

**2022-2023**

**Athlete & Parent Handbook**

Newport Sea Base Rowing Center

1931 W. Coast Hwy

Newport Beach, CA 92663

(949) 270-9948

<http://www.newportseabaserowing.org>

**Fall Season Dates:** Aug 18 – Dec 17 (Returning Juniors)

Aug 22 - Dec 17 (New Athlete Juniors)

Sep 12 – Dec 10 (Middle School)

**Spring Season Dates:** Jan 2 – May 26 (Juniors)

Jan 9 – May 9 (Middle School)

**Physicals Deadline** One week after joining

**NSBR Payment Deadline:** One week after joining

**People to know:**

Ian Simpson U19 Women rocoach@gmail.com

James Long-Lerno U19 Men James.Long-Lerno@scouting.org

Lacey Shelton U17/U16 Men Lacey.Shelton@scouting.org

Peter Vescovi U17/U16 Women Peter.Vescovi@scouting.org

Janelle Genovese Middle School jjgenovese@live.com

**Fall Practice Times:**

Junior Men Monday-Friday (Wed off) 3:30pm-6:15pm; Saturday 6:30am-9:00am

Junior Women Monday-Friday (Thurs off) 3:30pm-6:15pm; Saturday 6:30am-9:00am

Middle School Competitive Tuesday & Thursday 3:45-5:45pm; Saturday 10:00am-12:00pm

Middle School Recreational Monday & Wednesday 3:45-5:45pm; Saturday 10:00am-12:00pm

Changes to the schedule may be required to accommodate competitions, or at the request of the coaches.

**Juniors Parents:** Please do your best to schedule doctors' appointments, tutors, physical therapy, etc. on your rower's day off.

**Juniors Program Overview**

Welcome to Newport Sea Base Rowing! Please read the following important information.

**About Newport Sea Base Rowing**
Newport Sea Base Rowing (NSBR) is a program that is administered by the Orange County Boy Scouts of America (OCBSA). Through our association with the OCBSA, we are a nonprofit organization that provides unique opportunities to promote personal and community growth through teamwork, discipline, and physical fitness to all ages and all skill levels.

We are located at the Newport Sea Base in Newport Beach. NSBR provides
competitive and recreational rowing for rowers of all ages. With a fantastic coaching team
and a low coach-to-athlete ratio we focus on giving our athletes the best experiences and
the best opportunities to succeed. Since our inception in 2014 we have a proven record of developing athletes for collegiate programs and also for US national teams from youth through
Olympic levels.
We are proud of our status as a USRowing High Performance Club - our reputation for excellence and outstanding accomplishments in the sport makes NSBR
the best place to row in Orange County.

**Mission**

Rowing changes lives. At Newport Sea Base Rowing (NSBR) we are dedicated to fostering a community that is both welcoming and supportive. Under the banner of Rowing For All, we make rowing accessible without regard to individual ability, background or experience. We seek to raise the standard of our rowing programs through the collective pursuit of excellence and to share our knowledge and expertise with others for the advancement of the sport at all levels.

**Governance**

Newport Sea Base Rowing is overseen by an advisory committee that comprises representatives of the OCBSA, the Director of Rowing, the juniors head coaches, and masters and parents volunteers. If you are interested in learning more about the advisory committee and how it functions, please contact any committee member for details. The NSBR committee works closely with the coaching staff in order to provide our rowers the best environment to learn and compete in the sport of rowing.

**Our Youth Teams**

There are boats and performance levels for everyone! Depending on age, expertise and prior experience, the teams are as follows:

* Competitive and Recreational Middle School (6th-8th Grades)
* Under-16, Under-17 and Youth Juniors (8th-12th Grades)\*

Participation in the middle school program and/or one of our summer learn-to-row camps is recommended but not required for members of the Competitive Youth teams.

**We accept new rowers until the end of January**

All athletes interested in the junior programs will be asked to register for an initial two week try out period. During this time we will collect physical data (height, weight, arm span, etc.), conduct tests of basic strength, fitness and athleticism and ask general questions to elicit each athlete's reasons for wanting to row. Upon successful completion of the two-week try out period, the athlete will be invited to join the team.

**The Season**

The **Competitive Teams** begin their fall season late August/early September. The racing season ends with the Southwest Regional Championships in May. Strong performances at Regionals could result in selected crews being invited to compete at Youth Nationals in June. Exceptional athletes may then have the opportunity to try out for the US National teams that compete in the World Championships later in the summer. Members of the Competitive Teams are required to participate in the Ergathon and other team fundraisers.

