

# Spring 2011 Parent/ Athlete Handbook



## Chautauqua Lake Rowing Association, Inc.

**Boathouse at McCrea Park**  
18 Jones & Gifford Avenue  
Jamestown, NY

**Mailing Address**  
46 Pleasant View Drive  
Jamestown, NY 14701

[www.rowchautauqua.org](http://www.rowchautauqua.org)

# WELCOME!

Welcome to the Chautauqua Lake Area High School Crew; a competitive rowing program founded by the Chautauqua Lake Rowing Association, Inc. (CLRA).

The CLRA was established in December 2005 as a not-for-profit organization with the intent of returning the sport of rowing to Chautauqua Lake and the Chadakoin River. Since May of 2006, hundreds of area residents, including many high school students, have come to learn about the sport of rowing through one of our many programs. Today, the association is dedicated to the continued development of our competitive rowing program for area high school students.

The relationship between the CLRA and area high schools is unique: Local schools have committed themselves to supporting the program by allowing the CLRA to recruit rowers from the student body. However, the rowing association takes on all other responsibilities including providing the equipment, coaching, funding and other logistics necessary for a successful team.

Rowing IS:

- A sport that nearly anyone can participate in!
- The ULTIMATE Team Sport!
- A TOTAL Body Low Impact Workout!

The coaching staff and I would like to welcome you to the team. While rowing requires dedication, focus and hard work, it also offers many benefits to committed athletes. Thank you for making the commitment to be here tonight. With a little teamwork, this should be a great season!

See you on the water,



Stephen Odrzywolski  
Vice President/High School Head Coach  
Chautauqua Lake Rowing Association

## Boys' and Girls' High School Crew Policies

**Eligibility:** The following must be completed before anyone will be allowed to practice or participate in High School Learn-to-Row.

- Student must be in grades 8-12.
- Membership application filled out online.
- Handbook agreement form signed by a parent/guardian and turned in.
- USRowing Waiver signed by a parent/guardian and turned in.
- Membership Dues Paid. (See coach if there is an issue)

**Risks - Understanding the Danger:** The sport of rowing brings with it some risks or dangers including but not limited to:

- The most common risk is blisters on the hands as the rowing starts.
- Cold is another common problem we deal with, which is why appropriate dress is required.
- Lower back injuries may develop over time - this may be prevented through proper rowing technique and notification to the coach at the first signs of an issue. Conditioning prior to the season's start will help.
- If the athlete gets wet or is submersed in the water, hypothermia may occur.
- The most serious and least likely is drowning, which is why we take our rules and policies very seriously.

**Swimming Ability:** Please notify a coach if you or anyone you know is not a strong swimmer. Students will not be prevented from rowing based on swimming ability.

**Behavior:** Athletes will follow the directions of all coaches at the ice arena, boathouse and regattas. Mature conduct is expected at all times. In addition, team captains and coxswains should be respected.

**Appropriate Dress:** For the boathouse (outside): Dress in layers, but dress warm. It is always 5-10 degrees colder near the water. No baggy clothes and no jeans since these items tend to get stuck in the slide. Cycling shorts or tights are recommended. Wear clothes that can get dirty. **ALWAYS** dress according to the weather conditions. Lockers will be assigned so bring a lock with you. Please bring a water bottle with your name on it and *always have running shoes available!*  
\*Wearing inappropriate attire can be hazardous to your health and is reason for exclusion from practice that day.

**Practices:** Regular practice is scheduled Monday-Friday at 5:30PM. Attendance is required. We cannot build a successful team without your participation at practice. All practices will be approximately 2 hours long. Training will consist of land conditioning and on the water rowing. *Missed practices can result in lineup changes and/or suspension.*

- Notify the coach in writing as soon as you know you will be forced to miss a day. (E.g. If you do not attend school, please notify a coach and do not come to practice.)
- You must attend at least 12 practices before you will be allowed to compete.

