

Commencement Bay Rowing Club



Spring 2019
Season Guide

Welcome to CBRC

You have picked a great place to learn to row!

We warmly welcome both athletes and families of the south sound to the CBRC community. Through CBRC your young athlete will be getting the opportunity to excel at a challenging sport, while improving their strength and fitness levels. We are committed to teaching skills such as teamwork, sportsmanship, hard work and accountability. CBRC wants to help your student athlete grow into a healthy and capable adult and citizen.

Meanwhile, we invite you, the parents, to join the greater CBRC community with your skills and enthusiasm. While our coaches focus on the athletes, the parents and board of directors at CBRC are busy behind the scenes, taking care of a variety of tasks, large and small, that help to keep the club going at an affordable cost. Our board has been creating a list of specific, defined tasks that is intended to make it easier for all parents to feel they are a part of the action. There is no shortage of ways that you can help and in doing so we anticipate forming a wonderful family of connected, involved parents. We want you to know that you belong here! Together we can do so much more for these young athletes than any of us can do separately.

As the saying goes, it takes a village to raise a child. Let CBRC be a village that helps you as a parent, while you help CBRC in return. Please help us make this the best season ever for our youth rowers and for you!

Thank you,

CBRC Board of Directors and Staff

About The Team

The youth rowing team at CBRC is built around the core values of teamwork, sportsmanship, hard work, and accountability. At the heart of our program is the singular goal to give south sound youth the very best opportunities to not only excel at an athletic endeavor but to grow into healthy and capable adults and citizens.

CBRC is open to all area youth ranging in age from 6th grade to seniors in high school. The team is split into two broad categories "varsity" and "novice." Novice rowers are new to the sport and spend their first year acquiring the skills and the exposure to rowing that they will need in order to excel as future varsity rowers. Members of the varsity squads are generally those athletes having completed at least a spring season of rowing as a novice. Each category of athlete is further broken down by gender.

CBRC isn't the largest club out there but we punch above our weight! The junior's team routinely sends athletes to the Youth National Championships. Our athletes are also accepted, recruited, and qualify for the US National Team, development camps, and the nation's best collegiate teams. We enjoy one of the best bodies of water for rowing in the northwest, Lakewood's American Lake.

Contact Information:

Coaches:

Director of Junior Rowing- Head Coach

- Kelsey Baker 253-381-5575 kelseylynnbaker@gmail.com

Assistant Juniors Coach

- Brody Howe 253- 495-8358

Novice and Middle School Coach

- Bri Pero 253-355-1786 bpero99@gmail.com

Strength and Conditioning Coach

- Tanner Amell 253- 389- 3331 amelltanner@gmail.com

Parent Coordinators:

- Cheryl Wald CBRCjuniorsteam@gmail.com
- Barbara Parkins (Food Tent) bparkins@yahoo.com

CBRC Treasurer:

- Brian Coulson 253-380-5362 bcoulson@dpcpa.com

CBRC President:

- Kari Udbye 253-228-4746 kudbye@gmail.com

The Spring Season

The spring is an exciting time to both learn and compete as a rower! Both varsity and novice crews will be working on honing their technique and laying down the aerobic and strength foundation they will need to excel throughout the spring! While we start the season with the gray weather and short days of winter we get to row through the bloom of spring; experiencing truly gorgeous days out on the water. Unlike the fall season, spring rowing is all about going *fast* with athletes competing in sprint races ranging from 1,000 to 2,000 meters in length.

The High School spring season will run **Monday, February 4 through Monday, May 20.**

All athletes are expected at practice **Monday through Friday, 3:30 PM to 5:30 PM.** On occasion, morning or weekend practices may be scheduled for specific training needs. Athletes should prearrange absences with

their coach before noon on the day they will be missing practice. For inclement weather we follow the Tacoma Public Schools protocols.

Practice Clothing:

Athletes should come to practice prepared with lots of layers and running shoes. We recommend non-cotton layers, a waterproof jacket, warm hat, wool socks, and long tights or spandex. As the weather improves, running shorts and tank tops are fine. There are lockers for extra dry clothing to be stored in. Please make sure your athlete is prepared for all types of weather.

