



New Parent Manual

(1/1/2017)

New Parent Guide

Your child is in for an incredible experience. And so are you. Rowing is a physically and mentally challenging sport that demands the support of teammates and family.

What can you expect?

If this is your first experience with rowing, it's natural to be overwhelmed by unfamiliar terms and the newness of a truly different sport.

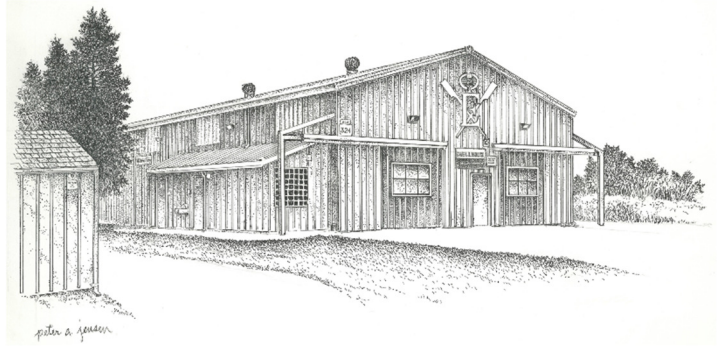
This guide was prepared with the input of many parents. Our goal was to provide you with the information you need for a stress-free season. This document should be combined with our Junior Program Manual, Safety Manual and General Membership Manual to provide you with a comprehensive overview of our policies and procedures.

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History of the Everett Rowing Association

Langus Park, dedicated in September of 1988, is located along the Snohomish River in Everett, Washington. Riverside trails, a boat launch and picnic area make the park a vibrant asset to community life. The park is named for William Langus, Sr. (1917-1997), an Everett City Councilman for 24 years. Langus was instrumental in the development of this park, as well as Kasch Park and Jetty Island. As a sponsor of



Medic One, the Everett Vietnam Memorial and the Everett Senior Center, Langus' efforts contributed to the betterment of the Everett Community. Among his many good deeds for this community, Langus was especially proud of his work that touched the lives of youth and seniors.

The Everett Rowing Association Boathouse, dedicated in February of 1991, is the home of the Everett Rowing Association. The association was founded in 1982 by a group led by Martin Beyer and Lynn Dykgraaf. Beyer and Dykgraaf inspired the community efforts in acquiring boats and, in June of 1984, a small boathouse. The club, now associated with the Everett Parks Department, hosted the United States Women's Olympic Rowing Team in the summer of 1984. At the Los Angeles Olympiad, the women's eight-oared shell won the Gold Medal after training on the flat water of the Snohomish River.

Dick and Irma Erickson brought their considerable experience in the sport of rowing to bear in the following years of growth. Dick Erickson (1936 – 2001), rowing coach of the University of Washington from 1968-87, brought needed equipment, valuable knowledge and unequalled inspiration to the association. Robert and Barbara Cummins were instrumental in leading the association to the highest levels of competition.

The Everett Rowing Association, still affiliated with the Everett Parks Department, has continued to grow and develop. The Association supports all levels of rowing, from recreational to competitive. The Association fields a competitive Masters Team in addition to the Youth Rowing Team. The Junior Rowing team is comprised of high school student-athletes from Snohomish County. The Everett Rowing Association has not only brought national recognition to Everett but has provided a valuable experience to the Everett community.

Registration

Athletes register each season for programming at www.everettrowing.com. Payments are flexible, and can be made in a lump sum, or in 2, 3, or 4 payments. Please see the Junior Handbook for more information about our financial aid program.

Communication

Parents and athletes receive regular email updates from the Executive Director regarding the logistics for training and competition, as well as news, information about the sport of rowing and other pertinent details. The Everett Rowing Parent Facebook page is a resource for questions as well as inter-parent dialogue about arrangements for travel and competition. Please subscribe to the group.

Rowing Seasons

Rowing has evolved to a year-round sport for participants intending to perform at the highest levels. Most athletes start by rowing 1-2 seasons per year, and increase their participation as their goals in the sport evolve.