The **Recreational Middle School Team** begins its fall season in September. The Recreational Middle School Team's season ends its season in May. Members of the Recreational Middle School Team may transfer to the Competitive Team on the advice of their coach and with the approval of the Head Coach. Members of the Recreational Middle School Team are required to participate in the Ergathon and other team fundraisers.

**Communication**

Website: [www.newportseabaserowing.org](http://www.newportseabaserowing.org)

Facebook:

* General Club: <https://www.facebook.com/newportseabaserowing>
* Parents: <https://www.facebook.com/groups/2000317813343483>
* Masters: <https://www.facebook.com/groups/979418862212591>

Instagram:

* Juniors: @nsbjrrowing
* Masters: @nsbrmasters

Most of our general communication to you is through our website and by e-mail (direct or via iCrew, our team management platform.)

Individual teams communication is via GroupMe.

**Steps to complete Junior Rowing registration:**

1. Thoroughly read this document as we have made some changes for the new season.
2. If you need to pay by cash or check, contact the Director of Rowing.
3. Sign in to iCrew and complete the registration information. You will be asked to read and complete our liability waiver, swim attestation, and handbook agreement when you register.

**Instructions for iCrew Registration and Use**

* Register for Newport Sea Base Rowing through our online registration platform: [iCrew](https://www.icrew.club/signup.php?crewOrgID=d50e20b0-3153-a7ed-dc18-e055e367438e)​
	+ Create an account with the athlete's information
	+ Join a team:
		- First Year Competitive Youth Men/Women
		- Please do NOT join the "Competitive Youth All" team
			* The staff will do this for you when it is time to pay your first month's dues.
	+ Go to your My Profile page
	+ Enter parent's email in "Alternate email address"​
	+ Select child in "Family Position"
	+ Enter child's birthdate in "Date of Birth" under Rower's profile section
	+ Enter parent's information under Emergency Contact section
* Complete necessary forms in iCrew
	+ Print health related forms and turn them in at your first practice
		- BSA Medical Form, parts A and B
		- Medical Form C - Physician's Letter
		- USRowing Heart Healthy

**Scholarships**

Rowing is an expensive sport, but we do not let financial considerations keep athletes from participating. A limited number of partial scholarship opportunities are available to financially needy members of the Competitive Team who maintain an appropriate attendance record and exhibit exceptional sportsmanship. The scholarships are designed to assist a parent in paying the basic cost of participation in NSBR. Athletes will continue to incur costs for travel and uniforms. If you have concerns about meeting your financial responsibility, please request, complete and submit a scholarship application form. All information provided will remain confidential.

Scholarship recipients and their families are required to volunteer for service and to be active participants in all fundraising activities.

**Independent Study PE**

Check with your school counselor to determine if you are eligible for credit for Independent Study. (Note that NSBR has 20 spaces allocated at Newport Harbor High School and a similar number at Corona Del Mar High School.) Progress reports will be maintained, grades given and attendance recorded and sent to the high schools for those athletes receiving PE credit or exemption. Participants who receive school credit or PE exemption have a responsibility not only to NSBR but also to their schools. Infractions of the NSBR Codes of Conduct will be reported to school counselors.

Parents are responsible to ensure that their rower collects, properly prepares and submits the required information to their school on a timely basis.

**Newport Sea Base Rowing Costs**

The cost for the initial junior team try-out is $150(non-refundable). Thereafter, dues are $400 payable each month September through May (does not include travel to non-local regattas). Uniforms, merchandise and rowing shoes are extra.

Middle School dues and program information is on our website: <https://www.newportseabaserowing.org/middle-school>

*Note:* Parents with more than one child rowing in the same period can request a 10% discount for the 2nd (and subsequent) child.

Dues payments cover coaching fees, use of boats, ergs and other equipment, insurance, administration costs, contribution to overheads, boathouse maintenance, and other incidentals. **All dues are non–refundable.**

**Regatta Trip Fees**

Regatta trip fees are in addition to standard program fees. Payment notices will be posted approximately 14 days before the event and must be paid before the day of the event.

Dues and fees will be automatically charged to your iCrew account.

