



FAQ FOR PARENTS & KIDS

Where will my child row?

At Langus Park in Everett, WA. We have a 50,000 sq ft boathouse that have our boats and training equipment in. They'll row on the Snohomish River, sloughs, and even out into Port Gardner Bay at times. The river at this spot is a tidal estuary with ten miles of upstream rowing, beautiful scenery, wildlife, and locations for training rowers of all levels of ability. This is a spectacular place to row. A map and directions to the boathouse can be found at www.everettrowing.com under "About Us, location+contact"

Do I need to provide any of my own equipment?

No, everything is here at the boathouse waiting for you. All kinds of Pocock Racing Shells, oars, ergometers, sliders, benches, weight bars, exercise fields, coxswain equipment, running trails, launches, safety equipment, and a USRowing certified supportive coaching staff.

Please bring a gym bag for your stuff, a bottle of water, extra socks, clothes, any medications you may need while here (ex. inhalers).

What should I wear?

Nothing too baggy. Cyclist's or runners clothing are typically what we tell new rowers. For example spandex tights/shorts, sweats, yoga or athletic training pants. Layering is key when rowing in the PNW. We will row in the rain so a waterproof

layer can be good to have at practice everyday. Specific Everett Rowing gear is available through the Booster Club and the team store but is not necessary to get started.

Don't I have to be big to row ?

No, we encourage students of all sizes and shapes to join. If you row for Everett, you will be training, racing, getting on the water, and enjoying the same coaching as any "big" person you see around the boathouse. You'll have the same fun and learn the same life skills.

I don't know anybody who rows, I won't have any friends there?

Bring your friends and make new ones! We have a very welcoming team culture that is stewarded by our coaching staff. YOU will quickly make friends in this team sport environment. You'll be around other kids each trying to be the best they can be. You are to compete against yourself and others in the boathouse. In fact, most likely you'll make friends who will last a lifetime.

What kind of boat will I row?

All of them, probably, most of them certainly. We row local Pocock boats, built right here in Everett. An 8+, has eight rowers using one oar, and a coxswain. A 4+, more responsive, and harder to balance coxed boat with four rowers, each with one oar. Occasionally we row pairs, which has two rowers and with one oar each. Every ERA rower will be a sculler too, rowing with an oar in each hand in a "quad", four rowers, or a "double", two rowers, or in a "single" – all by yourself.

What if I have to miss a practice?

You'll work it out with your coach. There are occasions when this must occur for family, school, or other reasons as you balance your time. The only consideration to keep in mind is to notify your coach or ERA as soon as you know you must miss a practice. Your fellow rowers do depend upon you to be there, and so does your continuum of learning.

But I don't know how to row!

Nobody did- you'll be rowing with other Novices just like you. Learning and sharing it all together with new friends. You'll have lots of fun and be very proud of what you have done, trust yourself!

What does the "rowing year" look like?

The high school rowing program is divided into two semesters during the school year. The Fall semester runs from late August and ends just before the winter break. It includes water and land training that prepares your student/athlete for Head racing, which is a 2 or 3 mile race. The second semester runs from January through late May/early June. It involves a slightly different type of training that prepares your athlete for sprint racing over 2000 meters. Practices are held from 3:30pm to 6:15, Monday through Friday and may include a Saturday practice from 9-11am. All regattas are held on either Saturdays or Sundays with the exception of the travel trips, regional championships and national championships. Most regattas include some traveling but we always work on car pooling to practices and regattas.

Does college rowing offer scholarships?

Yes! College rowing is unmatched in their scholarship opportunities, 17.88% of the men and 55.50% of the women in college rowing programs row on a scholarship. Keep your grades up and develop your skills on and off the water. We have had our athletes go on to row at programs from Division I – 3. ERA will help you when the time comes.

What does ERA expect of Parents and how much will it cost?

Fees are all posted next to the season on our website. With that being said, no athlete is turned away for lack of funds! Financial aid is available through Everett Rowing and the George Pocock Rowing Foundation. Parents are key to our operation and there are plenty of needs and opportunities to get involved through the Parent's Booster Club. Again all that the parents do can be found at our

website under Youth/Parent Booster Club. One particularly wonderful part of the club is the “New Parent Mentoring” program. This aspect of the club pairs seasoned parents with parents of novice rowers, sharing with them “the ropes” of being “crew parents”. Another important role of the Booster’s is to organize and man the food tent at regattas. Keeping hungry athletes fueled properly so they can excel in their races is essential. Just like the friendships developed by the rowers, many of the parents become lifelong friends.

I’m a little concerned about how my athlete will be treated in what seems to be such a structured program. They have never done anything athletic like this. I’m not sure it will be good for them to be pushed, or challenged.

That’s a very fair concern. Rowing is a little different. To develop a rower properly all that exhortation, personal criticism, and rah-rah locker room stuff is not a good way to do it. ERA was founded by two rowers, both school teachers, who knew how to treat and motivate your children. Our coaches work to improve individuals which in turn will improve boats! ERA guides athletes in groups of their peers through training activities at the highest standard of youth rowing, while at the same time encouraging them to be their own personal best. Most instruction, performance comments and correction in rowing is given to groups, or boats. Mastering rowing skills in the company of their peers brings out confidence, leadership, and teamwork. It’s been a good system for ERA.

Is there a rowing program for my Middle School child? Is that a bit much for kids that age group?

Our middle school program September through early November and then again from March to the end of May. The ERA Middle School program has been very popular. It’s designed for fun, exposing your kids to athletic training, enjoying the river, building teamwork skills, and introducing them to rowing. Keeping them enthusiastic is a focus for coaches, and involves “lots” of encouragement.