Throughout the school year, the rowing calendar evolves as follows:

Summer Rowing: Many athletes' introduction to the sport. Two programs are run during the summer:

1 Week Introductory Camps: Designed to introduce athletes to an unfamiliar sport in a fun learning environment.

Summer Competitive Team: The novice team is designed to give athletes a taste of what it means to row on a competitive team. The summer session ends with a race at Green Lake. This group is the foundation of our novice team that stays together for the school year.

The varsity team is designed to give athletes an environment to learn new skills (sculling, opposite side) and integrate the prior year's novice squad to the varsity team.

Fall Rowing: Fall rowing is designed to develop aerobic endurance and improve rowing technique. The team begins to coalesce. Varsity racing is typically performed over 4-6,000 meter distances. Called "Head Races", these events are raced against the clock, with each boat looking to post their best time over a given course. Times are then sorted and winners determined. Novice compete in head races, but also 1,000 meter sprint races, where 6 boats race straight across. The season requires a commitment of 15 hours per week. Training is often performed at lower cadences.

Winter Training: Winter training is designed to continue to push the training horizons. Strength and endurance training are the main components of these sessions. The sessions last 8 hours per week. These sessions are designed for the athlete serious about improving their fitness and performance in spring rowing. The two sessions are split into a December session and a January Session.

Spring Rowing: The heart of the rowing season takes place in the spring. Rowers race a variety of sprint distances (based on training plans and venue limitations) between 1,000 and 2,000 meters. All spring races are raced "sprint" style, where boats start at one command and race 6 across. Dual meets are scheduled to improve fitness and racing acumen. Regattas are longer events with multiple teams. Athletes race at higher cadences.

Rowing Physiology

Rowers are among the fittest athletes on the planet. The sport's energy requirements are broken down into 80% aerobic and 20% anaerobic energy usage during 2,000 meter racing. It is a strength endurance sport, where the athletes perform 30 – 40 repetitions (strokes) per minute of a high-resistance exercise during racing. Training is rigorous, and varied based on the time of year the athletes are training. Training includes a variety of distances and intensities. Core strength is a key component to our regimen. Proper technique for rowing, as well as all of our exercises is taught and refined on a daily basis.

Practice

To meet the physiological demands of the sport, rowers practice a lot. Each practice is unique, and should be seen as an opportunity to improve. Daily practice components may include: stretching, plyometrics, running, indoor rowing, outdoor rowing, circuit training, weight lifting, intra-squad competition, simulated racing, video review and technical lessons.

Teamwork

Teamwork is the heart of the sport. Athletes learn teamwork through shared commitment to excellence. Rowing is unique in that each athlete is truly required to contribute their maximum effort in each practice and racing in order to succeed.

Nutrition

Rowers have big appetites, so stock your house with good, healthy food, and plenty of it. Your rower may be burning between 4-6,000 calories per day. There are many good resources for athletic families available; we recommend "Nancy Clark's Guide to Sports Nutrition".

Some tips, include:

- Stay hydrated to help eliminate injury, maximize performance and speed recovery.
- Eat a healthy, substantial breakfast every day.
- Eat a full lunch, as well as an easily digestible snack before practice.
- Avoid fast food and junk food.
- Consume vegetables, lean proteins and whole grains for maximal performance.

Recovery

A key component to training is proper recovery from workouts. In addition to nutrition, sleep is a major element to recovery from workouts. When athletes are properly recovered, their training is maximized.

Clothing: Athletes should wear layers to practice, and be prepared for multiple weather conditions every day at practice.

- Running shoes
- Extra Socks
- Trou (rowing shorts)
- Hats (for sun protection and cold weather)
- Layered outdoor performance wear.

Uniforms and ERA specific training gear is ordered throughout the year through our preferred vendors. Boathouse Sports offers training gear and uniforms via a specific online store for our members. JLRacing is another vendor that sells high quality rowing gear.