***If dues and fees are not paid fully and promptly, your rower may be suspended from the program until delinquent payments are satisfied.***

## Personal Belongings

1. Store all personal belongings in one of the cubbies provided for that purpose. No belongings should be left overnight.

***Workout Room***

* + Wipe down all machines, ergs, benches and the floor after each use
	+ No spitting on the floor at any time
	+ All weight plates, dumbbells and other equipment must be re-racked after each use
	+ Chewing gum is not allowed in the erg room
	+ Food is not allowed in the erg room, unless specifically approved by the Program Director
	+ Pick up all bottles, trash, etc. and put into the garbage cans located around the building

**Sickness and Injury**

* In the event of sickness, athletes must remain away from practice until symptoms subside.
* Please report all injuries to a coach immediately so that we may try to get you the appropriate treatment as quickly as possible. If an athlete is unable to complete workouts as assigned due to pain or injury, they will NOT be permitted to return to practice until they have clearance to return from a doctor. We want to be very careful about not furthering any pain or discomfort.

**Participant Code of Conduct**

Rowers have a tradition of excellence on and off the water. We expect all our athletes to uphold this tradition, not only here at the boathouse, but also in school and at home. We know this is a rigorous sport and that the training and competition can be mentally and physically taxing. We also know the rewards and positive by-products of this hard work and training. You must trust that upon completing a season like this, you will be a better, stronger, happier person than the day you began. Anything worth doing is worth doing well.

We, the coaches, are here to help you learn the best ways to maximize your training, competitive success, studies, and peer to peer interactions. We, the coaches, are willing to do whatever it takes to help you succeed. If you, the athlete, ever need clarification about technical feedback, workouts, or selections, please feel free to ask us for some extra time. To best support you in this endeavor, we need all athletes to hold themselves to certain standards of decency, excellence, and commitment. Below, you will find our Code of Conduct.

Any violations of the Code of Conduct shall be dealt with in the following order of warning and review.

**First -** a verbal warning from coach to athlete

**Second** - a written warning from coach to athlete, and a conversation with a parent(s).

**Third -** an official write up and conversation with both the athlete and a parent(s) followed by a suspension from training and competition for at least one competitive season (fall, spring, or summer) without refund.

This policy may be subject to change dependent upon the infraction. The Code of Conduct includes the following:

1. **Bullying**

“Bullying” includes, but is not limited to, the following behavior:

* 1. Cliquish behavior (non-inclusive team behavior or speech).
	2. Rude comments or actions from one teammate to another.
	3. Rumor-milling, gossiping, or negative comments about teammates, coaches, parents, volunteers, workouts, or results
1. **No Drugs, Tobacco/Vaping or Alcohol**
	1. At home, team functions/regattas, or any other venues. As well as it being illegal, it is also tremendously detrimental to your training and growth. **Any student athlete in possession of or using will be immediately suspended with the possibility of being dismissed from the team.**
2. **“Hands Off”**
	1. We expect that all athletes refrain from inappropriate physical contact of any kind. This includes the following behavior or contact: public displays of affection, massaging, fighting, and any other contact deemed inappropriate by the coaching staff.
3. **Social Media**
	1. Social media is frequently used by all of our athletes, parents, and members. It is a forward facing, very public representation of our club, our teammates, and the larger NSBR family. All official club social media accounts will be run from within the employment structure of the organization unless indicated otherwise by the Director of Rowing.
	2. For personal social media accounts:
		1. Athletes may not “block” one another or use social media to bully or exclude. Teammates are teammates no matter what.
		2. Athletes may not otherwise use their social media to put NSBR in a negative light.
4. **Clothing Policy**
	1. All athletes are expected to keep their torso and midriff covered at all times when not actively working out and at all times when middle schoolers and summer campers are present. Athletes are expected to immediately cover their torso and midriff when requested by a coach, chaperone, parent, other adult, another athlete or any other person. Excessive modification of clothing to shorten or be more revealing is prohibited.
5. **Fundraising**
	1. Fundraising is a necessary part of keeping our program running. All team members are required to participate in team fundraisers.
6. **Attendance**
	1. Rowing is a big commitment of time, energy, and money. It is imperative that all rowers and parents take this commitment seriously. Absences (defined as non-emergency and no prior coach notification) are never acceptable. Absences are, however, inevitable, and sometimes necessary. It is important to understand that rowing is a sport in which boats require certain numbers to be able to train. If the coach cannot adequately prepare for the absenteeism, it may affect other athletes and their ability to train effectively. Therefore, it is imperative that **you** notify **your coach** via GroupMe as far in advance as possible if you need to miss a practice or need to arrive late
	2. Rowing is a team sport. For optimal team performance, a crew needs to practice together to prepare for competition. Therefore, being absent from practice will be taken into account when determining race line-ups. Regattas are mandatory. If you miss a race or a practice you may not be boated for the next regatta. ***Attendance records WILL be taken into account for crew selection. Falling under 85% attendance will result in your immediate suspension from the team.***
	3. Spring Break attendance is mandatory for all athletes to increase their fitness and finalize crew selections for the championship regattas. ***Do not plan Spring Break family vacations!***
	4. We Row
		1. Rain or Shine at the Newport Sea Base Rowing Center.
		2. Except for observed Religious Holidays, Thanksgiving Day, Christmas Day, and New Years Day, there are no scheduled holidays for crew practice. Any other days off are at the coaches' discretion. Try to schedule family vacations, college visits, etc. around practice and race days.
		3. The only acceptable reasons for absences include illness, family emergencies, religious holidays and academic commitments, such as exams.
7. **Workout Completion**
	1. Failure to complete a workout because of an injury must be followed by a doctor’s visit and clearance before you are allowed to return to normal practice.
	2. Failure to complete a land/erg workout will prevent you from being boated until that workout is completed.

