

Newport Sea Base Rowing

Table of Contents (clickable links)

1. [**Program Overview**](#)
2. [**Costs & Registration**](#)
3. [**Essential Information**](#)
4. [**Races & Events Calendar**](#)
5. [**Fundraising & Volunteering**](#)
6. [**Volunteer Opportunities**](#)
7. [**Ergathon**](#)
8. [**Parent Interaction With Coaches**](#)
9. [**Races - Parents' Guide**](#)
10. [**Parent Responsibilities**](#)
11. [**Registration Check-Off List**](#)
12. [**Get a Grip on Rowing**](#)

Newport Sea Base Rowing

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 as a venturing crew program of the Orange County Boy Scouts of America (OCBSA). Through its association with the OCBSA, NSBR is a nonprofit organization dedicated to the belief that the sport of rowing provides unique opportunities to promote personal and community growth through teamwork, discipline, and physical fitness. We are committed to making these opportunities available to all ages and all skill levels.

NSBR is located at the Newport Sea Base in Newport Beach, California. 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. We are a USRowing High Performance Partner Training Club with a proven record of developing athletes for US national teams from youth through Olympic levels.

Since its inception in 2014, NSBR has provided education and training to:

- Youth (boys and girls) from local high schools and middle schools
- Adults of all levels of ability through recreational and competitive programs
- Elite national team rowers
- National Championships medalists in adult and youth competitive teams

A reputation for excellence and outstanding accomplishments in the sport is making 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:

- Recreational / Middle School
- Novice (beginning competitive rowing)*
- Varsity*

*Anyone interested in participating in the competitive team must be able to run/jog a mile without stopping (men: 8:30 minutes or better, women: 9:30 minutes, or better), and successfully complete any other fitness tests required by the coach(es).

All athletes interested in the Novice program 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.

Program Prerequisite

Novice Team: Participation in the middle school program and/or one of our summer learn-to-row camps is recommended but not required.

Varsity Team: Open to athletes with at least one season (fall and/or spring season) of novice rowing experience, or by the head coach's approval.

We accept new rowers until the end of January.

Strategic Goals

The aims of the NSBR program are:

to develop as fully as possible the health and welfare of all students.

1. to provide advanced training beyond that taught in physical education classes and intramural activities.
2. to instruct the skills necessary for achieving the highest possible level of accomplishment.
3. to instill attitudes of sportsmanship, discipline, healthy competition, and team spirit.
4. to teach health habits necessary for proper physical development and athletic participation.
5. to provide adequate athletic programs, facilities and equipment for boys and girls.

The objectives of NSBR include the following:

- to develop each participant's conditioning and skills needed to participate in rowing.
- to meet the needs and interests of those students who are gifted athletically.
- to meet the urge for competition and develop the will to excel.
- to develop good community relationships and attitudes toward athletics.
- to teach habits of health, safety, cleanliness, and physical fitness.
- to develop each participant's moral, social, and ethical values.
- to provide opportunities to exemplify and observe good sportsmanship/citizenship.
- to provide opportunities to make lasting friendships with teammates and opponents.
- to give all students the opportunity to become members of a team.
- to give all students the opportunity to develop leadership skills.
- to give a student an early understanding that participation in athletics is a privilege that carries responsibilities.

The Season

The Competition Team begins its fall season in 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.

The Recreational/Middle School Team begins its fall season in September. The Recreational/Middle School Team's season ends on the last Friday in May. Members of the Recreational/Middle School Team may transfer to the Competition 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: <https://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: @nsbmaster

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

Teams communication is via GroupMe.

Instructions for iCrew Registration and Use

1. Register for Newport Sea Base Rowing through our online registration platform and marketplace: [iCrew](#)

- 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
- Create an account with the **parent's** information
 - Join a team:
 - Parents Competitive Youth Team
 - Go to your My Profile page
 - Scroll down to the "Family Key 1" field.
 - Click the "..." button
 - It will take you to the "Create Family Unit page"
 - Select yourself and other members of your family to create the family unit.
 - Each member should also update the Family position setting on their own profile to indicate if you are a parent or a child.
 - Pay fees
 - Click on "My Checklist" or "My Payment"
 - Click "Pay Now"
 - Complete the steps.