Sunscreen / Sunglasses: UV light is reflected back on the rowers from the water, multiplying the short and long term effects on the health of skin and eyes.

Blisters: Blisters and calluses are an unfortunate part of rowing. Blisters are caused by friction between the oar handle and the soft skin of the rowers' unconditioned hands. Many are the theories and practices but here's a basic situational primer on care of your hands:

1. **The blister is still raised and filled with fluid:** Use a sterilised needle (pour over boiling) to pierce the blister and drain the fluid. Press the blister flat and apply some antiseptic cream. Cover with a band-aid that will protect it from being knocked but allow air to get in.
2. **The top layer of skin on your blister has torn or been rubbed away leaving raw skin:** Hold your hands in hot soapy water, as hot as you can stand, for as long as you can stand. This will clean the wound and also gently dry out the skin. Cover with a band-aid if necessary.
3. **The skin surrounding the blister looks red and inflamed:** Treat as above, repeating several times during the day. If after a couple of days it's still looking angry get treatment from a doctor.
4. **The raw skin is cracked:** Apply antiseptic cream (Vaseline also works) and a band-aid to keep the skin moist and to help it heal. I'd usually keep it moist during the day and leave it open to dry a little overnight.
5. **The new skin has formed but the old skin is torn, ragged and hardening around the edge:** Trim with sharp scissors or a razor blade (yes, I have seen teeth used for this operation but they're not really designed for it) until there are no flaps and the surface of your skin is uniformly smooth.
6. **The blister is healed but has left a hard and raised callus:** Use pumice, a file or sandpaper to reduce the thickness of the skin until the surface of your skin is uniformly smooth; this is easier after a few minutes soaking in hot water.

Commitment

Attendance is critical to the success of our team, and to our athletes reaching our maximum potential. Our attendance policy is defined in our Junior Policy Handbook. A major benefit of participation in sport is abiding by the commitment to the team, as well as to our goals as a squad and an individual.

Behavior

Your child will be expected to abide by high conduct expectations. He or she will need to maintain good grades and still get plenty of sleep. You may need to remind them of priorities from time to time.

Regatta Preparedness for Parents and Athletes

Scheduling

Prior to the season, descriptions of the regattas, and any available detail will be sent via email and posted online. This will include anticipated timeframe, regatta location and transportation details.

More specific instructions, including drop-off location and specific race times will be sent on both Monday and Thursday before a regatta.

Before you attend a regatta, be prepared for anything and everything. The weather can change suddenly, and it's not uncommon to need warm rain gear followed by sunscreen later in the day. Plan on being at the race site for a while. Once your rower gets to the designated meeting place in the morning, you may not be finished until late in the afternoon. Athletes remain at the regatta site until their equipment is loaded on the trailer, or they are formally dismissed by their coach.

Some things to pack to make your regatta day more comfortable:

- Portable chair
- Binoculars
- Warm clothes (including gloves/caps)
- Rain gear
- Light-weight clothing
- Sunglasses
- Sunscreen
- Blankets or sleeping bag for you or your rower to stretch out on
- Water and healthy snacks (food tent provided for rowers at most races)

A schedule of the day's races is usually posted at a central tent or site at each regatta. At this same location, the results are usually posted.

Food Tent

The Parent Booster Club coordinates meals for the athletes at regattas. Parents are asked to volunteer at the event with setup, cooking, serving and breakdown of the mobile kitchen. The food tent is funded in part by ERA branded clothing sales.

Regatta T-shirts / Vendors

Most regatta hosts sell T-shirts. If you plan on buying one for your rower, do it early in the day because the size selection gets slim by the afternoon. At larger regattas, vendors sell rowing specific training gear.

Photos

If you take photos during a regatta and would like to share them, scan your best photos or send your best digital images to the director@everettrowing.com to be sent to the group.

Parent Hotels

The Everett Rowing Association reserves hotel blocks as a matter of convenience for our parent group. These arrangements are listed at www.everettrowing.com/travel.