**Newport Sea Base Rowing Policies**

***Athlete Transportation Policy***

Participants are responsible for their own transportation, to and from the boathouse, for practices, home races, and some away races. **NSBR is in no way liable for any members or guests once they leave the boathouse or race site after, or during, practices or races**.

“Away” Race Transportation:

* No athlete shall drive him or herself to, or home from, an away race, unless specifically authorized by the Director of Rowing.
* No athlete may drive another athlete to or from an away regatta, unless specifically authorized by the Director of Rowing.
* Rowers will not drive or be driven by athletes from other teams, unless specifically authorized by the Director of Rowing.
* Rowers are required to stay with the team at all times at regattas.
* For events where we use team provided group travel, rowers must travel to and from the venue/hotel with the team. They may not leave the hotel or rowing venue with their parents, unless specifically authorized **in advance** by the Director of Rowing.
* In the event participants have been authorized to travel separately from the team, they will continue to be liable for the full trip fees (including group travel).
* While traveling to or from regattas, the athletes will be expectedto wear NSBR shirts or jackets and smart pants, shorts or skirts.

***Overnight Trip Policy***

Food or drinks brought on the trip can be confiscated or disposed of at the discretion of any coach or chaperone.

* All bags and rooms are subject to inspection at any time.
* Trip curfews will be set by the coaches and enforced by the chaperones. No one is allowed out of his or her room after curfew. Violation of curfew may result in instant dismissal of the offender from the competition, at the participant’s cost.
* Rowers or coxswains may only be in the hotel room of a member of the opposite sex if a coach or chaperone is present. Violation of this rule will result in the removal from competition, at the participant’s cost, of both the offender ***and everyone present in the room with him or her.***
* At no time may participants leave the immediate competition site without express permission from their coach. Violation can result in instant dismissal from the competition, at the participant’s cost.
* Participants may not leave the competition site at the completion of racing until released by the Head Coach.
* Hotel rooms, regatta sites, buses, and vans will be cleaned and returned to their original condition. Individuals will be held responsible for any damage to any equipment, rooms, buses, etc.
* Any inappropriate behavior, including use or possession of drugs, alcohol, tobacco, e-cigarettes or inappropriate sexual behavior will result in immediate dismissal from the regatta at the participant’s cost, dismissal from the program, ***and can jeopardize college eligibility in rowing and other sports.***
* Destruction, vandalism, or theft of property as well as access in unauthorized areas will result in dismissal from the team and parents being responsible for damages caused by actions.
* NCAA rules do not allow you to talk to College coaches or recruiters until you have been released to do so by the Head Coach.

All members are required to remain to load and unload the boat trailers before and after they travel to races until released by the coaching staff.

***Alcohol, Tobacco, and Illegal Substance Policy***

Newport Sea Base Rowing enforces a Zero Tolerance Policy regarding the acquisition, use or possession of alcohol, marijuana, tobacco, e-cigarettes, vaping or any other illegal substance. This policy provides that any NSBR member who is found to have acquired, used or to have been in possession of alcohol, marijuana, or any other illegal substance at any time during an NSBR activity or official event will have his or her membership immediately suspended pending a termination proceeding before the NSBR Rowing Committee.

