

Spring 2018 Parent/ Athlete Handbook



Chautauqua Lake Rowing Association, Inc.

18 Jones & Gifford Avenue
Jamestown, NY 14701

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. With a little teamwork, this should be a great season!

See you on the water,

Jim Odrzywolski
HS Program Coordinator

Nicki Ristau
Girls Head coach

Ali Odrzywolski
Boys Head Coach

Boys' and Girls' High School Crew Policies

Eligibility: The following must be complied with before anyone will be allowed to practice or participate in CLRA High School Rowing.

Student must be in grades 8-12. Prospective rowers in grade 7 who have passed the high school Varsity physical fitness and medical exam may also be eligible. Prospective coxswains in grade 7 may also be eligible.

Membership application filled out online by athlete and parent/guardian.

Handbook agreement form signed by athlete, parent/guardian, and turned in.

USRowing on-line waiver filled out by athlete and parent/guardian. This replaces the paper waiver and is required for regattas.

Membership Dues and Security Deposit Paid. (See coordinator or head coaches if there is a financial issue).

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

- Blisters on the hands.
- Cold weather 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. USRowing guidelines strongly suggest that all rowers be able to tread water, put on a life-vest while in the water, and swim to safety if necessary.

Appropriate Dress: Unisuits will be worn for all competitions. Each team member will receive one unisuit from the CLRA for use during the current season. Unisuits will be cleaned and returned at the end of each season. It will be the responsibility of the student to replace lost or damaged unisuits. Team members without a unisuit will not be allowed to compete. Failure to return the team uniform within one week after the team picnic will result in forfeiture of Security Deposit.

Team members should dress appropriately for the weather. On cold days, multiple layers are recommended. No baggy clothes and no jeans since these items tend to get stuck in the sliding seat tracks. Unisuits, cycling shorts, or tights are required. Remember, we row in the rain and snow so come prepared! Lockers are available so bring a lock with you.

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 5:30-7:30PM. You need to arrive no later than 5:20PM **Attendance is required**. Practices per week will typically consist of 4 days on the water and one day off the water (with conditioning as the focus of the extra day).

We cannot build a successful team without your participation at practice. All practices will be approximately 2.0 hours long. Training for on -water days will consist of land conditioning and on the water rowing. *Missed practices can result in lineup changes and/or suspension.*

- Notify your coach in an e-mail or text message as soon as you know you will be forced to miss a day or be late. Notification must be received by 12:00PM the day of practice. Failure to notify the coach will result in regatta lineup changes.
- You must attend at least 12 on-water practices before you will be allowed to compete in a regatta.
- It is expected that team members will attend all practices.

Lineups: Lineups are the responsibility of the coaches and are based on ability and practice attendance. Lineups will be announced at least one week before each event. Individual athletes must attend at least 12 practices on the water before being allowed to compete in a regatta. Our desire is to make the fastest, most competitive boats possible as well as ensure the safety of our athletes. Lineups will be changed as necessary as the season progresses based on ability, effort, 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.** Athletes who need to leave the rowing site early **Must Have Prior Written Permission** from the Head Coaches or Coordinator. After having been given written approval, athlete must still sign out in presence of one of the team coaches. 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.

Athletes will be expected to commit in writing the regattas they will attend after carefully checking their schedules with parents/guardians. Once the written commitment is made, failure to attend any of these regattas will result in forfeiture of the Security Deposit. The forfeiture of the Security Deposit may only be waived in the event of death in the family or written doctor / medical excuse.

Expectations:**Athletes:**

- Teamwork at practice, and home and away events.
- Athletes will follow the direction of all coaches at practices and regattas. Mature conduct is expected.
- Team captains and coxswains will be respected at all times.
- Athletes will dress appropriately for practice and regattas.
- Unisuits are the team uniform. These must be worn at all regattas. Where weather is a factor, appropriate layers may be worn. Coxswains are to wear the uniform but should wear layers over the uniform as necessary to stay warm and dry.
- Always bring running shoes to practice and regattas.
- Rowers may NOT wear baggy clothing particularly shorts. These will catch in the sliding seat tracks.
- Athletes are expected to help carry oars and boats to and from the water, move coach boats to and back from the water, launch and recover coach boats and rowing shells at practice and at regattas.
- At regattas, it is expected that athletes will be familiar with the overall race schedule and be at the water to cheer when their teammates are racing.
- Even if an athlete has received prior, written permission to leave the regatta site early, they may NOT do so until all of their equipment (oars, riggers, coxboxes, boats, etc.) are properly stored on the trailer or tow vehicle.

Parents:

- Parental support is encouraged through the Parent Committee and its works toward developing a cohesive regatta support team for the athletes. This includes heading committees, providing food, loading or unloading the parent trailer, hauling the parent trailer (mileage reimbursement), clean-up, planning, arranging for parent site at a regatta, write up the detailed race schedule on the white board at team tent, etc.
- Parental support is encouraged in helping with practices such as launching and operating coach boats (training will be provided if needed), monitoring athletes before, during, and after practice, assisting with indoor practices at various workout stations, and other tasks as may be appropriate.
- Parental support of coaches, captains, and coxswains.
- Parental support of your child (children) participating in the sport. Includes helping them choose practice clothing wisely both for ease of movement and weather appropriate.

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

Tobacco, Drugs and Alcohol: The use of tobacco, illegal drugs, or alcohol will not be tolerated. Failure to comply with this policy is grounds for removal from the team.

Bullying or Sexual Misconduct: As of the 2015 high school season, CLRA coaches & helpers have taken the USRowing SafeSport class. This class provides for training on recognizing bullying or sexual misconduct whether between adult and athlete or between athletes. Instances of bullying or sexual misconduct will be handled in a suitable manner. Where appropriate, local authorities will be contacted for investigation and handling.

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. We will do our best to be available to you!

Contact Information:

E-mail: highschool@rowchautauqua.org

Registration Email:
register@rowchautauqua.org

HS Program Coordinator: Jim
Odrzywołski

Phone: 716-499-6987

E-Mail: jimo@rowchautauqua.org

Girls Head Coach: Nicki Ristau

Phone: 814-688-6119

E-Mail: nristau@rowchautauqua.org

Boys Head Coach: Ali Odrzywołski

Phone: 716-597-5174

E-Mail: aodrzywołski@rowchautauqua.org

website: www.rowchautauqua.org

General E-mail: info@rowchautauqua.org

To register email your first & last name, and email address to:
register@rowchautauqua.org

Chautauqua Lake Rowing Association

Student/Parent Handbook Signature Form

As a part of this organization, I understand that I am privileged to be a representative of CLRA, and my conduct must reflect accordingly. I realize that my actions reflect on me, my team and this organization; therefore, I accept the responsibility to be held to a higher standard.

I accept that as a member of CLRA, I have responsibility to my peers to support and assist them when they are in need.

My signature below indicates that I have received, read and agree to abide by the policies contained in the CLRA's student handbook. I also understand that if I violate the policies and procedures contained in the handbook that I will receive the appropriate consequences.

Student Name (Printed)

Student Signature

Date

As a parent / guardian, I also acknowledge that I have read and agree to abide by the policies contained in the CLRA's student handbook. It is also understood that if your child or you violate the policies and procedures contained in the handbook that they will receive the appropriate consequences.

Parent/Guardian Signature
(If student is under 18 years of age)

Date