2. 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

Newport Sea Base Rowing

Costs and Registration

Sign Up/Registration

All participants must register in iCrew, submitting the system-required documents including medical forms and a parental release form. First-Year rowers' program participation fees and forms become due after completion of the athlete's try out period.

Varsity participation fees and forms are due upon commencement of practice.

Cost

The cost for the initial try-out is \$100. 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, yearbook 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 should 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 will be suspended from the program until delinquent payments are satisfied.

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 a perfect 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 be active participants in our volunteer program and in all fundraising activities.

Independent Study PE

Check with your school counselor to determine if you are eligible for credit for Independent Study. 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

Essential Information

Practice Schedule

The practice schedule is set by the coaches and is subject to change. Practice includes skills instruction and conditioning on the water; land training; video analysis; goal setting, focusing and coping strategies; lectures on sportsmanship, nutrition, etc.

Middle School Rowing

*Most of this information applies to the Competitive Junior Team. For more information about the Middle School Team please refer to our website:
<https://www.newportseabaserowing.org/middle-school>*

The fall practice schedule (through December) for all teams is expected to be as follows (subject to change by the coaches):

- Youth Men MTThF 3:30-6:15 pm and Sat 6:30-9:00 am
- Youth Women MTWF 3:30-6:15 pm and Sat 7:00-9:30 am
- Middle School WSat or ThSun 3:30-5:30 pm and 10:00-noon,
respectively

The spring practice schedule (from January) for all competitive teams is expected to be as follows (subject to change by the coaches):

- MTWThF 3:30-6:15 pm and Sat between 6:30 and 10:00 am

Clothing and Gear

Newport Sea Base Rowing will provide all new Competitive Youth members with:

- 1 Anetik UV Protectant hooded long sleeve shirt
- 1 Pair of 776BC athletic tights
- 1 Team Polo
- 2 Practice t-shirts
- 1 Pair of JL trou

All Newport Sea Base Competitive Youth athletes must purchase the following from the [776BC Team Store](#):

- 1 Practice unisuit
- 1 Race unisuit -- Blue for women's team rowers and coxswains; White for men's team rowers & coxswains (female and male)
- 1 Hat or visor
- 1 Base layer long sleeve shirt -- White for women's team; Blue for men's team)
- Any optional gear you desire

Practicing in a unisuit or a tank top with spandex shorts is strongly encouraged. All athletes will have to purchase their own Shimano rowing shoes ([linked here](#)) which they should label clearly and bring to all practices and races. Good running shoes are an important investment for healthy athletes and should be brought to practice each day. It is important to make sure that proper clothing is always available as conditions vary.

Appropriate clothing each day should include:

- Wicking, close-fitting athletic gear
- Visor or hat (NSBR hats are available for purchase)
- Sunglasses
- Rain gear
- Warm/dry clothes to change into after practice

When appropriate, athletes should also bring or wear sunblock and bug spray. Serious athletes should obtain a heart rate monitor to better monitor the quality and intensity of their training.

Recreational/Middle School Rowers are encouraged to possess a team T-shirt, a pair of practice rowing shorts and a team visor or hat.

Clothing Policy

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.

Team Wear

Look great on campus! Show your support for NSBR at the races! From sweatshirts to backpacks, duffel bags to hats, you'll find something for every member of the family. So bring your checkbook to all events and select your favorite NSBR items. NSBR parents are encouraged to purchase an NSBR polo to wear to show their support at regattas.

Attendance

Our program is growing and we have more athletes rowing, so it is important that our coaches are well-prepared to run practice. To facilitate this, we are asking that all athletes give us at least two weeks advance notice of a missed practice. This will assist our coaches to come prepared with the line-ups and equipment needed for each day already assembled. If an athlete is included in a line-up and misses practice without notifying the coach, the athlete's crew may not be able to go on the water that day, or another athlete will be given his or her place in the boat, and the offending athlete will be held accountable at the coach's discretion.

In the event that you do have an emergency and you are unable to provide two weeks advance notice please attempt to notify the coach via email, text message, or phone call at least 24 hours before practice. Parent/Guardian written notification may excuse an illness or injury. Written doctor's release forms are required to return to practice after missing more than 5 days of practice due to illness or injury.

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.

Winter and Spring Breaks

During the winter and spring breaks competition team practices will be coordinated by the coaches with the possibility of a morning practice in addition to normal practice.