Glossary of Rowing Terms

Blade: The oar, also the end of the oar which is placed in the water.

Boathouse: A building used for storing boats.

Buoy: A floating marker that is sometimes used to lay out a course.

Bow: The forward section of the boat. The first part of the boat to cross the finish line. Also, this term refers to the person in the seat closest to the bow of the boat (1).

Bow coxed boat: A shell in which the coxswain is near the bow instead of the stern. It's hard to see the coxswain in this type of boat, because only his head is visible. Having the coxswain virtually lying down in the bow reduces wind resistance, and the weight distribution is better.

Bowball: A rubber ball that protects the boat against damage in case of a collision.

Button: Or collar. A wide collar on the oar that keeps it from slipping through the oarlock.

Catch: The moment the blade first enters the water

Check: An unwanted motion of the boat when it appears to momentarily stop in the water.

CLAM: Clip-on Load Adjusting Mechanism (C.L.A.M.) - A device that slides on and off the shaft of an oar to quickly adjust the inboard of an oar or scull. Adding one C.L.A.M. increases the inboard by 1 cm, increasing the load you feel on the oar(s).

Cox Box: A battery powered, small amplifier that allows the coxswain to communicate with the crew and also gives the coxswain stroke rate information.

Coxswain (kōk'sUn): Person who steers the shell and is the on-the-water coach for the crew.

Collar: Or button. A plastic ring that keeps the oar from slipping through the oarlock.

Crab: A stroke that goes bad. The oar blade slices the water at an angle and gets caught under the surface. The blade is not fully feathered before leaving the water. This results in the blade being stuck in the water, severely slowing the boat down and throwing off the set. This term is from the claim that "a crab grabbed the blade and wouldn't let go." Crab is also used to describe when a rower's blade jams in the water and he/she finds it impossible to get the oar out of the water at the end of the pull-through.

Crew: The term crew is used in American schools and colleges to designate the sport of rowing. When outside of the academic sphere, then the sport is known as rowing. The British and European universities and schools have rowing clubs, not crew clubs. When you use the term crew, you do not need to use the term team. To say crew team is redundant.

Deck: The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

Drive: The part of the rowing cycle where the rower applies power to the buried blade.

Double: A shell with two scullers. Sometimes designated as 2x.

Eight: A shell with eight rowers and a coxswain. Symbol is 8+.

Erg(ometer): Rowers call it an "erg." It's a rowing machine that closely approximates the actual rowing motion. The rowers' choice is the Concept II, which utilizes a flywheel and a digital readout so that the rower can measure his "strokes per minute" and the distance covered. Used for training and testing.

Feathering: Turning the oar blade flat during the recovery to lessen wind resistance.

Fin or Skeg: A small flat appendage located along the bottom stern section of the hull which helps stabilize the shell in holding a straight course.

Finish: The oar blade leaving the water at the end of a stroke.

FISA: Short for Federation Internationale des Societes d'Aviron. The international governing body for the sport of rowing in the world, established in 1892.

Foot Stretcher: An adjustable plate to which a rower's feet are secured.

Four: A boat with four sweep rowers. Sometimes designated as 4- or 4+ (without or with coxswain).

Full pressure: the top level of exertion of which a rower is capable.

Gate: The bar across the oarlock that keeps the oar in place.

German rigging: A different way of setting up which side of the boat the oars are on in a sweep boat. Instead of alternating from side to side all the way down, in a German rigged boat, two consecutive rowers have oars on the same side.

Gunnels or Gunwales: The top edges of the shell. The riggers are bolted into them.

Insert: The plastic bushing fitting on the top and bottom of an oarlock.

IRA: Intercollegiate Rowing Association. The governing body for men's collegiate rowing in the US. Also governs women's lightweight rowing.

Jumped Seat: The unpleasant event that happens when a rower slips off his seat while rowing.

Jumped Slide: When the seat comes off of its slides.

Keel: The center line of the shell.

