

Newport Sea Base Rowing

Table of Contents (clickable links)

1. [**Program Overview**](#)
2. [**Costs & Registration**](#)
3. [**Essential Information**](#)
4. [**Races & Events Calendar**](#)
5. [**Fundraising & Volunteering**](#)
6. [**Volunteer Opportunities**](#)
7. [**Ergathon**](#)
8. [**Parent Interaction With Coaches**](#)
9. [**Races – Parents' Guide**](#)
10. [**Parent Responsibilities**](#)
11. [**Registration Check-Off List**](#)
12. [**Get a Grip on Rowing**](#)

Newport Sea Base Rowing

Juniors Program Overview

Welcome to Newport Sea Base Rowing! Please read the following important information.

About Newport Sea Base Rowing

Newport Sea Base Rowing (NSBR) is a program that is administered by the Sea Base division of the Orange County Boy Scouts of America (OCBSA). NSBR is a nonprofit organization dedicated to the belief that the sport of rowing provides unique opportunities to promote personal and community growth through teamwork, discipline, and physical fitness. We are committed to making these opportunities available to all ages and all skill levels.

NSBR is located at the Newport Sea Base in Newport Beach, California. NSBR provides competitive and recreational rowing for rowers of all ages. With a fantastic coaching team and a low coach-to-athlete ratio we focus on giving our athletes the best experiences and the best opportunities to succeed. We are a USRowing High Performance Partner Training Club with a proven record of developing athletes for US national teams from the junior through Olympic levels.

Since its inception in 2014, NSBR has provided education and training to:

- Youth (boys and girls) from local high schools and middle schools
- Adults of all levels of ability through recreational and competitive programs
- Olympians and National Team Rowers
- National Championships medalists in Adult and Youth Competitive teams

A reputation for excellence and outstanding accomplishments in the sport has made NSBR the place to row in Orange County.

Mission

Rowing changes lives. At Newport Sea Base Rowing (NSBR) we are dedicated to fostering a community that is both welcoming and supportive. Under the banner of Rowing for All, we make rowing accessible without regard to individual ability, background or experience. We seek to raise the standard of rowing programs through internal excellence and to share our knowledge and expertise with others for the advancement of the sport at all levels.

Governance

Newport Sea Base Rowing is overseen by a steering committee that comprises representatives of the Newport Sea Base, the Director of Rowing, the juniors head coaches, and masters and parents volunteers. If you are interested in learning more about the steering committee and how it functions, please contact any committee for details. The NSBR committee works closely with the coaching staff in order to provide our rowers the best environment to learn and compete in the sport of rowing.

Our Teams

There are boats and performance levels for everyone! Depending on age, expertise and prior experience, the teams are as follows:

- Recreational / Middle School
- Novice (first year of competitive rowing)*
- Varsity*

*Anyone interested in participating in the competitive team must be able to run/jog a mile without stopping (men: 8:30 minutes or better, women: 9:30 minutes, or better), and successfully complete any other fitness tests required by the coach(es).

All athletes interested in the Novice program will be asked to register for an initial try out period consisting of the athlete's first two weeks. During this assessment period we will collect some physical data: height, weight, arm span, etc. We will conduct tests of basic strength, fitness and athleticism and ask general questions designed to elicit each athlete's reasons for rowing. Upon successful completion of the two week try out period, the athlete will be invited to join the team.

Program Prerequisite

Novice Team: Participation in one of our summer learn-to-row camps is recommended but not required.

Varsity Team: Open to athletes with at least one season (fall and/or spring season) of novice rowing experience, or by the head coach's approval.

We accept new rowers until the end of January.

Strategic Goals

The aims of the NSBR program are:

- to develop as fully as possible the health and welfare of all students.
- to provide advanced training beyond that taught in physical education classes and intramural activities.
- to instruct the skills necessary for achieving the highest possible level of accomplishment.
- to instill attitudes of sportsmanship, discipline, healthy competition, and team spirit.
- to teach health habits necessary for proper physical development and athletic participation.
- to provide adequate athletic programs, facilities and equipment for boys and girls.

The objectives of NSBR include the following:

1. to meet the needs and interests of those students who are gifted athletically.
2. to meet the urge for competition and develop the will to excel.
3. to develop each participant's conditioning and skills needed to participate in rowing.
4. to develop good community relationships and attitudes toward athletics.
5. to teach habits of health, safety, cleanliness, and physical fitness.
6. to develop each participant's moral, social, and ethical values.
7. to provide opportunities to exemplify and observe good sportsmanship/citizenship.
8. to provide opportunities to make lasting friendships with teammates and opponents.
9. to give all students the opportunity to become members of a team.
10. to give all students the opportunity to develop leadership skills.
11. to give a student an early understanding that participation in athletics is a privilege that carries responsibilities.

The Season

The Competition Team begins its fall season in late August. The racing season ends with the Southwest Regional Championships in May. Strong performances at Regionals could result in selected crews being invited to compete at Youth Nationals in June. Exceptional athletes may then have the opportunity to try out for the US National teams that compete later in the summer.

The Recreational/Middle School Team begins its fall season in September. Selected members of the Recreational Team may participate in the informal Sea Base Series of time trial races held at the boathouse. The Recreational/Middle School Team's season ends on the last Friday in May. Members of the Recreational/Middle School Team may transfer to the Competition Team on the advice of their coach and with the approval of the Head Coach. Members of the Recreational/Middle School Team are required to participate in the Ergathon and other team fundraisers.

Communication

Our website <https://www.newportseabaserowing.org> and facebook are key sources of information for the club. Most of our communication to you is sent out through our website and by e-mail via iCrew, our team management platform.

Parents' Facebook Group: [Newport Sea Base Parents](#)

NSBR Facebook: [Newport Sea Base Rowing](#)

Instructions for iCrew Registration and Use

Step 1: Create an account

- Click on this link: [iCrew](#)
- Log on to iCrew
- Follow the instructions
- Complete User Profile

You will be prompted to create a user ID and password and to provide certain information. This information is kept confidential and will be seen only by Newport Sea Base coaches and staff.

- When you have created an account, you will need to join a team. Select the appropriate junior group (Novice Men, Varsity Women, etc.) and you will automatically be added to that team's roster.
- All members of the HS competitive team should also join the “Juniors Competitive” team in addition to their novice or varsity group.
- You can edit your information at any time on your personal page under ‘My Profile’.
- Please enter your High School in your Profile – we need that in order to give you credit for Independent Study.

If you wish to share your information for carpool purposes, you may select the option: Share my info with other members?: which appears on ‘My Profile’ under the 'Personal Page' tab.