Spring Calendar

February

4 - High School Spring Season Begins

11- **Mandatory** High School Parent Meeting @ 5:30 p.m -- CBRC Boathouse

23- Applebee's Fundraiser (Lakewood) 8:30 - 5:30 p.m.

March

3 - Scrimmage at Pocock- Seattle, WA (HS Only)

11 - Middle School Spring Season Begins

24 - Burton Beach Regatta- Vashon Island, WA (HS Only)

30 - Husky Open- Seattle, WA (Varsity Only)

April

13 & 14- Covered Bridge Regatta- Eugene, OR (HS Only)

17 - Junior Team Photo Day -- 3:30 @ CBRC Boathouse

27 - *CBRC All Team Day -- 10:00 @ CBRC Boathouse*

May

8- Last Day of Middle School Spring

16 thru 19 - NW Youth District Championships - Vancouver, WA. (HS Only)

20- Last Day of High School Season

22- Spring Season Team Banquet @ 5:00 CBRC Boathouse (HS and MS)

June

1- National Learn to Row Day- CBRC Boathouse

7 & 8 - USROWING Youth Nationals- Sarasota, FL **for Varsity HS athletes who qualify at Regionals

Information for Covered Bridge Regatta and USROWING Regionals:

We leave as a team from the boathouse and will be riding in team vans. Athletes will be missing Friday April 12 and May 16 and 17 from school. We understand that SAT, AP Tests, Prom, and other school events may be happening so please plan accordingly.

Hotels for Covered Bridge:

The team will be staying at the Comfort Suites (969 Kruse Way Springfield, OR 97477) we have a block of rooms for parents and families. If you would like to stay at our hotel please call and make arrangements. Athletes will be in rooms with their teammates and carpooled to and from the lake in the team vans. We will also have all meals covered for the athletes throughout the weekend.

Hotel for USROWING Youth Regionals:

The team will be staying at the Springhill Suites Marriott (1421 SE Tech Center Drive Vancouver, WA 98683). If you would like to stay at our hotel please call and make arrangements. Athletes will be in rooms with their teammates and carpooled to and from the lake in the team vans. We will also have all meals covered for the athletes throughout the weekend.

Helpful hints for families at regattas: The days can be long and it is best to be prepared! Here are some good things to pack.

- Camping chair
- Binoculars
- Lots of layers for all types of weather
- Sunscreen

All travel information for each regatta will be posted and emailed to families at the latest of 1 week prior to the regatta from the CBRC Parent Coordinator, Cheryl.

1 week prior to each regatta Food donations sign up document will be email to each parent so that Food list can be filled for the upcoming regatta.

Notes on Travel

- We do not allow athletes to drive themselves to regattas. They must be driven by an adult. Long regatta days and drowsy driving are not a good combination.
- Nearly all regatta travel is done via rented passenger vans. Vans are typically driven by coaches and parent volunteers.

Costs Overview

Instructional Fees for the Junior Spring are \$595.00

The fees include the following:

- Practice instructional costs
- CBRC club Membership fee

The fees do not include the following:

- Required team clothing
- Regatta travel costs (vans, housing, food, etc.) These will be shared as soon as all arrangements have been made.
 - Covered Bridge: *Estimated \$200.00 cost*
 - USROWING Regionals: *Estimated \$350.00 cost*
- Any optional/supplemental training equipment or clothing.

USRowing Membership

In addition to program fees each athlete is required to be an active US Rowing “Championship” member. This membership is good for one year and includes a monthly magazine. This also is part of our insurance policies.

The cost is an additional \$45.00.

Clothing

Clothing costs are not covered in the instructional fees. Athletes must purchase the uniform pieces listed as required on the website. Athletes are required to match and be dressed the same when out on the water at races.

Scholarships

We attempt to never turn away an athlete who wants to row at CBRC. To that regard we do offer a limited amount of partial and full scholarships to cover instructional costs. If you are needing assistance please email Coach Kelsey or CBRC Treasurer Brian Coulson.