 Consequences for violating this policy may result in, but are not limited to, the following:

1. Suspension from the team
2. Required chemical dependency assessment and/or treatment
3. Loss of college recruitment opportunities
4. Loss of eligibility and dismissal from the team without refund; and/or
5. Reporting to the appropriate authorities.

This policy applies to all NSBR activities, including practices, regattas, and official NSBR social events. It also applies at all times during those activities, including from the time a member enters the boathouse parking lot, boards a bus, or enters the premises of an official social event until such time as the member ceases to be engaged in the activity or event and has left the premises. ***Since NSBR encourages good citizenship this policy may also apply to non-NSBR activities and events.***

A termination for violation of this policy shall be effective for an indefinite period. In the event of a termination of membership as a result of this policy, the affected member will forfeit, without right of reimbursement, all membership dues. The member may subsequently re-apply for membership with the understanding that the decision whether or not to re-admit the member shall be solely within the discretion of the Rowing Committee.

Unfounded, malicious reporting of violations of the above policy will result in the indefinite suspension of the guilty party/parties.

## Procedures for Enforcement

The coaches and Program Director are charged with the initial responsibility of investigating and determining whether a violation of the Policies has occurred. On making the determination that a violation has occurred, the Program Director shall promptly inform the member who committed the violation and the Rowing Committee. The member shall have five days to request that the Rowing Committee review the determination. A failure by the member to request review by the Rowing Committee within five days shall be deemed an admission of the violation. If the member requests a review, he or she will not be subject to any penalty until after the review. The Rowing Committee shall review the determination at its next regularly scheduled meeting. "Last resort" appeals of decisions made by the Program Director and the Rowing Committee may be made to the Executive Director of Newport Sea Base.

**Parent Code of Conduct**

We have an incredible group of parents on this team who support and encourage their kids to be the very best they can be. We also have a strong core of coaches who are prepared to handle the day-to-day operations and the necessary training required to provide your children with the safest and most rewarding experience on and off the water. Our partnership, then, is imperative for their success.

It is vital that we trust each other’s ability to help these student-athletes become their best selves. This year’s training may be an adjustment for some of them. They will have tough days now and again. They may even have a tough week or two during championships or selections. It is our collective responsibility to support them, listen to their concerns, but also to remind them that not every rower gets every seat or every medal every day, no matter their seniority. The primary responsibility of each athlete is to try their best and to support their teammates, so we ask that you help support that mindset first and foremost.

1. **Communication**:
	1. Initial concerns should be brought up with your athlete’s direct coach\*
	2. Concerns regarding the conduct or safety of your athlete’s direct coach should be brought up with the Director of Rowing.
	3. All parent/coach communication should occur via email. This includes but is not limited to chaperoning, fundraising, event planning, recruitment questions, etc.
	4. In the event of an emergency, ALWAYS feel free to contact your athlete’s coach via personal phone.

\*Direct Coach denotes the specific coach for your rowing category

1. **Positivity**
	1. As role models, it is important that we all must model positive behavior for our athletes and children. As a result, please adhere to the following guidelines at practice and/or regattas.
		1. Rumor-milling, gossiping, or negative comments about teammates, coaches, other parents, volunteers, workouts, or results will not be tolerated.
		2. In the event that we need to address these concerns, coach will ask any involved parties to sit down to discuss their concerns.
2. **Parents at Practice/Regattas:**

Please think of our practices and regattas like any other athletic practice or competition. Please let the kids practice, play, and learn how to develop communication skills and healthy peer-peer relationships. This is their time to be an athlete.

* 1. Parents are asked to stay clear of the boat bays, dock and fitness areas during practice time.
	2. No parents are permitted within the “athlete section” at regattas.
	3. Parents may not negatively affect athlete performance by sequestering, prioritizing, or isolating their athlete during a practice or competition.
	4. Do not try to engage the coach in a meaningful conversation during a regatta. A little small talk is okay if the coach is temporarily not occupied, but a regatta is not the time to register complaints about boat seating, committee reports, travel arrangements, etc. Since the coach's mind is generally preoccupied, he or she won't be likely to remember anything you say anyway.
1. **Volunteering**
	1. Most rowing clubs work only with lots of volunteer labor. Just ask what needs to be done, and offer to help. Most clubs need help in a variety of areas, including food preparation for regattas, boat and trailer maintenance & repairs, boathouse repairs, bookkeeping, travel arrangements, fundraising, banquet organization, newsletters, website maintenance, etc. You will find that many rowing club “problems” in the club are often resolved by volunteer labor.
	2. Advisory Committee
2. **Parent Responsibilities**

