

FIRST YEAR (NOVICE) HIGH SCHOOL JUNIORS FAQ

When is the racing season?

Rowing has two racing seasons throughout the year. The first season is Fall season with races being about 5,000 meters. Some regattas are local here in the Tacoma area while others are in Seattle and Portland. The second season being Spring season where races are either 1,000 or 2,000 meters. The team travels to Eugene, Seattle, and Vancouver Washington for these races. We have a Winter conditioning season that prepares rowers to have a more successful spring season. This season is primarily on land and is from early December- early February.

Can I just row one season, either fall or spring?

We recommend that rowers join in August and complete the full year until the end of May. One reason being you only get one year of Novice eligibility and the rowers develop into strong and competent rowers by the end of Spring. However, if other commitments prevent you from doing this, attending one season is allowed. It must be noted that you may fall behind the pace of the other rowers who decide to row for the entire year. For special accommodations please speak more with your coach.

Can I play another sport?

During racing season in the Fall (August - early November), we prefer athletes attend 85% of practices in order to best prepare for regattas and the competitive nature of these events. If your other commitments and sports do not conflict with rowing practice, please feel free to play other sports as sometimes these sports complement rowing! Some novice athletes choose to do another sport in the winter, but it is critical that if they want to do spring season, that they return in early February for training. Please contact your coach to discuss individual circumstances.

Do we go out on the water on the first day?

Safety is a priority for coaches at CBRC. There are new words, heavy equipment, and unfamiliar movements that are necessary to get a hang of before we get stuck out in the middle of the lake. For the first few practices, we prioritize learning the stroke on the indoor rowing machine and by doing dockside rowing. This will allow athletes to learn safety precautions, the boathouse routine, the

rowing stroke, rowing terminology, coxswain commands, and basic boat handling skills. You will also watch a required USROWING Safety DVD.

What should I wear on the water?

We are participating in a water sport so we recommend dry wick or non-cotton materials. Tighter fitting clothing tends to work better than baggy shorts as the shorts can get caught in the equipment. Please bring shoes to run in. We row in all weather conditions except lightning and high wind, so be prepared with proper layers. We have locker rooms at our boathouse to store extra clothing and towels in.

What time are practices during the Fall, Winter, and Spring Seasons?

Practices are M-F 3:30-5:30 p.m. Coaches will work with individual rowers and accommodate schedules with late school releases. Over the summer we offer a variety of sessions that run M-F 8:00-10:00 a.m.

What happens if I can't make a practice?

Each coach has a slightly different policy, but it is always best to talk to your coach prior to any planned absences, and let the coach know through e-mail or text message if you are sick or have an emergency. Please make sure to have your coaches number. Remember, your absence can greatly impact practice efficiency and lineups.

Will the first year rowers race?

Novice (first year) rowers have opportunities to race at specific regattas. In the Fall the races are around 5 kilometers and in the spring races range between 1-2 kilometers. Some races are local, while other more select regattas are overnight.

How do you select rowers for different boats?

We look for many traits in a rower; Body construction, size to strength ratio, leadership, technical ability, coach-ability, competitiveness, positive "I can do it", "I will try it" attitude, confidence, sportsmanship, team player mentality, practice attendance, and general athletic potential. We use all

of this information to make our decisions; we don't boat rowers just because you have a great erg score, or just because you won a seat race, or just because you have great attitude. You need to be a well rounded rower. A great erg score and bad attitude won't get you what you want. A great erg and a great attitude and bad technique won't get you what you want. It's everything put together, so work on your weaknesses and you'll be on your way. Selection takes time and is ever changing as athletes improve or stop improving over the course of the year. We are looking for rowers who are team players and understand that the team comes first. This is a demanding, yet a highly rewarding sport and the athletes won't enjoy it without the passion to want to be their best. No decision is final until hands-on and the boat is launched!

What uniform do I need?

Racing uniforms are required and can be purchased twice a year through our JL Store order. You will be informed via e-mail when that time arises. You must purchase the following if you are going to race:

- CBRC Tank and Trou
- CBRC Polo
- Other clothing purchases from the JL store are optional

Paperwork

Novice vs. middle school vs. varsity