We Row

- Rain or Shine at the Newport Sea Base Rowing Center.
- 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.
- Spring Break is in the middle of racing season, and any rower who plans to miss this week, or any other scheduled practice for any reason, may lose his or her chance of earning a seat in a priority boat. Coaches will handle this issue on an individual basis.
-

The only acceptable reasons for absences include illness, family emergencies, religious holidays and academic commitments, such as exams.

Transportation

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 expected to wear NSBR shirts or jackets and smart pants, shorts or skirts.

Personal Belongings

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
- Shirt and closed toes shoes must be worn at all times unless otherwise specified by the coach

In addition, please observe the following:

- We follow all current CDC and State of California Health Directives.
- The sharing of water bottles can transmit many infections and viruses, ranging from the common cold, to flu and mono, and this practice is absolutely forbidden. To help protect our environment rowers should bring their own personal reusable water bottles to practices and races.
- All rowers and coxswains should come to practices properly attired. This means wearing the appropriate clothing for the sport of rowing – such as running shoes, bike shorts, and aerobic workout gear etc...Baggy shorts cannot be worn in the boat or on the erg as they get caught in the tracks. Open toed shoes are not permitted in the workout room or for running.
- The equipment (boats and oars) must be thoroughly washed down after each practice, towed off and returned to the correct boat racks. The towels should be returned neatly to their racks.
- Rowers and coxswains representing NSBR in competition MUST wear official NSBR clothing and each crew MUST dress uniformly.
- An athlete with a negative impact on the team may be removed from the program.

Overnight Trips

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.

Newport Sea Base Rowing

Races and Events Schedule

The Season

The rowing season begins in September and continues through May, with our main event being the Southwest Regional Championships. Strong performances at Regionals could result in selected crews being invited to compete at the Youth National Championships. Exceptional athletes may then have the opportunity to try out for the US Junior National teams that compete later in the summer.

During the fall, races are “head races,” in which rowers race a set distance in time-trial format. In the spring the race format changes to “sprints,” in which up to seven crews compete side-by-side in head-to-head races. The race schedule will be finalized after a Southwest Region coaches' meeting held in September.

Note that Regionals may conflict with AP testing and Nationals with graduation. Please make the necessary travel arrangements in advance so that your rower will be able to attend these critical races.

(All races and events are subject to change at any time)

Fall & Winter Schedule (tentative)

Date	Event	Location
August 23	Competitive Youth Team Starts	Sea Base
September 18	Parent Meeting	Sea Base
October 9	Race for a Cure	Mission Bay
October 10	Lido Race	Sea Base
October 30	Head of the American (canceled)	Lake Natoma
November 14	San Diego Fall Classic	Mission Bay
December 5	Christmas Regatta	Long Beach
December tbd	Winter Event	Sea Base
December 18	Fall Session Ends	Sea Base
January tbd	Juniors/Alumni Brunch & Row	Sea Base
January 3	Winter/Spring Season Starts	Sea Base
January 8	Parent Meeting	Sea Base
February tbd	Ergathon Fundraiser	Sea Base

Spring Schedule (tentative)

Date	Event	Location
February 25-27	Faultline Face-Off (TBD)	San Pablo
March 3	Desert Sprints	Tempe
March 25-27	San Diego Crew Classic	San Diego
May 4-8	SW Regional Championships	Lake Natoma
June TBD	Annual Banquet	TBD

June 6-13

Youth Nationals

TBD

Newport Sea Base Rowing

Fundraising, Events, Volunteering

Fundraising

Rowing equipment is expensive. A new eight-oared shell costs \$45,000 , sculling oars for a quadruple scull cost about \$2,800. Replacement costs during a season can be as much as \$100,000. To keep participation dues as reasonable as possible all members and their families are expected to participate in any fundraising efforts undertaken by the club. Our main annual fundraiser is the Ergathon in the early spring. The Ergathon fundraiser challenge is for each family to raise a minimum of \$400. Donations made to the Ergathon are tax deductible.

Annual Banquet

This is a season-ending special evening that traditionally includes an awards ceremony, dinner and a silent auction to help send our qualified athletes to Nationals.