Launch: To put the racing shell into the water OR the boat which the coach uses to follow the crews.

Lightweight: Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

NCAA: The governing body for women's rowing in the US.

Oar: Used to drive the boat forward: rowers do not use paddles.

Oarlock: The D-shaped device at the end of the rigger in which the oar rests. There is a locking gate at the top to keep the oar in place.

Outboard: The distance between the tip of the blade-side face of the collar or C.L.A.M.. The greater the outboard, the heavier the oar or scull will feel and the greater the load in the water will be.

Pair: A boat with two sweep rowers. Sometimes designated as 2- or 2+ (without or with coxswain).

Port: Left side of the boat, while facing forward, in the direction of the movement.

Port-rigged: A shell rigged so that the stroke oar (#8) is a port oar.

Power 10: A call for rowers to do 10 of their best, most powerful strokes. It's a strategy used to pull ahead of a competitor.

Puddle: The effect in the water caused by the movement of the oar, particularly at the end of the stroke.

Quad: A boat with four scullers. Sometimes designated as 4x.

Racks: Wood or metal structures in the boathouse used to hold the shells.

Ready-All, Row: Starting command for most races

Recovery: The time between drives, when the blade of the oar is traveling through the air.

Repechage: The second-chance race which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.

Rig: The art/science of setting up a boat for an individual.

Rigger: The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

Rudder: The device used to steer the shell.

Run: The run is the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

Sculls: One of the two disciplines of rowing -the one where each rower uses two oars or sculls.

Set-up: Balancing the boat as it is rowed. A boat is "set-up" when all the oars are equidistant from the water.

Shell: Can be used interchangeably with boat. The racing boat.

Single: A one person shell.

Skeg or Fin: A small flat appendage located along the stern section of the hull which helps stabilize the shell in holding a straight course.

Sky: The effect of lowering the hands too much and causing the oar to be too high off the water at the catch.

Slide: The set of runners for the wheels of each seat in the boat.

Slings: Collapsible / portable frames with straps upon which a shell can be placed.

Spacing: The actual distance between the puddles of all the rowers.

Split: The time a crew takes to complete a 500 meter segment of a race.

Squaring: Term describing the turning of the oar from horizontal (feathered) to vertical (squared) blade position.

Stake-boat: The small, anchored boat that is used to hold the shells in place before the start of a race.

Starboard rigged: The stroke (#8) is rowing from the starboard side.

Starboard: Right side of the boat, while facing forward, in the direction of movement.

Stern: The rear of the boat; the direction the rowers are facing.

Straight: Refers to a shell without a coxswain i.e. a straight four or straight pair.

Stretcher or Foot-stretcher: Where the rower's feet go. The stretcher consists of two inclined footrests that hold the rower's shoes. The rower's shoes are bolted into the footrests.

Stroke: The #8 rower who sits closest to the stern. The stroke sets the rhythm or cadence for the boat; others behind him must follow his cadence.

Speed Coach: A small electronic display that rowers attach in the boat to show the important race information like stroke rate and elapsed time.

Stroke-rate: The number of strokes per minute. In a race, usually between 34 and 38 strokes per minute.

Stroke-watch: Used by the coxswain to measure the stroke-rate.

Sweep: One of the two disciplines of rowing -the one where rowers use only one oar. Pairs (for two people), fours (for four people) and the eights are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

Swing: The hard-to-define feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

Tanks: An indoor training device that consists of a row of rowing seats between two tanks of water. Rowers can actually “feel” their strokes in the water duplicating the actual experience in a shell.

Track: Metal grooves that keep the seat wheels on a straight line.

USRowing: The governing body for the sport of rowing in the U.S.

Wake: Turbulence caused by the motion of the boat through the water.

Weigh-Enough: A coxswain command to have all rowers stop rowing or to stop rowers from walking when carrying a boat.

