

# ***WRRRA Recreational Rowing Program Guidelines – 2018 Season***

## **Structure**

The WRRRA Recreational Rowing Program is designed to accommodate our rowers' reasons for rowing and varying expectations.

Recreational Rowing will offer coached rowing with an emphasis on technique and time to enjoy being outdoors on the river. It's for those that just want to get out on the river and row, with some coaching, lower stroke ratings and no emphasis on racing.

## **Rowers:**

All Recreational (Rec) rowers have a basic set of responsibilities to ensure each practice runs smoothly. This includes arriving on & off the dock in a timely manner.

Rowers are responsible for the following:

- Attend the team meeting about rower responsibilities and program expectations during the first Saturday practice of the season
- Filling in the Doodle Poll at least 24 hours prior to practice start time so you can be included in the line-up and allow coaches/captains time to find sub rowers
- Being present and ready to launch 15 minutes prior to the set practice time.
- Adhering to the 2 minutes on the dock rule when launching and during recovery.
- Contacting the captain as soon as possible to allow for time to find a sub, if they must miss a practice with less than 24 hours' notice
- Contacting the captain as soon as possible with an ETA to the boathouse if they are running late.

Rec rowers who arrive late or unexpectedly for practice, will be the last to be boated for that practice or may not be boated at all, depending on number of rowers present. Issues with rowers who show consistent disregard for the Doodle and/or are regularly late enough to prevent boats from departing in a timely manner will be dealt with appropriately by the Coach/Captain.

## **Captains:**

The captains will meet with the coaches at the beginning of the season to establish their exact responsibilities based on the needs of the coach. Captains are responsible for the following:

- Organizing the Doodle poll
- Keeping a list of potential sub rowers to fill out boats, if needed
- Distributing information to the team.
- May be asked to assist organizing coxswains.
- May be asked to set line-ups with the coaches' guidance.

## **Coaches:**

There will be designated Rec coaches, with at least one coach attending each weekday practice and at least two attending the Saturday practice. Coaches will meet with the captains/rowers during the team meeting at the beginning of the season to establish responsibilities and set expectations for the team. Coaches are responsible for:

- Gathering basic information about rowers at the beginning of the season (side preference, experience, limitations, etc.)

- Setting boat line-ups and structuring the practice accordingly, with captains' assistance, if requested.
- Communicating with the captains to disseminate information to the team.
- Coordinate shell and cox box sign out with the Club Manager.
- Set a plan for season (goals, fitness test, practice structure)

**Coxswains:**

Coxswains are provided through the Rec program fees.

**Regatta Participation:**

All interested Rec rowers have the opportunity to travel to and participate in Rec and/or Masters events at away regattas.

The **regatta schedule** will be posted on the WRRRA board near the stairs to the offices/ conference room. • If interested in participating, rowers should contact the coach.

- All regatta participation and reservation of equipment must be coordinated with the WRRRA Masters Coach, who submits line-ups to Regatta Central and organizes equipment for regatta attendance.
- Rec rowers traveling with the Masters team will be required to follow the payment structure set forth by the Masters team to pay for registration, seat fees, and boat trailers.
- All rowers participating in an away regatta are required to attend both the derigging/loading session to prep the boats for travel and the rerigging/unloading session to return them to the boathouse
- All travel costs and arrangements are the responsibility of the individual participants