Volunteerism

In order for Newport Sea Base Rowing to build a successful program, we rely heavily on volunteerism from our participating families. We do request that each family volunteers to help with at least one event and/or takes an active part in helping to run our program. A description of the many opportunities you have to volunteer follows on the next page. Please let us know how you can help! Our volunteer coordinator will contact you to get you started!

Newport Sea Base Rowing

Volunteer! We Need Your Help!

Event Planning

- End of Year Banquet - logistics and setting up.
- Winter Holiday Brunch - volunteer to assist chairperson.
- Christmas Boat Party Viewing – assist in setting up to watch the boat parade.
- Ergathon - assist in set up and help during the Ergathon.

Hospitality

- Travel Arrangements - make reservations for hotels and transportation to away regattas.
- Menu/Food Shopping - order and plan menu within budget / shop for tent supplies and snacks.
- Hospitality at regatta - assist in setting up the tent/tables and work in 3 hour shifts to help with maintaining tent.
- Food runner - pick up lunch / dinner / water when needed.
- Chaperone at hotel in evening.
- Bus Chaperone.
- Coffee - solicit donations for regattas and events from local coffee shops.
- Water and bars - Donate cases of water and bars for regattas, drop off before events.
- Trailer load/unload - Load/Unload hospitality items before and after regattas at Sea Base.
- Photographer /Video - Take photographs and video at regattas and events, upload to online drive and organize by event. Will be used in end of year slide show and yearbook.
- Race results compiler – record all race results of NSBR crews for yearbook.

Social Events

- Help organize team bonding events throughout the season.
- Team parent for each team – organize coaches gifts, organize carpool if needed.
- Help sell merchandise, keep inventory and set up/break down at events.

Grant Writer – Seek out and apply for grants.

Financial Committee Member – help with budgeting hospitality and events.

Boat/boathouse Repairs – Someone handy to assist with repairs around the boathouse. [elp](#)

Website/newsletter/publicity

- Editing and adding new content on website.
- Create a monthly newsletter for the club.
- Getting race results and news items into local newspapers.

Graphic Design / Marketing

- Creating banners, flyers, etc for the club.
- Assist in marketing the club through social media promotions, press releases, etc.

Yearbook

- Plan, design and print the yearbook
- Sell advertising to local vendors
- Sell space for messages to individual NSBR rowers
- Coordinate photographs, reports and race results for inclusion in yearbook.

Newport Sea Base Rowing

Ergathon

The annual ergathon is our main fundraiser to help us acquire new equipment, pay for the coaches and provide scholarships. There are many costs associated with rowing. An eight-oared rowing boat costs \$45,000 and indoor rowing machines can be over \$3,000. Our coaches must have operational motorboats and fuel to coach and ensure the rowers' safety on the water. We have kept the dues at a level where they only cover basic operating expenses. We rely on fundraising and donations to cover scholarships, equipment purchases and repairs, boathouse enhancement and other needs that propel our program towards its goals.

We need volunteers, corporate sponsorships and donations of all kinds and sizes.

What is the Ergathon?

The Ergathon is a marathon-like relay in which rowers take turns to "erg" a set distance or time on rowing machines called ergometers.

Who participates?

ALL members of Newport Sea Base Rowing: middle school rowers, competitive team juniors, parents, masters rowers, elite scullers and some coaches.

#OneTeam

Rowers are challenged to raise a minimum of \$400 per family, but often find they can raise more. ***As an incentive for your rower to raise more than the required minimum, up to 50% of the excess over \$400 may be applied towards traveling costs or towards dues.***

If you have any further questions, please contact any NSBR Rowing Committee member or your Coach.

Newport Sea Base Rowing

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.

Newport Sea Base Rowing

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!

Newport Sea Base Rowing

Parent Responsibilities

Being an NSBR parent entails certain responsibilities, including:

- read the article: "Parent Interaction with Coaches";
- ensure that all forms and fees are delivered on time;
- take an active role in the NSBR Volunteer Program;
- respect that the coaches have full responsibility for training the participants;
- respect the coaches as the final authority on boat selection and rowing matters;
- 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;
- not distract the coaches before, or during, practice or races;
- attend all Mandatory Parent Meetings;
- 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.
- participate in all fundraising activities and in service activities;
- support my child and enjoy his or her growth and development through their commitment, dedication and teamwork!