Parent Expectations

As a parent/guardian of a CBRC athlete I understand that:

- It's my responsibility to ensure that my child can conduct themselves according to the standards outlined in the "Athlete Expectations."
- I fully accept that any costs incurred by my child are my responsibility and not the club's. This includes: loss of program fees due to team dismissal, property damage from inappropriate behavior, hospitalizations, and transportation fees incurred if an athlete has to be returned home from any away event.
- Parental participation and volunteering is an essential part of the success of the Youth program at CBRC. I commit to:
 - Helping with at least one CBRC event,
 - Donating at least one food item per month; and
 - Volunteering for at least one task per month. There are many volunteer opportunities available especially at regattas.

More about Rowing!

Rowing is a total body workout. Rowing only looks like an upper body sport. Although upper body strength is important, the strength of rowing stroke comes from the legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross country skiing, and is low-impact on the joints. Rowing looks graceful, elegant, and sometimes effortless when it is done well. Don't be fooled! The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding you stop.

Sweep and sculling: there are two types of rowing, sweep rowing and sculling. In sweep rowing, athletes hold one oar in both hands. In sculling, the athletes have two oars, one in each hand.

Equipment: Today's rowing boats are called shells and they are made of lightweight carbon fiber. The smallest boat on the water is a single scull, which is only 27-30 feet long, a foot wide, and about 30 pounds. Eights are the largest boats at 60 feet and a little over 200 pounds. Rowers use oars to propel their shells. Sweep oars are larger than sculling oars, typically with carbon fiber handles with rubber grips.

Boat configurations: Sweep rowers come in pairs (2-), fours (4+), and eights (8+). Scullers row in singles (1x), doubles (2x), and quads (4x). Sweep rowers may or may not carry a coxswain, the person who steers the boat and serves as the "coach in the boat." All eights have coxswains, but pairs and fours may or may not. In some sculling boats and sweep boats without coxswains, rowers steer the boat by using a rudder moved with the foot or by adjusting the power.

The Crew: Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat/ The person in front of the bow is No. 2,

then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must be a strong rower with excellent technique, as the stroke seat is the person who sets the rhythm of the boat for the rest of the rowers.

Glossary of Rowing Terms

Ergometer: “erg” for short. Machine that simulates rowing on land and allows the rowers to train.

Tank: a swimming pool like area that has rowing stations and oars.

Weigh enough: this tells the rowers to stop doing anything. It’s like saying Stop! Or Freeze!

Check it down: this tells the rowers to stop rowing and bury their blades square in the water. It is a way to stop the boat quickly (in an emergency situation, for example).

Square: the position of the blade when it is perpendicular to the surface of the water.

Feather: the position of the blade when it is parallel to the surface of the water.

Rack: support used on which to store a shell on.

Hands-on: tells the rowers to grab the boat, usually bunched closer to the ends to make carrying easier.

Shell: name given to boats powered by rowers. It is what you pilot.

Hull: actual body of the shell. Never let this part of the boat get scratched or touch ground or metal.

Oars: used to propel the boat. Oars are specific to port or starboard.

Rigger: Metal supports that are on the side of a shell. They hold the oar.

Fin and rudder: Thin piece of metal or plastic on the underside of the shell used for steering and stabilizing the boat.

Skeg: thin piece of plastic around the rudder that helps keep the boat on keel.

Gunwale: top part of the hull, where the riggers attach.

Oarlock: piece of hardware on the end of the rigger that the oar goes into. Kind of “u” shaped with a locking bar to keep the oar from coming out.

Foot stretcher: Where the rowers put their feet in and push against while rowing.

Port: From the coxswain’s point of view, the left side of the boat.

Starboard: From the coxswain’s point of view, the right side of the boat.

Stern: The back of the shell. Where the coxswain’s seat is located.

Bow: The front of the shell. Also the name for the rower in the seat in the very front of the shell.

Bow ball: rubber ball attached to the bow for safety reasons. A common call is “I have bow ball”, which is said when the cox is directly in line with another boat’s bow ball while racing.

Let it run: This tells the rowers to stop rowing.

Hold water: Tells the rowers to stop rowing and square their blades immediately; dragging them across the surface of the water to slow and stop the boat quickly.

Seat number: Assigned by the coach, this is your “name” which corresponds to where you are sitting in the boat. Goes from stroke seat or 8, 7, 6, 5, 4, 3, 2, and bow or 1, with 8 near the stern and 1 near the bow.