- PARENTS: We must have at least one parent's email address in the "Alternate Email" box. This is the only way we can communicate with parents through iCrew without setting them up as separate members. More than one email address can be added, each separated by ; **(note, it will not work if you enter spaces between the semi-colon)**

Step 2: Using your account

- For paperwork: You can check on the status of your paperwork through iCrew. Use the menu tabs on the left-hand side of your personal page to go to your 'My Documents' page. Here you will see a list paperwork required for your team.
 - Until an item is received, there will be a red 'No' in the first column.
 - Clicking on a specific paperwork item will take you directly to the online PDF form for easy download.
- For attendance: Use the 'My Attendance Plans' or the 'My Dates Away' pages to let your coaches know when you will be missing practice and/or a regatta.
 - On 'My Attendance Plans' simply select the specific regattas or practices you will be missing.
 - On 'My Away Dates' you can enter a single date or range of dates that you will be gone.
 - Once you have completed either of these steps, you will be automatically removed from the coaches' line-ups page for those dates. You can adjust these dates any time and the line-up pages will be updated.
 - Please be sure to notify your coaches about any changes so they can double-check their plans.
 - You must check-in to iCrew every day that you are at practice. This is how we record and track your Attendance. Attendance records WILL be taken into account for crew selection. We have to submit daily attendance records to your schools as part of your Credit for Independent Study PE requirements.

Newport Sea Base Rowing

Costs and Registration

Sign Up/Registration

All participants must register in [Jackrabbit](#), the Sea Base on-line system, submitting the system- required documents including medical forms and a parental release form. Novice program participation fees become due after completion of the athlete's two weeks try out period. Varsity participation fees are due upon commencement of practice. [Link to Jackrabbit](#). Varsity participation forms are due upon commencement of practice. [Link to Forms](#) Novice participation forms are due upon completion of the athlete's two weeks try out period. [Link to Forms](#)

Cost

The cost for the initial two week novices try-out is \$50. Thereafter dues are \$375 payable each month (pro-rated for the try-out period) September, 2019 through May, 2020 (does not include travel to non-local regattas). Uniforms and rowing shoes are extra.

Middle School dues and program information is on our website:

<https://www.newportseabaserowing.org/middle-school>

DUES OPTIONS:

- Lump-sum payment for full dues through May \$3,375
- Two lump-sum payments of \$1,688. Second payment of same is due on January 1st

Note: Parents with more than one child rowing can request a 10% discount for the 2nd child.

Dues include coaching fees, use of boats, ergs and other equipment, insurance, administration costs, contribution to overheads, boathouse maintenance and other incidentals. **All dues are non-refundable.**

Regatta Trip Fees

Regatta trip fees are in addition to standard program fees. Payment notices will be posted approximately 14 days before the event and should be paid before the day of the event.

Dues and fees will be automatically charged to your credit card, unless you specify otherwise when registering in the [Sea Base Jackrabbit system](#)

If dues and fees are not paid fully and promptly, your rower will be suspended from the program until delinquent payments are satisfied.

Scholarships

Rowing is an expensive sport, but we do not let financial considerations keep athletes from participating. A limited number of partial scholarship opportunities are available to financially needy members of the Competitive Team who maintain a perfect attendance record and exhibit exceptional sportsmanship. The scholarships are designed to assist a parent in paying the basic cost of participation in NSBR. Athletes will continue to incur costs for travel and uniforms. If you have concerns about meeting your financial responsibility, please request, complete and submit a scholarship application form. All information provided will remain confidential.

Scholarship recipients and their families are required to be active participants in our volunteer program and in all fundraising activities.

Independent Study PE

Check with your school counselor to determine if you are eligible for credit for Independent Study. NSBR has 20 spaces allocated at Newport Harbor High School and a similar number at Corona Del Mar High School. Progress reports will be maintained, grades given and attendance recorded and sent to the high schools for those athletes receiving PE credit or exemption. Participants who receive school credit or PE exemption have a responsibility not only to NSBR but also to their schools. Infractions of the NSBR Codes of Conduct will be reported to school counselors.

Parents are responsible to ensure that their rower collects, properly prepares and submits the required information to their school on a timely basis.

Newport Sea Base Rowing

Essential Information

Practice Schedule

The practice schedule is set by the coaches and is subject to change. Practice includes skills instruction and conditioning on the water; land training; video analysis; goal setting, focusing and coping strategies; lectures on sportsmanship, nutrition, etc.

Middle School Rowing

Most of this information applies to the Competitive Junior Team. For more information about the Middle School Team please refer to our website:

<https://www.newportseabaserowing.org/middle-school>

The fall practice schedule (through December) for all teams is expected to be as follows (subject to change by the coaches):

- Varsity Men MTThF 3:30-6:15 pm and Sat 7:00-9:30 am
- Varsity Women MTWF 3:30-6:15 pm and Sat 7:30-10:00 am
- Novice Men MTThF 3:30-6:15 pm and Sat 7:00-9:30 am
- Novice Women MTWF 3:30-6:15 pm and Sat 7:30-10:00 am
- Middle School Two of MTWTh 3:30-5:30 pm

The spring practice schedule (from January) for all competitive teams is expected to be as follows (subject to change by the coaches):

- MTWThF 3:30-6:15 pm and Sat between 6:30 and 10:00 am

Winter and Spring Breaks

During the winter and spring breaks competition team practices will be coordinated by the coaches with the possibility of a morning practice in addition to normal practice.

We Row

- Rain or Shine at the Newport Sea Base Rowing Center.
- Except for observed Religious Holidays, Thanksgiving Day, Christmas Day, and New Years Day, there are no scheduled holidays for crew practice. Any other days off are at the coaches' discretion. Try to schedule family vacations around practice and race days.
- Spring Break is in the middle of racing season, and any rower who plans to miss this week, or any other scheduled practice for any reason, may lose his or her chance of earning a seat in a priority boat. Coaches will handle this issue on an individual basis.

The only acceptable reasons for absences include illness, family emergencies, religious holidays and academic commitments, such as exams.

Clothing and Gear

All athletes must have an NSBR unisuit to race. Practicing in a unisuit or a tank top with spandex shorts is strongly encouraged. All athletes will have to purchase their own Shimano rowing shoes ([linked here](#)) which they should label clearly and bring to all practices and races. Good running shoes are an important investment for healthy athletes and should be brought to practice each day. It is important to make sure that proper clothing is always available as conditions vary.

Appropriate clothing each day should include:

- Wicking, close-fitting athletic gear
- Visor or hat (NSBR logo items are available for purchase)
- Sunglasses
- Rain gear
- Warm/dry clothes to change into after practice

When appropriate, athletes should also bring or wear sunblock and bug spray.

Serious athletes should obtain a heart rate monitor to better monitor the quality and intensity of their training.

Novice Uniforms

All new rowers must purchase a team uniform package consisting of:

- 1 pair practice rowing shorts (“trou”)
- 1 long sleeve technical shirt
- 1 short-sleeve T-shirt
- 1 team jacket and/or waterproof splash jacket
- 1 travel polo shirt
- 1 unisuit
- Visor or hat

Recreational/Middle School Rowers are encouraged to possess a team T-shirt, a pair of practice rowing shorts and a team visor or hat.

