

**Chautauqua Lake Rowing High School
Club Team
Spring 2023 Parent/
Athlete Handbook**



**Chautauqua Lake Rowing
Association, Inc.**

18 Jones & Gifford Avenue
Jamestown, NY 14701

www.rowchautauqua.org

WELCOME!

Welcome to the Chautauqua Lake Rowing High School Club Team, 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!
- A sport requiring no prior experience!
- 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;
Coach

Ali Crane
Coach

LJ Martin
Coach

Boys' and Girls' High School Club Team Policies

Eligibility: The following must be complied with before anyone will be allowed to practice or participate on Chautauqua Lake Rowing High School Club Team.

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 steersmen in grade 7 may also be eligible without the necessity of passing the HS fitness test.

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 / head coaches if there is a financial issue. CLRA now provides a means for a family in financial stress to apply for the Kathleen McCarthy Scholarship).

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 (a 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 potentially 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: There are no indoor practices this season. However, team members will be assigned

workouts that should be completed on their own time.

Outdoor practices are scheduled Monday - Friday, 5:30PM - 7:30PM. You need to arrive no later than 5:20PM **Attendance is required**. Outdoor practices will typically consist of 5 days on the water. There may be occasional days off the water with conditioning as the focus.

We cannot build a successful team without your participation at practice. All practices will be approximately 2.0 hours long. Training during on-water days will consist of land conditioning and on the water rowing. *Missed practices can result in lineup changes and/or suspension*. For any special circumstances regarding practice attendance, review those with your coach.

- 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.

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 race schedules are typically not posted by Regatta personnel until the day before or even 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. The equipment rowers and steersmen are responsible for both on and off the water is very expensive. Mature conduct is required and expected.
- Team captains and steersmen (coxswains) will always be respected.
- 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. Steersmen are to wear the uniform but should wear layers over / under 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. Wearing this type of clothing can be a reason for exclusion from practice.

- 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 canceled.

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: CLRA coaches & helpers are required to take the USRowing SafeSport on-line training session. Subsequently, they are required to take an annual refresher session. This training provides skills needed to help recognize 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.

Recruitment: Any rower, steersman / coxswain, or parent who recruits new athletes will be eligible to receive a \$75 rebate per new member up to the amount of their dues. The new athlete must remain with the team for the duration of the season for the recruiter to receive the rebate. For example, if a rower recruits 2 new athletes who stay for the season, the athlete / parents would receive a \$150 rebate at the end of the season. The new team athlete must indicate in their sign-up application the name of the athlete / parent who recruited them. Only one family rebate per new athlete. The security deposit cannot be waived or rebated.

Family Plan: A second family member will have a discount of \$25 applied toward their membership dues. The \$100 security deposit is not reduced under this plan.

Refund Policy: Should an athlete after registration, and dues and security deposit payment, decide to leave the High School Team, the following is our Refund Policy.

1. After the first week, 100% refund of dues plus Security Deposit
2. After second week, 50% refund of dues plus Security Deposit
3. After the third week, Security Deposit only
4. After Regatta Commitment Forms are completed and submitted to coaches, No Refund of Security Deposit.

COVID Policy: Masks at indoor or outdoor practices, or at regattas, at the time of printing, are not required. Masks of course may be worn by an athlete if desired. Should a regatta have any special requirements, the information will be communicated so that CLRA could be in compliance.

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:

HS Program Coordinator, Coach: Jim Odrzywołski

Phone: 716-499-6987

Email: jimo@rowchautauqua.org

Coach: Ali Crane

Phone: 716-597-5174

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Coach: LJ Martin

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website: www.rowchautauqua.org

Chautauqua Lake Rowing High School Club Team

Student/Parent Handbook Signature Form

As a part of this organization, I understand that I am privileged to be a representative of Chautauqua Lake Rowing High School Club Team (HS Team), 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 HS Team, 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