**Lineups:** Lineups are the responsibility of the coaches and are based on ability and practice attendance. Lineups will be announced on the website Sunday night one week before each event. It is expected that athletes will row in the assigned lineup at least 4 practices prior to the regatta. In addition, individual athletes must attend at least 12 practices before being allowed to compete. Our desire is to make the fastest, most competitive boats possible. Lineups will be changed as necessary as the season progresses based on ability and attendance.

**Regattas:** Final schedules for each race are not often posted until the day of the regatta. This makes judging departure time very difficult. Athletes should expect to be at the event for the entire day. Parents are responsible for travel and accommodations for themselves and their children for all out of town events. Plan ahead by making hotel reservations early and avoid scheduling other events on race days.

**Weather:** We will hold practice in almost all weather conditions. Always come to the boathouse. You will be contacted if practice is cancelled.

**Parent Boosters:** CLRA is seeking the assistance of parents in the form of a Parent Boosters group. The Boosters will be responsible for supporting the program by coordinating food at events, setting up the food tent at regattas, arranging transportation to and from competitions, blocking off hotel rooms for the team, cheering on the students while they are rowing at practices and especially at competitions and other such tasks as they choose.









**Questions?** We will do the very best we can to be fair and unbiased in boat selections - Everyone will get a chance to row. If you have any questions on how you can improve, please see a coach after practice, or set up a time to talk in private. Parents, if you have questions, call, send an email or stop by after practice.

## Contact Information:

<b>Boys Coach: Steve Odrzywolski</b>		<b>Girls Coach: Nicki Saxman</b>	
	Phone: 716-913-2409 E-Mail: <a href="mailto:steveodjo@rowchautauqua.org">steveodjo@rowchautauqua.org</a>		Phone: 814-688-6119 E-Mail: <a href="mailto:kimsaxman@gmail.com">kimsaxman@gmail.com</a>

	<b>Assistant Coach:</b> <b>Ryan O'Connor</b>		<b>Assistant Coach:</b> <b>Jim Odrzywolski</b>
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### Assistants:

							
Mary Hills	Maureen Mack	Kathie McCarthy	Ali Odrzywolski	Kevin Sixbey	Philip Spinks	Erin Troester	Warren Whitford

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

General E-mail: [info@rowchautauqua.org](mailto:info@rowchautauqua.org)

## High School Team Spring Schedule:

*Regular Rowing Practice is held Monday through Friday at 5:30pm  
(Please arrive at the boathouse no later than 5:15pm)*

**March 09, 8:00PM** - Parents Meeting (*Jamestown Savings Bank Ice Arena*)

**March 12, 10:00AM** - High School Learn to Row Day (*Jamestown Savings Bank Ice Arena*)

**March 14, 5:30PM** - Regular Practice Begins (*CLRA Boathouse/Jamestown Savings Bank Ice Arena Depending on Weather Conditions*)

**April 16,** - Dual Meet (*CLRA Boathouse*)

**May 01,** - John Bennet Regatta (*West Side Rowing Club, Buffalo NY*)

**\*May 14 & 15,** - New York State Scholastic Championships (*Saratoga Springs, NY*)

**May 21,** - Mercyhurst Prep. Invitational (*Presque Isle State Park, Erie PA*)

**\*\*May 28 & 29,** - Pittsford Regatta (*Pittsford NY*)

**June 01, 5:30 PM** - End of Season Picnic (*CLRA Boathouse*)

Please note: Parents must make travel and hotel accommodations for themselves and their children for all out of town events! Coaches are not responsible for making arrangements.

\*States requires a two night stay (Friday and Saturday) in Saratoga Springs.

\*\*Pittsford may require an overnight stay depending on race schedules.

*Due: First day of practice*

I have read and agree with all of the policies contained in the 2011 high school parent/student handbook.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

**Parental Consent: (if the participant is under the age of 18)**

Printed Name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_