 Being an NSBR parent entails certain responsibilities, including:

* 1. read the article: “Parent Interaction with Coaches”;
	2. ensure that all forms and fees are delivered on time;
	3. take an active role in the NSBR Volunteer Program;
	4. respect that the coaches have full responsibility for training the participants;
	5. respect the coaches as the final authority on boat selection and rowing matters;
	6. remember that coaches seek to create a positive experience for as many athletes as possible and that while decisions may be somewhat subjective, they are not personal;
	7. not distract the coaches before, or during, practice or races;
	8. attend all Mandatory Parent Meetings;
	9. refrain from making disruptive or negative comments about any participants, coaches, the program, officials, or opponents. Lack of cooperation with this may result in my child and me being asked to leave the program.
	10. participate in all fundraising activities and in service activities;
1. **Review and Warning**
	1. If we encounter problems with conduct from a parent or group of parents, we will request a meeting between all coaches and parents involved. If the situation persists, the parent and athlete may be suspended from training or completion.

**Parent Guides**

**Parent Interaction with Coaches**

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Many rowing coaches at the high school or club level coach rowing for the love of the sport. It certainly isn't for the money. After all, how much would someone have to pay you to spend your early mornings and late afternoons during the winter and spring in a boat on a cold river or lake, usually in the rain, trying to get eight or more high-school aged kids to do the same thing at the same time?

With that in mind, here is some advice for keeping good relations with the rowing coach.

1. **Volunteer to help.** Most rowing clubs work only with lots of volunteer labor. Just ask what needs to be done, and offer to help. Most clubs need help in a variety of areas, including food preparation for regattas, boat and trailer maintenance & repairs, boathouse repairs, bookkeeping, travel arrangements, fundraising, banquet organization, newsletters, website maintenance, etc. You will find that many rowing club “problems” in the club are often resolved by volunteer labor.
2. Find out who does what in your club, and direct inquiries accordingly. **Avoid asking the coach about everything**, eventually he or she gets overloaded with such inquiries and this contributes to coaching “burn-out”. Check with the club's officers, assigned mentors, and other parents.
3. Listen to your rower's complaints, but be prepared to put them in perspective. Rowing is a physically demanding sport, but it is unlikely that the coach is trying to “kill” the rowers.
4. Coaches have complete charge of their crews. Avoid getting involved in “seating” disputes. The coach has the absolute prerogative to assign seats in the various boats. The coach may assign seats based on strength, endurance, height, weight, skill, experience, or simply to give someone else some more experience. On top of that, different combinations of rowers will cause different results – it is all geared toward finding the right combination that will cause the boat to move like a finely crafted Swiss watch. When your rower complains about how he or she is being seated in a boat, listen sympathetically, but then **encourage him/her to stick with it and try harder** over the next few weeks. It may not sound fair, but seat selection cannot be democratic. Someone has to make the decisions. **Rowers and parents are expected to respect the coaches' decisions and requests.**
5. Problems that arise should be dealt with in the following order: Rower--Coach, Parent--Coach, Parent—Rowing Committee and/or Program Director.
6. Rowers and parents should request to meet with the coach to discuss sensitive issues. Before and after practice may be appropriate for brief unemotional discussions, but difficult or emotional situations require that separate meetings be requested. Dealing with difficult problems immediately before practice usually does not result in resolution and can disrupt practice for the rower, coach and entire team. A coach cannot be expected to give up practice time to meet with parents or a rower.
7. Do not try to engage the coach in a meaningful conversation during a regatta. A little small talk is okay if the coach is temporarily not occupied, but a regatta is not the time to register complaints about boat seating, committee reports, travel arrangements, etc. Since the coach's mind is generally preoccupied, he or she won't be likely to remember anything you say anyway.

**Races – A Guide for Parents**

(Adapted for NSBR from an article at NorthwestRowing.com)

Advice for race day: plan to go early, stay all day, and bring everything you need with you.