Clothing Policy

All athletes are expected to keep their torso and midriff covered at all times when not actively working out and at all times when middle schoolers and summer campers are present. Athletes are expected to immediately cover their torso and midriff when requested by a coach, chaperone, parent, other adult, another athlete or any other person. Excessive modification of clothing to shorten or be more revealing is prohibited.

Team Wear

Look great on campus! Show your support for NSBR at the races! From sweatshirts to backpacks, duffel bags to hats, you'll find something for every member of the family. So bring your checkbook to all events and select your favorite NSBR items. NSBR parents are encouraged to purchase an NSBR polo to wear to show their support at regattas.

Attendance

Our program is growing and we have more athletes rowing, so it is important that our coaches are well-prepared to run practice. To facilitate this, we are asking that all athletes give us at least two weeks advance notice of a missed practice. This will assist our coaches to come prepared with the line-ups and equipment needed for each day already assembled. If an athlete is included in a line-up and misses practice without notifying the coach, the athlete's crew may not be able to go on the water that day, or another athlete will be given his or her place in the boat, and the offending athlete will be held accountable at the coach's discretion.

In the event that you do have an emergency and you are unable to provide two weeks advance notice please attempt to notify the coach via email, text message, or phone call at least 24 hours before practice. Parent/Guardian written notification may excuse an illness or injury. Written doctor's release forms are required to return to practice after missing more than 5 days of practice due to illness or injury.

Rowing is a team sport. For optimal team performance, a crew needs to practice together to prepare for competition. Therefore, being absent from practice will be taken into account when determining race line-ups. Regattas are mandatory. If you miss a race or a practice you may not be boated for the next regatta.

Transportation

Participants are responsible for their own transportation, to and from the boathouse, for practices, home races, and some away races. **NSBR is in no way liable for any members or guests once they leave the boathouse or race site after, or during, practices or races.**

“Away” Race Transportation:

- No athlete shall drive him or herself to, or home from, an away race, unless specifically authorized by the Director of Rowing.
- No athlete may drive another athlete to or from an away regatta, unless specifically authorized by the Director of Rowing.
- Rowers will not drive or be driven by athletes from other teams, unless specifically authorized by the Director of Rowing.
- Rowers are required to stay with the team at all times at regattas.
- For events where we use team provided group travel, rowers must travel to and from the venue/hotel with the team. They may not leave the hotel or rowing venue with their parents, unless specifically authorized **in advance** by the Director of Rowing..
- While traveling to or from regattas, the athletes will be expected to wear NSBR shirts or jackets and smart pants, shorts or skirts.

Personal Belongings

Store all personal belongings in one of the cubbies provided for that purpose. No belongings should be left overnight.

Erg Room

- Wipe down all machines, ergs, benches and the floor after each use
- No spitting on the floor at any time
- All weight plates, dumbbells and other equipment must be re-racked after each use
- Chewing gum is not allowed in the erg room
- Food is not allowed in the erg room, unless specifically approved by the Program Director
- Pick up all bottles, trash, etc. and put into the garbage cans located around the building
- Shirt and closed toes shoes must be worn at all times unless otherwise specified by the coach

Participant Code of Conduct

Participation in a crew program demands fitness, determination, strength, and a competitive instinct. It also bestows friendship, camaraderie, and an enormous sense of teamwork. It is with this in mind that the following Code of Conduct has been prepared.

1. I will work out in the boathouse or row only when I have been fully registered with paid dues and fees.
2. I will pay the required dues and fees on time.
3. I understand that if I am expelled from NSBR for disciplinary infractions, or if I quit the Team, I will forfeit any and all payments made.
4. I will participate in all mandatory NSBR fundraising events.
5. I will maintain a satisfactory record of conduct, citizenship, grades, and attendance in school.
6. I will demonstrate support for coaches and my fellow rowers, and show team spirit at all NSBR events and competitions.
7. I will be responsible for the proper care and use of equipment and for the boathouse.
8. I will pay for any equipment willfully or negligently damaged or lost. Removal of any equipment from the boathouse without the approval of the coaches is forbidden.
9. I will be punctual for practices and meetings.
10. I will participate fully in all the aspects of training.
11. My family and I understand that we are expected to volunteer our time for the NSBR program each year, and we promise to fulfill our obligations to help.
12. I understand that the use of alcohol, tobacco, e-cigarettes, vaping or any illegal substances is unacceptable by participants and will not be tolerated.
13. I promise to conduct myself with decorum and good sense, to behave courteously and considerately to all, and to refrain from vulgar language.
14. I will treat all teammates, opponents, coaches, officials, and parents with respect.
15. I understand theft at the boathouse or at any NSBR activity will not be tolerated.
16. I will respect the authority and decisions of the coaches as well as that of chaperones and other appropriate authorities.
17. I realize that team goals come before my needs or desires.

18. My parents and I will observe the rules regarding transportation to and from away rowing events.
19. My family and I understand that if I receive credit for Independent Study my school will be notified if I am in breach of this Participant Code of Conduct.
20. My parents and I understand that failure to let the coaches or any member of the Rowing Committee know immediately if there is someone on the Team who is not adhering to the Participant Code of Conduct is in itself a breach of the Code of Conduct.

The Code of Conduct is provided to each member of Newport Sea Base Rowing, receipt of which is acknowledgment that they understand the rules and the possible disciplinary actions for violations, which could range from a verbal warning to suspension or expulsion from the program.

In addition, please observe the following:

- The sharing of water bottles can transmit many infections and viruses, ranging from the common cold, to flu and mono, and this practice is absolutely forbidden. To help protect our environment rowers should bring their own personal reusable water bottles to practices and races.
- All rowers and coxswains should come to practices properly attired. This means wearing the appropriate clothing for the sport of rowing – such as running shoes, bike shorts, and aerobic workout gear etc...Baggy shorts cannot be worn in the boat or on the erg as they get caught in the tracks. Open toed shoes are not permitted in the workout room or for running.
- The equipment (boats and oars) must be thoroughly washed down after each practice, towed off and returned to the correct boat racks. The towels should be returned neatly to their racks.
- Rowers and coxswains representing NSBR in competition MUST wear official NSBR clothing and each crew MUST dress uniformly.
- An athlete with a negative impact on the team may be removed from the program.

