

WRRRA Intermediate Rowing Program Guidelines – 2017 Season

Structure

The WRRRA Intermediate Rowing Program is designed to accommodate our rowers' reasons for rowing and varying expectations. The Intermediate Rowing Program (IRP) is a two-tiered program.

Recreational Intermediate:

This tier 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.

Performance Intermediate:

This tier will offer coached rowing with an emphasis on fitness and performance. This is for the rower that likes to get a good workout, row at higher stroke ratings, and is looking to refine their rowing technique. There will be monthly erg testing. This may serve as the next step towards preparing to participate in the more intensive Masters Competitive program

Rowers:

All Intermediate 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

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 IRP 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 IRP program fees.

Regatta Participation:

All interested IRP rowers have the opportunity to travel to and participate in Rec and/or Masters events at away regattas. Greater emphasis will be placed on training and creating line-ups for away regattas in the Performance Intermediate program. Recreational Intermediate rowers are also welcome to organize boats and attend these regattas.

The **regatta schedule** is posted on the WRRR 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 WRRR Masters Coach, who submits line-ups to Regatta Central and organizes equipment for regatta attendance.
- IRP 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