (2 athletes, sculling).
- **4-** Symbol for a – straight four (4 athletes, sweep, no cox).
- **4+** Symbol for a – four (4 athletes, sweep, cox).
- **4x** Symbol for a – quad (4 athletes, sculling, no cox).
- **4x+** Symbol for a – coxed quad (4 athletes, sculling, cox).
- **8+** Symbol for an – eight (8 athletes, sweep, cox).
- **Body angle** The forward lean of the body from the hips that is achieved during the first part of the recovery. Also called – body prep.
- **Bow** The front of the boat. Also the term used for the person rowing in –1 seat.
- **Bow ball** A rubber ball used to protect the boat during a collision.
- **Bow coxed boat** A shell in which the cox lays feet first in the bow of the boat. This position helps to reduce wind resistance.
- **Button/Collar** A wide ring on the oar that keeps it from slipping through the oarlock.
- **Catch** The entry of the blade into the water at the beginning of the stroke; the point at which the oar is placed in the water.
- **Cox box** Amplification system with a headset, microphone, and speakers that allows the coxswain to convey instructions to the entire crew.
- **Coxswain/Cox'n/Cox [kok-suhn]** The coxswain commands the crew, steers the boat, and is responsible for the safety of the crew and the boat. During a regatta, the coxswain is responsible for implementing the race plan established by the Coach.
- **Crab** Being unable to take your blade out of the water at the release. This action destroys the rhythm, set, run, and momentum of the boat and is often referred to as –catching a crab. This can stop a boat dead in the water and can also throw an athlete out of the boat.
- **Drive** Power portion of the stroke. When the blades are in the water, the boat is in the drive' phase of the stroke cycle.
- **Ergometer/Erg** The Concept II rowing ergometer. This machine is used to build and measure the endurance and level of fitness of the athlete. Erg scores may also be used to determine placement in a particular boat line-up. Ergs use wind resistance to replicate the sensation of water resistance felt while rowing.
- **Feather** The action of rotating the blade so that it parallels the water on the recovery. This minimizes resistance to air and water.
- **Finish/Release** End of the drive during which the blade comes out of the water in preparation for the recovery.
- **Gunwale [guhnl]** The sides of the boat, the edge of the shell's cockpit. When athletes carry a shell to the dock, the gunwales rest on the athlete's shoulders.
- **Hold Down/Hold Water/Hold** The action of square the blade in the water to stop the forward motion of the shell.

- **Inside Hand** The hand that is closest to the oarlock (right for ports, left for starboards).
- **Lightweight** A term referring to the athletes, not the boats. There is a maximum weight for each athlete in a lightweight event as well as a boat average.
- **Masters** Athletes over the age of 27 (21 at some regattas)
- **Novices/Novies** First year athletes. Novice designation lasts for the academic year, but does not carry over the summer.
- **Oar (sweep)** Used in pairs, fours, and eights. Each athlete uses one oar. Just over 12 feet in length, oars may be made of wood or carbon fiber. They are generally painted with the team's colors.
- **Oarlock** Device that holds the oar and is the fulcrum for the oar. The lock consists of the pin and the gate. The gate is held closed by a threaded nut that is loosened to allow the athlete to open the gate and insert an oar into the oarlock. The gate is then closed, and the nut is hand tightened.
- **Port** Left side of the boat, facing the direction of travel (the bow). Red is the color that corresponds with port side.
- **Power 10 (20)** A call for athletes to do 10 (or 20) of their best, most powerful strokes. A strategy used to pull ahead of a competitor or to focus the athletes' attention.
- **Puddle** The disturbance left in the water by the blade as it is removed from the water. Puddles are visible during the recovery and help to gauge the 'run' of a boat.
- **Recovery** This is the time from the release of one stroke to the catch of the next stroke; the time the blade is out of the water. During the recovery, the athlete moves his or her body and seat into position to prepare for the next catch.
- **Rigger** The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.
- **Rudder** About the size of a credit card, the rudder is part of the skeg that swivels to steer the boat. Sometimes, the rudder is separate from the skeg.
- **Run** The glide that occurs during the recovery or the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.
- **Scull** Oar used in singles, doubles, and quads. Sculls are 9½ feet long and may be made of wood or carbon fiber. Sculls have a smaller handle than a sweep oar, but the parts are the same as a sweep oar.
- **Sculling** One of the two disciplines of rowing. Each person has two oars.
- **Set** Set is the stability of the boat side to side, and its ability to ride level without leaning to the starboard or port. A boat is "set" by the athletes.
- **Shell** Term used interchangeably with boat'
- **Single** A shell with one athlete (a sculler) who uses 2 oars to propel the boat.
- **Skeg** A fin attached to the bottom of the boat near the stern that helps keep the boat on course and balanced.
- **Slide Ratio** The ratio of time spent during the drive versus the recovery. The goal is to spend longer on the recovery than the drive. This maximizes the run of the boat as well as the amount of rest the oarsperson gets during the recovery phase of the stroke.
- **Starboard** The right side of the boat when facing the direction of travel (the bow). Green is the color associated with Starboard.
- **Stern** The rear of the boat; the direction the athletes are facing.
- **Stretcher/Foot Stretcher** Where the athletes' feet go. Shoes may be permanently attached to the boat or adjustable straps hold athletes' own shoes to the footboard. Foot stretchers adjust to accommodate-date athletes' height/leg length.
- **Stroke** The cycle of the oar during rowing. One stroke consists of the catch, drive, finish, and recovery.
- **Stroke Seat/Stroke** The athlete who sits closest to the stern. The stroke sets the stroke rate and rhythm for the boat.
- **Stroke Rate** The cadence of strokes per minute.
- **Sweep Rowing/Sweep** One of the two disciplines of rowing where athletes use only one oar.

- **Swing** The elusive feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.
- **USRowing** United States Rowing is the governing body for rowing in the United States. <http://www.usrowing.com>.
- **Weight (or Way) Enough** A command given by coaches and coxswains to stop an action.



Manatee County Youth Rowing Athlete and Parent Handbook

By signing this form, the undersigned acknowledges that they have read, comprehend, and will abide by the policies and procedures presented in the Manatee County Youth Rowing Athlete and Parent Handbook. The undersigned understands that if they need further clarification it is their responsibility to seek guidance from a Manatee County Youth Rowing (MCYR) coach. The undersigned acknowledges that failure to comply with the policies could result in termination from MCYR without fee reimbursement.

Athlete's Name (Print) _____

Athlete's Signature _____

Date _____

Parent/Legal Guardian Name (Print) _____

Parent/Legal Guardian Signature _____

Date _____