Overnight Trips

1. Food or drinks brought on the trip can be confiscated or disposed of at the discretion of any coach or chaperone.
2. All bags and rooms are subject to inspection at any time.
3. Trip curfews will be set by the coaches and enforced by the chaperones. No one is allowed out of his or her room after curfew. Violation of curfew may result in instant dismissal of the offender from the competition, at the participant's cost.
4. Rowers or coxswains may only be in the hotel room of a member of the opposite sex if a coach or chaperone is present. Violation of this rule will result in the removal from competition, at the participant's cost, of both the offender **and everyone present in the room with him/her.**
5. At no time may participants leave the immediate competition site without express permission from their coach. Violation can result in instant dismissal from the competition, at the participant's cost.
6. Participants may not leave the competition site at the completion of racing until released by the Head Coach.
7. Hotel rooms, regatta sites, buses, and vans will be cleaned and returned to their original condition. Individuals will be held responsible for any damage to any equipment, rooms, buses, etc.
8. Any inappropriate behavior, including use or possession of drugs, alcohol, tobacco, e-cigarettes or inappropriate sexual behavior will result in immediate dismissal from the regatta at the participant's cost, dismissal from the program, **and can jeopardize college eligibility in rowing and other sports.**
9. Destruction, vandalism, or theft of property as well as access in unauthorized areas will result in dismissal from the team and parents being responsible for damages caused by actions.
10. NCAA rules do not allow you to talk to College coaches or recruiters until you have been released to do so by the Head Coach.
11. All members are required to remain to load and unload the boat trailers before and after they travel to races until released by the coaching staff.

Alcohol, Tobacco, and Illegal Substance Policy

Newport Sea Base Rowing enforces a Zero Tolerance Policy regarding the acquisition, use or possession of alcohol, marijuana, tobacco, e-cigarettes, vaping or any other illegal substance. This policy provides that any NSBR member who is found to have acquired, used or to have been in possession of alcohol, marijuana, or any other illegal substance at any time during an NSBR activity or official event will have his or her membership immediately suspended pending a termination proceeding before the NSBR Rowing Committee.

Consequences for violating this policy may result in, but are not limited to, the following:

1. Suspension from the team
2. Required chemical dependency assessment and/or treatment
3. Loss of college recruitment opportunities
4. Loss of eligibility and dismissal from the team without refund; and/or
5. Reporting to the appropriate authorities.

This policy applies to all NSBR activities, including practices, regattas, and official NSBR social events. It also applies at all times during those activities, including from the time a member enters the boathouse parking lot, boards a bus, or enters the premises of an official social event until such time as the member ceases to be engaged in the activity or event and has left the premises. ***Since NSBR encourages good citizenship this policy also applies to non-NSBR activities and events.***

A termination for violation of this policy shall be effective for an indefinite period. In the event of a termination of membership as a result of this policy, the affected member will forfeit, without right of reimbursement, all membership dues. The member may subsequently re-apply for membership with the understanding that the decision whether or not to re-admit the member shall be solely within the discretion of the Rowing Committee of Newport Sea Base Rowing.

Unfounded, malicious reporting of violations of the above policy will result in the indefinite suspension of the guilty party/parties.

Procedures for Enforcement

The coaches and Program Director are charged with the initial responsibility of investigating and determining whether a violation of the Policies has occurred. On making the determination that a violation has occurred, the Program Director shall promptly inform the member who committed the violation and the Rowing Committee. The member shall have five days to request that the Rowing Committee review the determination. A failure by the member to request review by the Rowing Committee within five days shall be deemed an admission of the violation. If the member requests a review, he or she will not be subject to any penalty until after the review. The Rowing Committee shall review the determination at its next regularly scheduled meeting. "Last resort" appeals of decisions made by the Program Director and the Rowing Committee may be made to the Executive Director of Newport Sea Base.

Newport Sea Base Rowing

Races and Events Schedule

The Season

The rowing season begins in late August and continues through May, with our main event being the Southwest Regional Championships. Strong performances at Regionals could result in selected crews being invited to compete at the Youth National Championships in Sarasota, Florida in June. Exceptional athletes may then have the opportunity to try out for the US Junior National teams that compete later in the summer.

During the fall, races are “head races,” in which rowers race a set distance in time-trial format. In the spring the race format changes to “sprints,” in which up to seven crews compete side-by-side in head-to-head races. The race schedule will be finalized after a Southwest Region coaches' meeting held in September.

Note that Regionals may conflict with AP testing and Nationals with graduation. Please make the necessary travel arrangements in advance so that your rower will be able to attend these critical races.

(All races and events are subject to change at any time)

Fall & Winter Schedule

Date	Event	Location
August 26	Varsity Team Returns	Sea Base
August 29	Novice Team Starts	Sea Base
September 14	Parent Meeting	Sea Base
September 28	Triton Regatta Pacifica Christian	Sea Base
October 6	Row for the Cure (Base Series Race 1)	Sea Base
October 13	Base Series Race 2	Sea Base
October 26	Head of the American	Lake Natoma
November 2	Pacifica Christian at Tecolote	Tecolote Shores
November 10	San Diego Fall Classic	Mission Bay
December 8	Christmas Regatta	Long Beach
December 14	Junior Brunch	Balboa Bay Club
December 19	Boat Parade	Sea Base
December 21	Base Series Race 3	Sea Base

December 21	Fall Session Ends	Sea Base
January 6	Winter/Spring Season Starts	Sea Base
January 11	Mandatory Parent Meeting	Sea Base
January 18	Base Series Race 4	Sea Base
February 1	Ergathon Fundraiser	Sea Base
February 8	Base Series Race 5	Sea Base



Spring Schedule

Date	Event	Location
February 22/23	Faultline Face-Off	San Pablo
March 14/15	Shamrock Invitational	Redwood Shores
April 4/5	San Diego Crew Classic	San Diego
April	Long Beach Invitational	Long Beach
May	SW Regional Championships	Lake Natoma
June	Annual Banquet	tbd
June 11-14	Youth Nationals	Sarasota

Newport Sea Base Rowing

Fundraising, Events, Volunteering

Fundraising

Rowing equipment is expensive. A new eight-oared shell costs \$45,000 , sculling oars for a quadruple scull cost about \$2,800. Replacement costs during a season can be as much as \$100,000. To keep participation dues as reasonable as possible all members and their families are expected to participate in any fundraising efforts undertaken by the club. Our main annual fundraiser is the Ergathon in the early spring. The Ergathon fundraiser challenge is for each family to raise a minimum of \$400. Donations made to the Ergathon are tax deductible.

Annual Banquet

This is a season-ending special evening that traditionally includes an awards ceremony, dinner and a silent auction to help send our qualified athletes to Nationals.

Volunteerism

In order for Newport Sea Base Rowing to build a successful program, we rely heavily on volunteerism from our participating families. We do request that each family volunteers to help with at least one event and/or takes an active part in helping to run our program. A description of the many opportunities you have to volunteer follows on the next page. Please use the Sign Up Genius links noted on the next page to indicate the area(s) where you will help us. Our volunteer coordinator will contact you to get you started!

Newport Sea Base Rowing

Volunteer! We Need Your Help!