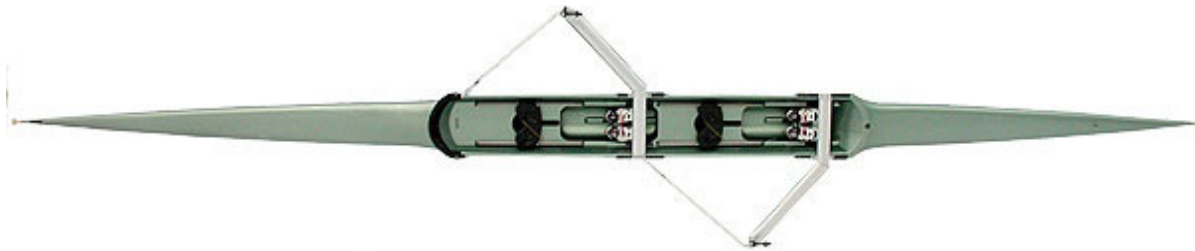
Win: What every rower tries to do!!!!!!!!!!!!!!!!!!!!!! These are a few terms that you will hear from your young rower. Once you attend a few regattas and listen to your child and their rowing friends, you will become familiar with most of these definitions.

Boat / Race Designations

Rowing Boats - one oar per rower

| Name | Designation | Explanation |
|--------------|------------------|-----------------------------------|
| Coxless-pair | 2- or 2/wo | two rowers with no coxswain |
| Coxed-pair | 2+ or 2/w | two rowers with coxswain |
| Coxless-four | 4-, 4/wo, or IV- | four rowers with no coxswain |
| Coxed-four | 4+, 4/w, or IV+ | four rowers with coxswain |
| Eight | 8, 8+ or VIII+ | eight rowers always with coxswain |

Pair



Four (Top)



Four (Side)



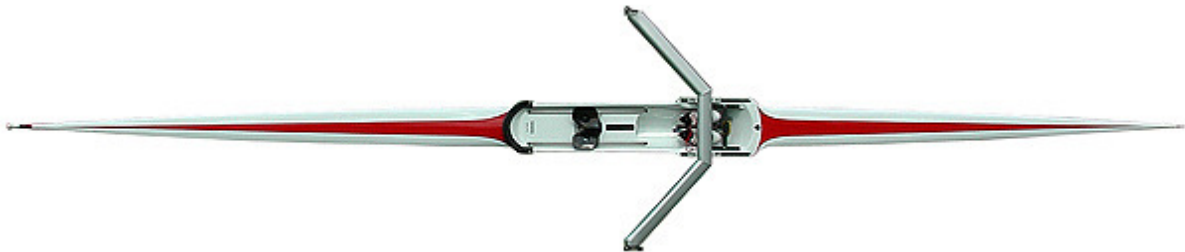
Eight



Sculling boats - two oars per rower

| Name | Designation | Explanation |
|---------------------------------|-------------|--|
| Single-scull or single | 1x- | one person sculling (w/pair of sculls) |
| Double-scull or double | 2x- | two people sculling |
| Quadruple-scull or quad wo/Cox | 4x- | four people sculling |
| Quadruple-scull or quad w/Cox | 4x+ | four people sculling |
| Octuple-scull or octapede w/Cox | 8x+ | eight scullers (rare) |

Single



Double



Other designations that you may see in a schedule and combined with the above:

| Designation | Explanation |
|-------------|--|
| NB / NG | Novice Boys/Girls < 12 months exp./has not competed in 2000meter sprint race |
| O | Open – no age restrictions |
| VB | Varsity Boys |
| VG | Varsity Girls |
| M | Masters (age 27 or more) |
| AA | Age 21-26 |
| A | Avg. age 27 or more |
| B | Avg. age 36 or more |
| C | Avg. age 43 or more |
| D | Avg. age 50 or more |

| | |
|---|---------------------|
| E | Avg. age 55 or more |
| F | Avg. age 60 or more |
| G | Avg. age 65 or more |
| H | Avg. age 70 or more |
| I | Avg. age 75 or more |
| J | Age 80 or more |