**Check your emails**the night before the regatta for any last minute changes that may have been posted.

**Get a map**to find your way to the regatta. Most racecourses are listed in the locations section of the website. When possible, these maps have both driving directions and where to park, and often, where to find the best viewing.

**Be there on time*.*** Most regattas start at 7 or 7:30 AM. Schedules of events are often not available ahead of time, so it may be difficult to plan your arrival around when your rower will be racing. Last minute boating changes do occur, so the best bet is to be at the regatta from the start, unless you are sure that you won't miss anything by arriving later! At some regattas, schedules are posted, at some copies are available, at others (especially ones with just a few teams), nothing is printed or posted and you just need to ask someone who looks knowledgeable when your rower may be approaching the finish line.

**Mandatory Transportation for Rowers*.*** Your rower will be transported to the regatta, usually very early in the morning, on a chartered bus leaving from the Sea Base parking lot or a nearby restaurant parking lot. Rowers are required to return on the bus.

Rowers will need to be at the regatta for the entire event. Even when not racing or preparing to race, they are expected to be available to unload and rig boats, help cheer for their teammates, fill in for other injured or missing teammates in unexpected races, help de-rig, load trailers, and assist in unloading the boats from the trailer and returning them to the boathouse. #OneTeam

**Interacting with your Rower*.*** Depending upon the regatta, your rower may be racing in one or many events. Your rower will seek you out when (s)he needs or wants something (food, clothes, money). It is best if you are not the one responsible for required equipment for your rower, there will be a time when (s)he needs it and you are not in sight. Prior to your rower's boat launching, the coach will meet with the entire boat and go over final pre-race information. Stay clear of your rower from the time of the pre-race boat meeting until your rower has been released from the post race debrief. Your rower needs to be focused at this time, and unfortunately family and friends are a distraction.

**Dress appropriately*.*** Dress in layers that you can discard if the sun makes an appearance. Some suggested clothing items: comfortable shoes which don't get wet in the rain, wool socks, tee-shirt covered by a long-sleeve shirt, covered by a sweatshirt, which is covered by a Gortex or similar waterproof jacket. Make sure you have a hat or cap of some sort that keeps the rain off your head, even a baseball style hat helps. And finally, bring a good pair of polarized sunglasses – it always seems that when the sun does appear, it is directly across from where you are watching the races.

**Personal Items*.*** Remember that there may not be a store nearby, and you might not want to give up your parking place to go search for one. The restroom facilities are usually port-a-potties. Therefore a roll of toilet paper and some tampons/sanitary napkins sealed in a plastic bag can be lifesavers when needed.

**Tools for Watching Races*.*** You will want to keep track of your rower's races; so get a race schedule as soon as they are available (they run out at many regattas). Bring a yellow highlighter and a pen to mark your rower's races and make notes. You will also find that it is nearly impossible to tell which boat is which without binoculars – invest in a good set as soon as possible.

**Taking Pictures*.*** You will soon learn that pictures of crew races are disappointing. Unless you have an extra-long telephoto lens, you won't be able to tell which boat is which, even at its closest point. Your best chance to take pictures is when the boats are being prepared for a race, moving the boat to the water, loading the boat in the water, and taking a “team picture” after the boat has been returned to the stretchers. Even for those shots a telephoto lens helps considerably.

**Socializing*.*** Regattas are hours of boredom punctuated by a few minutes of excitement as your rower races. Most regattas have areas where teams can set up tents and supply food for their rowers. Find out where most of the other parents will be watching the races, and set up your folding camp chairs. You may not be sitting in the chairs all the time, but it reserves a spot for you to call home and where you can store your gear. One of the more pleasant activities at regattas is having hours of time to talk with other parents – you will become good friends with many of them. Visit with the parents running the food tables, and you will learn more about how the rowing program works than from any other source. Bring along a book to read, just in case.

**Food*.*** Different clubs make different arrangements regarding feeding the rowers. Some have food tents and provide food for the rowers, but not the parents. Others feed everyone as long as there is food available. Some require rowers and parents to bring their own food. A few regattas have food that can be purchased, although the quality varies greatly. Regardless, plan on bringing plenty of food for both yourself and your rower. Basic picnic food is sufficient, including sandwiches and snacks.

**Rower's Clothes*.*** Bring a bag of extra clothes for your rower. At some regattas during the season, they will be in dire need of an extra pair of socks, sweatpants, or sweatshirt. A warm blanket might also be handy.

***Good Luck, and Enjoy the Regatta!***