Event Planning

- End of Year Banquet - logistics and setting up.
- Winter Holiday Banquet Balboa Bay Club - volunteer to assist chairperson.
- Christmas Boat Party Viewing – assist in setting up to watch the boat parade.
- Ergathon - assist in set up and help during the Ergathon.
- [Sign up to help](#)

Hospitality

- Travel Arrangements - make reservations for hotels and transportation to away regattas.
- Menu/Food Shopping - order and plan menu within budget / shop for tent supplies and snacks.
- Hospitality at regatta - assist in setting up the tent/tables and work in 3 hour shifts to help with maintaining tent.
- Food runner - pick up lunch / dinner / water when needed.
- Chaperone at hotel in evening.
- Bus Chaperone.
- Coffee - solicit donations for regattas and events from local coffee shops.
- Water and bars - Donate cases of water and bars for regattas, drop off before events.
- Trailer load/unload - Load/Unload hospitality items before and after regattas at Sea Base.
- Photographer /Video - Take photographs and video at regattas and events, upload to online drive and organize by event. Will be used in end of year slide show and yearbook.
- Race results compiler – record all race results of NSBR crews for yearbook.
- [Sign up to help](#)

Social Events

- Help organize team bonding events throughout the season.
- Team parent for each team – organize coaches gifts, organize carpool if needed.
- Help sell merchandise, keep inventory and set up/break down at events.
- [Sign up to help](#)

Grant Writer – Seek out and apply for grants. [Sign up to help](#)

Financial Committee Member – help with budgeting hospitality and events. [Sign up to help](#)

Boat/boathouse Repairs – Someone handy to assist with repairs around the boathouse.

[Sign up to help](#)

Website/newsletter

- Editing and adding new content on website.
- Create a monthly newsletter for the club.
- [Sign up to help](#)

Graphic Design / Marketing

- Creating banners, flyers, etc for the club.
- Assist in marketing the club through social media promotions, press releases, etc.
- [Sign up to help](#)

High School Liaison – Help us with publicity and recruiting within the high schools.

Membership – Help the Director and coaches to ensure all participants are properly registered and have submitted all required paperwork.

Yearbook

- Plan, design and print the yearbook
- Sell advertising to local vendors
- Sell space for messages to individual NSBR rowers
- Coordinate photographs, reports and race results for inclusion in yearbook.
- [Sign up to help](#)

Newport Sea Base Rowing

Ergathon – February 1, 2020

The annual ergathon is our main fundraiser to help us acquire new equipment, pay for the coaches and provide scholarships. There are many costs associated with rowing. An eight-oared rowing boat costs \$45,000 and indoor rowing machines can be over \$3,000. Our coaches must have operational motorboats and fuel to coach and ensure the rowers' safety on the water. We have kept the dues at a level where they only cover basic operating expenses. We rely on fundraising and donations to cover scholarships, equipment purchases and repairs, boathouse enhancement and other needs that propel our program towards its goals.

We need volunteers, corporate sponsorships and donations of all kinds and sizes.

What is the Ergathon?

The Ergathon is a marathon-like relay in which rowers take turns to “erg” a set distance or time on rowing machines called ergometers.

Who participates?

ALL members of Newport Sea Base Rowing: middle school rowers, competitive team juniors, parents, masters rowers, elite scullers and some coaches. #OneTeam

Rowers are challenged to raise a minimum of \$400 per family, but often find they can raise more. ***As an incentive for your rower to raise more than the required minimum, up to 50% of the excess over \$400 may be applied towards traveling costs or towards dues.***

If you have any further questions, please contact any NSBR Rowing Committee member or your Coach.

Newport Sea Base Rowing

Parent Interaction with Coaches

*Copyright 2002, 2003, 2004, Brookridge Associates Inc. and NorthwestRowing.com.
All Rights Reserved.*

Many rowing coaches at the high school or club level coach rowing for the love of the sport. It certainly isn't for the money. After all, how much would someone have to pay you to spend your early mornings and late afternoons during the winter and spring in a boat on a cold river or lake, usually in the rain, trying to get eight or more high-school aged kids to do the same thing at the same time?

With that in mind, here is some advice for keeping good relations with the rowing coach.

21. **Volunteer to help.** Most rowing clubs work only with lots of volunteer labor. Just ask what needs to be done, and offer to help. Most clubs need help in a variety of areas, including food preparation for regattas, boat and trailer maintenance & repairs, boathouse repairs, bookkeeping, travel arrangements, fundraising, banquet organization, newsletters, website maintenance, etc. You will find that many rowing club “problems” in the club are often resolved by volunteer labor.
22. Find out who does what in your club, and direct inquiries accordingly. **Avoid asking the coach about everything**, eventually he or she gets overloaded with such inquiries and this contributes to coaching “burn-out”. Check with the club's officers, assigned mentors, and other parents.
23. Listen to your rower's complaints, but be prepared to put them in perspective. Rowing is a physically demanding sport, but it is unlikely that the coach is trying to “kill” the rowers.
24. Coaches have complete charge of their crews. Avoid getting involved in “seating” disputes. The coach has the absolute prerogative to assign seats in the various boats. The coach may assign seats based on strength, endurance, height, weight, skill, experience, or simply to give someone else some more experience. On top of that, different combinations of rowers will cause different results – it is all geared toward finding the right combination that will cause the boat to move like a finely crafted Swiss watch. When your rower complains about how he or she is being seated in a boat, listen sympathetically, but then **encourage him/her to stick with it and try harder** over the next few weeks. It may not sound fair, but seat selection cannot be democratic. Someone has to make the decisions. **Rowers and parents are expected to respect the coaches' decisions and requests.**

25. Problems that arise should be dealt with in the following order: Rower--Coach, Parent--Coach, Parent—Rowing Committee and/or Program Director.
26. Rowers and parents should request to meet with the coach to discuss sensitive issues. Before and after practice may be appropriate for brief unemotional discussions, but difficult or emotional situations require that separate meetings be requested. Dealing with difficult problems immediately before practice usually does not result in resolution and can disrupt practice for the rower, coach and entire team. A coach cannot be expected to give up practice time to meet with parents or a rower.
27. Do not try to engage the coach in a meaningful conversation during a regatta. A little small talk is okay if the coach is temporarily not occupied, but a regatta is not the time to register complaints about boat seating, committee reports, travel arrangements, etc. Since the coach's mind is generally preoccupied, he or she won't be likely to remember anything you say anyway.

Newport Sea Base Rowing

Races – A Guide for Parents

(Adapted for NSBR from an article at NorthwestRowing.com)

Advice for race day: plan to go early, stay all day, and bring everything you need with you.

Check the Website the night before the regatta for any last minute changes that may have been posted.

Get a map to find your way to the regatta. Most racecourses are listed in the locations section of the website. When possible, these maps have both driving directions and where to park, and often, where to find the best viewing.

Be there on time. Most regattas start at 7 or 7:30 AM. Schedules of events are often not available ahead of time, so it may be difficult to plan your arrival around when your rower will be racing. Last minute boating changes do occur, so the best bet is to be at the regatta from the start, unless you are sure that you won't miss anything by arriving later! At some regattas, schedules are posted, at some copies are available, at others (especially ones with just a few teams), nothing is printed or posted and you just need to ask someone who looks knowledgeable when your rower may be approaching the finish line.

Mandatory Transportation for Rowers. Your rower will be transported to the regatta, usually very early in the morning, on a chartered bus leaving from the Sea Base parking lot or a nearby restaurant parking lot. Rowers are required to return on the bus.

Rowers will need to be at the regatta for the entire event. Even when not racing or preparing to race, they are expected to be available to unload and rig boats, help cheer for their teammates, fill in for other injured or missing teammates in unexpected races, help de-rig, load trailers, and assist in unloading the boats from the trailer and returning them to the boathouse. #OneTeam

Interacting with your Rower. Depending upon the regatta, your rower may be racing in one or many events. Your rower will seek you out when (s)he needs or wants something (food, clothes, money). It is best if you are not the one responsible for required equipment for your rower, there will be a time when (s)he needs it and you are not in sight. Prior to your rower's boat launching, the coach will meet with the entire boat and go over final pre-race information. Stay clear of your rower from the time of the pre-race boat meeting until your rower has been released from the post race debrief. Your rower needs to be focused at this time, and unfortunately family and friends are a distraction.

Dress appropriately. Dress in layers that you can discard if the sun makes an appearance. Some suggested clothing items: comfortable shoes which don't get wet in the rain, wool socks, tee-shirt covered by a long-sleeve shirt, covered by a sweatshirt, which is covered by a Gortex or similar waterproof jacket. Make sure you have a hat or cap of some sort that keeps the rain off your head, even a baseball style hat helps. And finally, bring a good pair of polarized sunglasses – it always seems that when the sun does appear, it is directly across from where you are watching the races.

Personal Items. Remember that there may not be a store nearby, and you might not want to give up your parking place to go search for one. The restroom facilities are usually port-a-potties. Therefore a roll of toilet paper and some tampons/sanitary napkins sealed in a plastic bag can be lifesavers when needed.

Tools for Watching Races. You will want to keep track of your rower's races; so get a race schedule as soon as they are available (they run out at many regattas). Bring a yellow highlighter and a pen to mark your rower's races and make notes. You will also find that it is nearly impossible to tell which boat is which without binoculars – invest in a good set as soon as possible.

Taking Pictures. You will soon learn that pictures of crew races are disappointing. Unless you have an extra-long telephoto lens, you won't be able to tell which boat is which, even at its closest point. Your best chance to take pictures is when the boats are being prepared for a race, moving the boat to the water, loading the boat in the water, and taking a “team picture” after the boat has been returned to the stretchers. Even for those shots a telephoto lens helps considerably.

Socializing. Regattas are hours of boredom punctuated by a few minutes of excitement as your rower races. Most regattas have areas where teams can set up tents and supply food for their rowers. Find out where most of the other parents will be watching the races, and set up your folding camp chairs. You may not be sitting in the chairs all the time, but it reserves a spot for you to call home and where you can store your gear. One of the more pleasant activities at regattas is having hours of time to talk with other parents – you will become good friends with many of them. Visit with the parents running the food tables, and you will learn more about how the rowing program works than from any other source. Bring along a book to read, just in case.

Food. Different clubs make different arrangements regarding feeding the rowers. Some have food tents and provide food for the rowers, but not the parents. Others feed everyone as long as there is food available. Some require rowers and parents to bring their own food. A few regattas have food that can be purchased, although the quality varies greatly. Regardless, plan on bringing plenty of food for both yourself and your rower. Basic picnic food is sufficient, including sandwiches and snacks.

Rower's Clothes. Bring a bag of extra clothes for your rower. At some regattas during the season, they will be in dire need of an extra pair of socks, sweatpants, or sweatshirt. A warm blanket might also be handy.

Good Luck, and Enjoy the Regatta!

Newport Sea Base Rowing

Parent Responsibilities

Being an NSBR parent entails certain responsibilities. I agree that I will:

- read the article: “Parent Interaction with Coaches”;
- ensure that all forms and fees are delivered on time;
- take an active role in the NSBR Volunteer Program;
- respect that the coaches have full responsibility for training the participants;
- respect the coaches as the final authority on boat selection and rowing matters;
- remember that coaches seek to create a positive experience for as many athletes as possible and that while decisions may be somewhat subjective, they are not personal;
- not distract the coaches before, or during, practice or races;
- attend all Mandatory Parent Meetings;
- refrain from making disruptive or negative comments about any participants, coaches, the program, officials, or opponents. Lack of cooperation with this may result in my child and me being asked to leave the program.
- participate in all fundraising activities and in service activities;
- support my child and enjoy his or her growth and development through their commitment, dedication and teamwork!

Newport Sea Base Rowing

Registration Check-Off List - 2019

Rowers Name: _____

The following (linked) forms and this check list must be completed and returned when registering and prior to participation:

_____ Consent Form ([online with Jackrabbit registration](#))

_____ Medical A & B ([online with Jackrabbit registration](#))

_____ [Rower Information Sheet](#)

_____ [Declaration of Health and Swimming Ability](#)

_____ [Alcohol, Tobacco, Illegal Substances and Weapons Policy](#)

_____ [Parent Responsibilities](#)

_____ [Receipt of Information and Agreement of Support](#)

_____ [Photographic Model Release](#)

_____ Signed up in [iCrew.club](#)

To be completed before the Participant's first race:

_____ [US Rowing Proof of Membership](#) (linked and pay online. Club Code: LNP73)

_____ US Rowing Release of Liability (online at above link)

To be completed before Spring Practice:

_____ [Lightweight Rower Health Certification](#)

Newport Sea Base Rowing

Rower Information Sheet

Rower's Name (as it appears on Driver's License or Valid Govt ID):

Preferred Name: _____

Primary Household: parent(s) or guardian(s) name(s):

Address: _____

City: _____ Zip: _____

Telephone: number order in which we should try to call in an emergency

1. _____ (Who): _____

2. _____ (Who): _____

3. _____ (Who): _____

Rower's Phone:

Newport Sea Base Rowing

Declaration of Health and Swimming Ability

I confirm my child can swim 100 meters in light clothing: Yes / No

I confirm that my child does not suffer from any known medical or physical condition that might affect him/her during physical exercise: Yes / No

Newport Sea Base Rowing

Alcohol, Tobacco, Illegal Substance, and Weapons Policy

Newport Sea Base Rowing enforces a zero tolerance policy regarding the acquisition, use, or possession of alcohol, marijuana, tobacco, e-cigarettes, vaping, narcotic, or any other illegal substance (including, but not limited to, proscribed performance enhancing substances) or weapon of any kind. This policy provides that any NSBR member who is found to have been in possession of alcohol, marijuana, tobacco, e-cigarettes, vaping, narcotic, or any illegal substance, or weapon at any time during an NSBR activity or official event, or school activity will have his or her participation/membership immediately suspended pending a termination review.

This policy applies to all NSBR activities, including practices, regattas, and official NSBR social events. It applies to all times during those activities, including from the time a member enters the parking lot, boards a car, bus or van, or enters the premises of any official social event until such time as the member ceases to be engaged in the activity or the event and has left the premises. **Since Newport Sea Base encourages good citizenship this policy also applies to non- NSBR events and activities including but not limited to school programs and social functions.**

A termination for violation of this policy shall be effective immediately for an indefinite period. In the event of a termination of membership as a result of this policy, the affected member will forfeit, without right of reimbursement, all membership dues. The member may subsequently re-apply for membership with the understanding that the decision whether or not to re-admit the member is solely within the discretion of the Newport Sea Base.

Unfounded, malicious reporting of violations of this policy will result in the indefinite suspension of the guilty party/parties.

Procedures for Enforcement

The coaches and Program Director are charged with the initial responsibility of investigating and determining whether a violation of the policies has occurred. On making the determination that a violation has occurred, the coaches shall promptly inform the member who committed the violation. The coaches will determine if the violation requires immediate action or action that may await further review. At a regatta a violation may mean immediate dismissal from the competition and the athlete being sent home at his or her/own expense.

Athlete's Signature:

_____ Date: _____

Parent/Guardian's Signature:

_____ Date: _____

Parent/Guardian's Signature:

_____ Date: _____

Newport Sea Base Rowing

Parent Responsibilities

Being an NSBR parent entails certain responsibilities. I agree that I will:

1. Read and abide by the article "Parent Interaction with Coaches".
2. Ensure that all forms and fees are delivered on time.
3. Take a lead role in supporting my rower, and participating in chaperoning and food support at regattas.
4. Respect that the coaches have full responsibility for training the participants.
5. Respect the coaches as the final authority on boat selection and rowing matters.
6. Remember that the coaches seek to create a positive experience for as many athletes as possible and that while decisions may appear somewhat subjective, they are not personal.
7. Not distract the coaches before, during practice, or at regattas.
8. Refrain from communicating with coaches during a practice.
9. Attend all mandatory Parent Meetings.
10. Refrain from making disruptive or negative comments about any participant, coach, program director, officials or opponents. Lack of cooperation with this may result in my child and me being removed from the program.
11. Support my rower and enjoy his or her growth and development through their commitment, dedication and teamwork.

I understand that I will be approached regarding any violations of the above. After two such interventions my rower and myself may be removed from the program.

Parent/Guardian's Signature:

_____ Date: _____

Parent/Guardian's Signature:

_____ Date: _____

Newport Sea Base Rowing

Receipt of Information and Agreement of Support

We have received and read the program information and policy documents outlining the Newport Sea Base Rowing junior team goals, schedules, rules, regulations, exceptions and general guidelines, including the Participant Code of Conduct and Overnight Trips.

As a rower on the Newport Sea Base Rowing junior team and as parent(s) of a member of the rowing program, we understand and support the rowing program in its philosophy and policies, including, inter alia, the Participant Code of Conduct, Overnight Trips, Parent Responsibilities, and Zero Tolerance Policy.

Rower Signature:

_____ Date: _____

Parent Signature:

_____ Date: _____

Parent Signature:

_____ Date: _____

Newport Sea Base Rowing

Photographic Model Release

- Newport Sea Base Rowing, a California state not for profit corporation is hereinafter referred to as "NSBR". Photographic images taken of NSBR rowers participating in any NSBR related activities are hereinafter referred to as "images". Any Individual affiliated with NSBR or the rowers taking images are hereinafter referred to as "the photographer".
- I hereby give NSBR and the photographer and their assigns my permission to license the images and to use the images in any media for any purpose (except pornographic, defamatory, libelous, or otherwise unlawful) which may include, among others, sale, advertising, promotion, marketing, and packaging for any product or service. I agree that the images may be combined with other images, text, graphics, and cropped, altered or modified.
- I agree that I have no rights to the images and all rights to the images belong to NSBR and the photographer and the assigns. I acknowledge and agree that I have no further right to additional consideration or accounting, and that I will make no further claim for any reason to NSBR, photographer and/or assigns. I acknowledge and agree that this release is binding upon my heirs and assigns. I agree that this is irrevocable, worldwide and perpetual and will be governed by the laws of the State of California.
- I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from the, or related to the, use of the photograph.

I have read this release before signing below, and I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding this release by submitting those questions in writing prior to signing, and agree that my failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of release.

NSBR Rower Name:

_____ (printed)

I am 18 years of age or older and I am competent to contract in my own name.

NSBR Rower Signature:

_____ Date: _____

I am the parent or legal guardian of the NSBR rower named above who is a minor and I sign on their behalf agreeing to the terms of this release.

Name of Parent/Legal Guardian:

_____ (printed)

Signature of Parent or Legal Guardian:

_____ Date: _____

Newport Sea Base Rowing

Lightweight Rower Health Certification

The form must be completed by your family doctor. Lightweight rowers must be certified and this form returned to NSBR before the first scheduled day of practice for the spring season in order to be eligible to compete as a lightweight during that season.

ATHLETE INFORMATION

Athlete Name

Gender

Height

Date of Birth

Weight

Date of Test

Body Mass Index (BMI)

LIGHTWEIGHT ELIGIBILITY

In some regattas athletes have the ability to compete in weight restricted events. Can this athlete healthily compete at or below the following weights (circle one):

Women 130 lbs.

Men 150 lbs.

YES NO

It is not healthy for this athlete to compete in rowing weighing less than:

DOCTOR INFORMATION

Name of certifying Doctor

Signature

Business Telephone Number

INFORMATION RELEASE

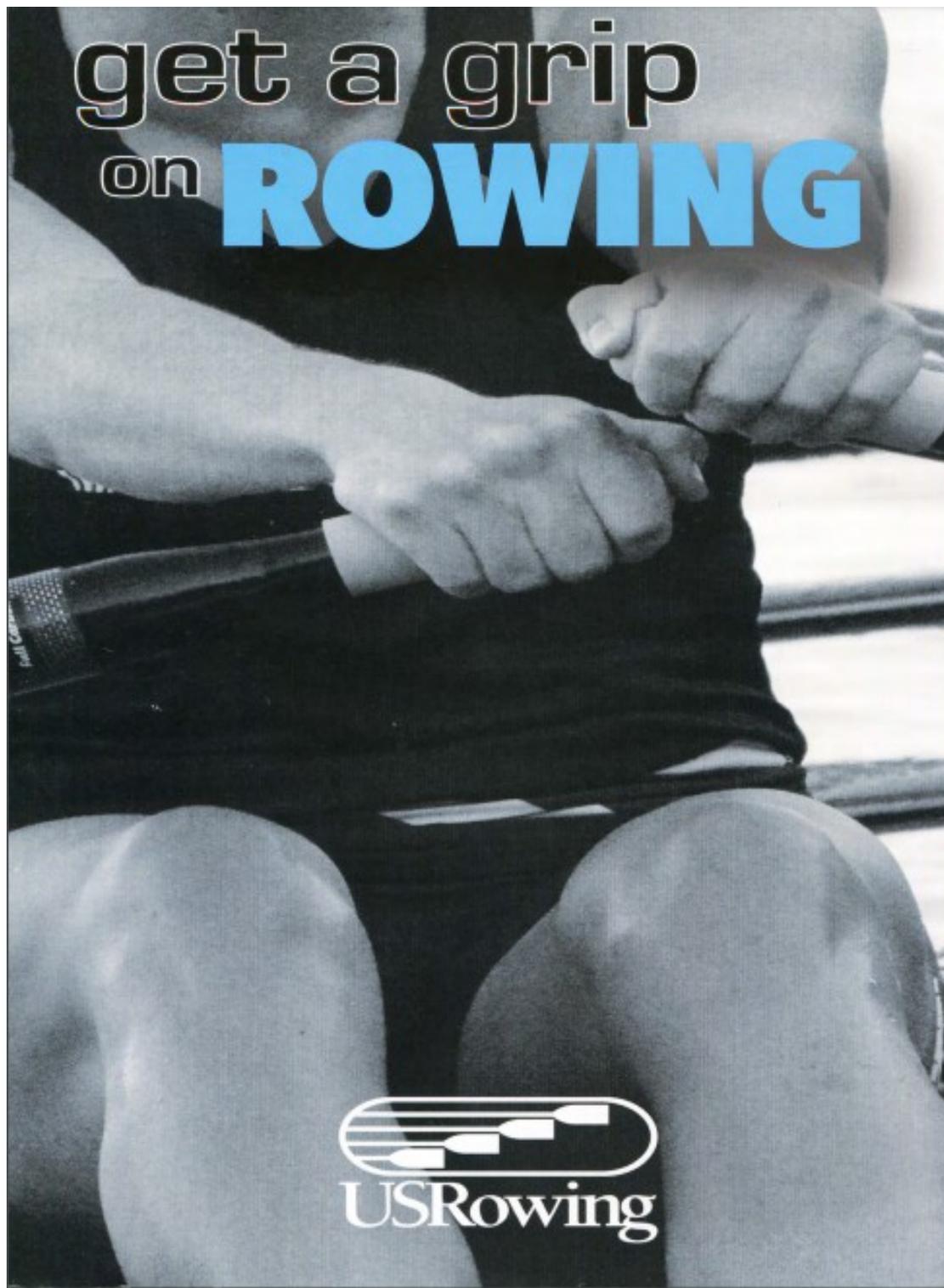
I authorize the release of my health assessment and information contained in this form to the Newport Sea Base Rowing program for the purpose of determining eligibility to row in lightweight events.

Signature of athlete or athlete's representative

Date

Newport Sea Base Rowing

Get a Grip on Rowing



insights in

1. Rowing is a TOTAL BODY WORKOUT.

Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the 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 a low-impact sport on the joints.

2. Rowers are probably the BEST ATHLETES.

Rowing looks graceful, elegant and sometimes effortless when it is done well. Don't be fooled. Rowers haven't been called the world's most physically fit athletes for nothing. The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop.

3. SWEEP (like a broom) and SCULLING (with a "c").

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

4. The BOAT.

Although spectators will see hundreds of different races at a rowing event, there are only six main boat configurations. Sweep boats are mostly pairs (2-), fours (4+ or 4-) and eights (8+). Scullers row in singles (1x), doubles (2x) and quads (4x). Sweep rowers may or may not carry a coxswain (cox-n), the person who steers the boat and serves as the on-the-water coach. All eights have coxswains, but pairs and fours may or may not. In all sculling boats and sweep boats without coxswains, a rower steers the boat by using a rudder moved with the foot.

5. The CATEGORIES.

Rowers are categorized by sex, age and weight. Events are offered for men and women, as well as for mixed crews containing an equal number of men and women. There are junior events for rowers 18 or under or those who spent the previous year in high school, and there are masters events for rowers 27 and older. There are two weight categories: lightweight and open weight.

to the sport of

6. The EQUIPMENT.

Today's rowing boats are called shells, and they're made of lightweight carbon fiber. The smallest boat on the water is the single scull, which is only 27-30 feet long, a foot wide, and approximately 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 longer than sculling oars, typically with carbon fiber handles and rubber grips (although some sweepers still prefer wooden handles). Sculling oars are almost never wood.

7. The CREW.

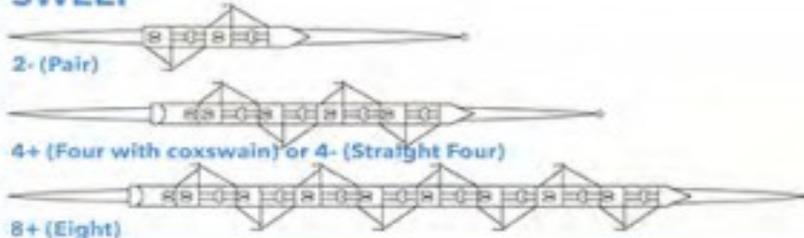
Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat that crosses the finish line first, is the bow seat or #1 seat. The person in front of the bow is #2, then #3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers.



8. SPM, not MPH.

Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minute's time. The stroke rate at the start is high - 38-45, even into the 50s for an eight - and then "settles" to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again. Crews may call for a "Power 10" during the race - a demand for the crew's most intense 10 strokes.

SWEEP



ROWING

9. RACE WATCHING.

The crew that's making it look easy is most likely the one doing the best job. When watching a race, look for a continuous, fluid motion from the rowers; synchronization in the boat; clean catches, i.e. oars entering the water with little splash; and the boat with the most consistent speed.

10. TEAMWORK is number one.

Rowing isn't a great sport for athletes looking for MVP status. It is, however, teamwork's best teacher. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and blade work with one another.

11. The ULTIMATE WALK-ON SPORT.

It's easier to get started than you think! USRowing is a membership organization that serves rowers of every age and ability from the beginner to the experienced rower to the national team. So, there's definitely a place for you!

USRowing provides the answers you need to all your rowing questions. Our rowing roots stretch back to 1872, making us the oldest national governing body in sports. We offer a wide variety of benefits to our members: an award-winning website packed with rowing resources and content, a monthly eNews publication, access to rowing club contacts nationwide, USRowing trained referees to maintain fair and safe racing conditions, and certified coaching education programs. Join our crew and expand your opportunities in the sport of rowing!

SCULL