Stroke rate: how many strokes/minute are being taken.

Set: When the boat is perfectly on keel and not tipping from side to side.

Sculling: one of the two classes of rowing where each rower in the boat has two oars.

Sweeping: the other class of rowing where each rower in the boat only has one oar.

CBRC Athlete and Parent Code of Conduct

As an athlete at the Commencement Bay Rowing Club (CBRC) I understand that my behavior and conduct is a reflection of the club at all times. I understand that it is a privilege and not my right to be a part of the team. By signing this I agree to the following code of conduct and understand that failing to comply will result in disciplinary actions that can include: my removal from a race line-up, my removal from all regattas until my behavior improves, or expulsion from the team indefinitely.

1. I understand that as a member of the CBRC Junior Team or Middle School team, my behavior is a reflection on CBRC and I will behave respectfully and responsibly.
2. I will be respectful of CBRC coaches, teammates, volunteers, chaperones, and other participants.
3. I agree to accept and carry out instructions of the CBRC coaches, volunteers, and chaperones and report any problems to a coach, volunteer, or chaperone.
4. I understand that as a member of the CBRC Junior Team or Middle School Club, I am only allowed to use the CBRC facility and equipment during regularly scheduled, coached practices, or regattas.
5. I will be respectful of other people's possessions and property and will refrain from activities that may damage either.
6. I understand that I am financially responsible for any damage I may cause when disobeying rules or instructions by CBRC coaches, regatta officials, volunteers or chaperones.
7. I agree to attend and participate in all scheduled practice and activities, and I agree to communicate scheduled and unscheduled absences from practice or events directly to my coach.
8. I understand that I cannot come to practice if I did not attend school or was sent home from school due to illness; I will contact my coach to communicate my absence from practice.
9. I understand that if I am sent home from practice or a team event due to a violation of the code of conduct, it will be at my/my parents' expense.
10. I understand that **ANY** of the following acts are strictly prohibited and will lead to immediate disciplinary action:
 - Commission of a felony
 - Possession or use of any dangerous weapon or object
 - Physical or sexual assault; physical, sexual or emotional intimidation of another person, including:
 - i. Bullying: an intentional, persistent and repeated pattern of committing or willfully tolerating physical and non-physical behaviors that are intended to or have the potential to cause fear, harm, or humiliation
 - ii. Harassment: a repeated pattern of physical and/or non-physical behaviors that are intended to cause fear, humiliation, degradation or create a hostile environment
 - iii. Hazing: coercing, requiring, forcing or willfully tolerating any humiliating, unwelcome or dangerous activity that serves as a condition for joining a group or being socially accepted by a group's members
 - iv. Emotional Misconduct, including verbal or physical acts, or online activity
 - v. Physical Misconduct, including contact or non-contact conduct
 - vi. Sexual Misconduct, including sexual assault, sexual harassment, sexual abuse, or any other sexual intimacies (including online activity) that exploit or threaten an individual

- Use, consumption, buying, selling or giving away of alcohol, drugs, vaping (including prescription drugs for other than their intended purpose by the patient)
- Theft, including improper possession of equipment belonging to CBRC, an adult, a teammate or member of another team
- Destruction or defacing of property
- Immoral or disruptive conduct, including disobedience of reasonable instructions of crew authorities

11. **Social Networking:** CBRC athletes who access social networking sites (Facebook, My Space, Twitter, SnapChat, etc.) should act responsibly and show respect for the rights and feelings of others. Gossip, insults, and libelous, demeaning, or derogatory pictures or comments about others, especially teammates, coaches or CBRC are strictly prohibited. Threatening or harassing statements or pictures are also prohibited. Athletes should exercise appropriate discretion when using social networks for personal communications with the knowledge that behavior on social networks may result in disciplinary action.

12. I understand that **any** individual's failure to abide by these rules can jeopardize the entire group's participation.

I understand this code of conduct and I understand that failure to abide by its rules may result in disciplinary action, including suspension or expulsion from participation in practices and regattas.

Printed Name of Participant:

Participant's Signature:

Printed Name of Parent (if participant is under 18):

Parent's Signature (if participant is under 18):

Date: