



Team Rules and Parent and Rower Responsibilities

Introduction

Jordan Lake Rowing Club (JLRC) is a non-profit organization whose purpose is to promote and facilitate junior rowing for the Triangle community while creating an environment that promotes good sportsmanship and collaboration between all area rowing clubs. The program is funded by both team membership fees and fund-raising activities.

Rowing is a year round sport and recruitment of new team members generally takes place in the Spring, Summer and Fall season. Participants in each season are required to pay a membership fee to defray the costs of equipment, coaching, and other expenses involved in operating JLRC. All such fees are non-refundable.

Parents and rowers may be asked to participate in fundraising activities sponsored by Jordan Lake Rowing Club. Jordan Lake Rowing Club maintains a website, www.jordanlakecrew.org, which provides helpful information for the rowers and their families.

We use Team Snap to manage practice and other club events. We ask all parents to volunteer a minimum of 7.5 hours each season or 15 hours a year to ensure that we can keep our membership costs manageable. Our Head Coach, Jim Walker's time and our Team Manager, Heidi Walker's time are all on a volunteer basis. We pay our coaching team and use team membership funds to pay for equipment, US Rowing membership, equipment insurance and other costs associated with running a rowing club.

Rower Responsibility

All rowers are expected to display responsible behavior at all times and to obey all rules and regulations of Jordan Lake Rowing Club.

Team Organization

In year one of racing for Jordan Lake Rowing Club all of our rowers were categorized as Novice rowers. As the team has developed and expanded we added Varsity and Middle School to our racing team categories. We also added a recreational team option for rowers who have completed their Novice year of racing but would like to stay involved in the sport. Generally all new rowers, regardless of age or grade level will row in the Novice category their first year on the team. Although Varsity remains an option if the five day a week practice schedule can be committed to.



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Novice Team

Novice rowers are generally those students who have no prior rowing experience or who have never participated in a full racing season.

A novice rower may be suspended at any time from the team if they display disruptive behavior, is frequently absent from practice, or is not able physically and safely to keep up with the team. Suspension from the team may result in permanent termination.

Varsity Team

Rowing can be a year round sport and there are four distinct seasons Spring, Summer, Fall, Winter (more focus on land based cross-training). Wherever possible we will provide dates of competitions in advance as we realize that team members have commitments outside of rowing. Availability for practices and competitions ahead of the racing season may be a factor in Varsity team selection.

A Varsity rower may be suspended at any time from the team if they display disruptive behavior, is frequently absent from practice, or is not able physically and safely to keep up with the team. Suspension from the team may result in permanent termination.

Team Try-Outs / Cuts

All team members must complete a swim-test before their membership can be fully confirmed. In the event that a new team member does not pass a swim-test membership fees will not be deposited until JLRC has received the signed swim test form.

As Jordan Lake Rowing Club has now progressed into Varsity competition the formation of competition boats will be organized and overseen by the Head Coach and Assistant Coaches. Additional practices and training sessions may be required and these will be communicated at the start of each competition season.

Practice Attendance

Currently our practice schedule for Varsity is Tuesday - Friday, 4:00-6:30pm, and Saturday 8:00-10:30am at Lake Crabtree until Labor Day weekend when we will



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move back to Jordan Lake and our Saturday practice time will change to 7:30-10:30am (Jordan Lake location is Crosswinds Marina, Jordan Lake, Apex,NC). Crosswinds Marina experiences seasonal increases in motor boat traffic and JLRC reserves the right to change the location, dates and times of practice in order to ensure safe and productive training sessions for all team members. JLRC reserves the right to add additional practices as equipment and coaches become available.

We will move back to Lake Crabtree in Morrisville Memorial Day weekend 2018 and will take advantage of this additional location to offer learn to row sessions and as a back-up practice location.

JLRC will not practice during the month of July, 2018.

JLRC uses Team Snap to manage practices and team events and rowers/parents are currently required to sign-up for each practice by Sunday at 6:00pm each week to allow time for assigning boat places and organizing coaches. JLRC currently confirms details for the week ahead on the Team Snap homepage. JLRC reserves the right to cancel practices due to coach and equipment availability and weather conditions. All changes will be communicated via Team Snap using email or text messages and it is imperative that each team member provides up to date contact information and plays an active role in staying informed.

Any schedule changes must be communicated to the Team Manager, Heidi Walker, as soon as possible. Please do not make any changes on Team Snap after Sunday at 6:00pm without emailing the team manager as they may be missed and the rowers may not be able to complete an outing if there are not enough people.

We realize that emergencies and illnesses do occur and ask that wherever possible you communicate a last minute change by calling the Team Manager, Heidi Walker, at 919-302-7537.

Per our agreement with Crosswinds Marina all JLRC team members and their parents must park at the entrance to the marina and not beyond the "Trailer Only" sign. Failure to comply with this could risk our hosting arrangement with Crosswinds Marina and also poses a potential safety issue especially in the busy motor boat season.

All rowers are required to participate in a warm-up, launching the boat and racking the boat and the coaching launch. Parents are asked not to take their rower home until all of the team responsibilities are completed. The equipment



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is heavy and requires all hands on in order to be safely transported to the water and storage. If for any reason your rower will arrive late or need to leave before the end time please ensure that this has been cleared with the coach at the outing so that they can enlist additional help to ensure safety of both the rowers and the equipment at all times.

Regattas (Competitions, Races)

Participation on the Novice or Varsity Crew Team does not guarantee participation in regattas. Annual membership fees do not include the cost of team uniforms or participation in, travel to, or accommodation at a regatta.

Rowing in a regatta is a privilege that must be earned by each rower. All rowers who are part of a crew entered into a regatta are required to participate in that regatta. All regatta crews will be informed of race schedules ahead of crew selection so that they can make an informed decision about participating in a particular race and can take additional sports/activities into account before being considered for the line-up.

Once a crew has been put together any rower, who misses, without good reason, a regatta in which he or she has been entered, will be suspended from participating in the next regatta. Rowers will be notified by coaching staff of their participation in a regatta as soon as reasonably possible. All rowers are required to remain on site for the entire length of the regatta. All rowers must arrive on time and must not leave until the coaching staff dismisses all participants. Parents may not remove rowers from the regatta site without the express permission of the head coach. Rowers are required to provide their own transportation to and from the regatta site. There is a lot of equipment loading and unloading involved in each regatta and all hands are required to ensure the safety of each participant and the equipment.

Family members are encouraged to attend regattas to support their rower and the JLRC team. JLRC does not provide food for rowers, coaches or family members. Parent participation is encouraged and necessary to support the team and volunteer opportunities will be decided and communicated prior to each regatta. Each parent must respect the needs of the coaches and rowers at these events. The head coach and additional coaching staff will do their best to prepare the rowers for each regatta experience so that they know what to expect. As JLRC will be participating in some regattas for the first time there are bound to be some unknowns for all involved but wherever possible we will draw on the experience of more experienced members of our extended rowing community to



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mitigate as many of these unknowns as possible. It is our intent that the regatta experience is a positive sporting experience for each rower and their family

Rowing Assignments

The head coach and assistant coaching staff will make all decisions regarding assignment of rowing seats during practice and regattas. Assignments are subject to change based on ongoing evaluation of rowers and their progression.

Coxswains

Boys and girls may apply to be full-time or part-time coxswains. Full-time coxswains will have the JLRC membership fee waived while they are a dedicated coxswain. Part-time coxswains have the opportunity to row and cox depending on need and at the discretion of the coaching staff. Along with full-time coxswains, part-time coxswains will receive training during and outside of outings. Part-time coxswains will pay the JLRC membership fee since it is expected that their primary role will be that of a rower.

On-water rowing

There is no guarantee of equal time spent by any rower on the water and boat allocations are at the discretion of the team manager and coaching staff dependent upon both equipment and staffing availability. We may at times require rowers to cox a practice while we build up our coxswain team to accommodate the growth of the club.

In the case of inclement weather a rowing outing may be changed to a cross-training event and it is expected that each rower will treat cross-training practice as they would a rowing outing in terms of participation and adherence to safety.

Appropriate Attire

Practices: To ensure a safe and enjoyable team practice it is important that each rower brings a pair of running shoes that can be used for any warm-up or cross training activities and a pair of waterproof shoes to be used for boating and racking the equipment. Close fitting layers should be worn to avoid getting caught up in the seats and



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to take into account varying temperatures throughout an outing, especially given early morning starts. In the case of inclement weather waterproof jackets are required.

Regattas: The head coach and team manager will select a racing uniform that is required to be worn throughout a regatta. The cost of the team uniform is not included in the membership fee.

Complaint Procedure:

We welcome input and feedback at any time and hope that any issue could be resolved informally and quickly once brought to the attention of the head coach or the team manager.

In the event of a serious concern or unsatisfactory resolution of a previously raised issue the following procedure is available to all rowers and their parent/guardian to discuss issues related to the operation of the crew team.

Any parent/guardian of a rower may at any time, offer in writing, recommendations, or complaints regarding the operation of the crew team to the head coach, Jim Walker, and assistant coaches that may be employed over the course of a season, and/or, the team manager, Heidi Walker.

The issues will be reviewed with the coaching staff and the Board as soon as reasonably possible, no later than at the next regularly scheduled meeting of the Board. However all complaints regarding safety issues will be reviewed as soon as reasonably possible. The Board will, in its sole discretion, determine whether any action is required to be taken as a result of the comment, recommendation or complaint.

The President of JLRC will communicate the Board's decision to the person who raised the issue. Questions or concerns about coaching decisions or boating assignments should be addressed to the head coach at the coach's convenience, never in front of rowers and/or other parents.

Rower signature

Date

Parent/Guardian signature

Date