

THREE RIVERS ROWING

Team Captain's Manual



SUMMER ROWING LEAGUE

2020

WELCOME

Experienced and New Captains To the 24th Annual Summer Rowing League!

At Three Rivers Rowing, we have committed ourselves to making the 2020 Summer Rowing Season the best one yet and we need your help. Your input is also part of the process of improvement, so please do not hesitate to contact us with any questions, suggestions, or concerns regarding this program.

Three Rivers Rowing
timdesrosiers@threeriversrowing.org

*"Believe me, my young friend, there is nothing - absolutely nothing - half so much worth doing as simply **messing about in boats.**"*

~Kenneth Grahame - Wind in the Willows

New for SRL in 2020!

- ***New registration process and league management:*** This year we will be using League Apps for registration. LeagueApps will streamline all things registration and communications related. Captains will no longer need to collect fees or paperwork as each member will register through LeagueApps, pay online and submit waivers and swim tests electronically. Captains will still have the option to pay the entire fee up front, or to divide it as needed amongst the crew.
- ***Individual and small group registration:*** League Apps will allow us to support “free agent” teams, “free agent” individual registration, and small group registration. Individuals and groups will be able to sign up on their own for one of our preselected “open” boats, or join the free agent pool where they can indicate their schedule and experience level and be drafted directly to existing teams by team captains.
- ***Early Registration:*** In 2020 we will begin allowing registrations in February. Guarantee your spot and get an early bird discount to boot!
- ***Dedicated beginner coaching and time slots:*** This year we will open a limited number of dedicated beginner sessions where first time rowers can learn the basics under the guidance of a dedicated coach. Beginner classes will take advantage of our indoor rowing tanks, our rowing machines as well as hands on training on the water.
- ***Enhanced indoor workouts:*** We recognize the impact that weather can play on our ability to get out on the water. Between early planning and an enhanced communication system via League Apps you can be sure that every session, whether on the water or indoors, will be well communicated, well thought out, well coached and well executed! We encourage all rowers to join us, rain or shine, for a fun and intense workout.

Guidelines for 2020 Rowing Season

Team Requirements

- TRRA asks for a minimum of 10 people to field a team, but each participating crew should try to field a team of at least 12 to rowers to account for team member schedules. The fee is per crew, so the more on your team, the cheaper it is for everyone! Remember that when you pay for a team, you are paying for a single boat (8 slots) at any given practice.
- All team members must be 21 years of age or older.
- A swim test is required of all participants. Swim tests only need to be done once (not every year). Swim tests can be uploaded directly to League Apps.
- Waivers must be submitted annually. Waivers will be made available electronically via League Apps.
- At least one member from each team must attend a team Captain/Safety meeting the week before their first session (crews doing both sessions only need to attend the meeting in May). Dates and times for these meetings will be posted on threeriversrowing.org/srl
- Most sessions each night will be open to teams of any experience level. We will open a limited number of “beginner only” boats as well, but Captains can indicate their crew’s experience level in League Apps when registering.

Team Captain Responsibilities

- Register with League Apps and create a team within one of the open time slots. Registration opens in February this year! A \$150 non-refundable deposit must be paid to complete a team registration. (\$100 when registering as an individual or free agent) This fee will be applied to the final amount due before the first practice.
- Fees for the entire team (all individuals) are due before the first practice. Incomplete crews will not be allowed to practice. Electronic registration this year will allow for easy tracking of all payments and waivers.
- If payment is being made by your organization, please supply the contact information of the person who needs to be invoiced.
- Captains are responsible for setting their team’s full-boat lineup prior to practice.
- Captain must ensure that the team has a coxswain each week. TRRA will maintain a list of known qualified coxswains that will be made available to captains.
- Captains will oversee post-practice food prep and clean-up (organize their team to do so). A schedule will be made for taking turns on the grill.
- Each team will be asked to volunteer at session-end races (the Highmark Challenge in July and the Head of the Ohio in October). Captains are responsible for overseeing the team’s volunteer assignment and making sure teammates show up to help.

Logistics

- There will be two summer rowing seasons. Each season, crews will choose a practice time. There is a choice of eight time slots over four weekdays. You will practice the same day and time each week. Each season will culminate in a competitive opportunity.
- Please select from any of the nights and times available. If you have two teams from the same organization, they can practice on the same day and during the same outing, but make sure to register early enough to get multiple boats in the same day and time slot.

Season 1	May 18 – July 16 (Highmark Challenge, July 18th)
Season 2	July 27 – September 24 (Head of the Ohio, October 3rd)
Registration Fees	Full Team: \$2500 or Individual/Free Agent: \$250
Discounts	Early Bird \$2350/\$235 (paid IN FULL by March 1) Full Member Discount \$100
Deposit	Team: \$150 Individual/Free Agent: \$100
Practice Times	M-Th: Early Session: 5:45-7:15pm, Late Session 7:30-9:00pm

Team Fees

We will use League Apps exclusively for registration and fee collection

Fee Payment Policy

- Fees for the entire team are due before being allowed to practice.
- After the 2nd week of each season, there will be no refunds offered.

Weather Policy

It is very unlikely to cancel a practice because of the weather. In case of lightning, high winds, or other conditions which could prevent us from being on the river, practice will take place indoors. Because weather conditions are both highly localized and ever-changing, the decision to practice on the water is made by the head coach about **10 minutes** before each practice session. The decision may change from the 5:45 to the 7:15 outing.

Lightning Policy

If lightning is seen or thunder is heard, the docks will close for 30 minutes. The timer resets each time thunder is heard. Please be aware that coaches absolutely cannot modify this policy.

Alcohol

As in the past, beer will be offered with the post-practice food. We require that beer bottles be disposed of properly at the **outside** dumpster and that beer consumption is restricted to the lounge and deck due to minors in other rowing programs who will be in the boathouse.

Food/Drinks

- Cooking/clean up schedule will be finalized and sent out before the first practice and will remain posted on the refrigerator.
- It is your responsibility to inform coaches when it is your turn and ask to be off the water 10 minutes early in order to prepare the food.
- Cleanup Tasks include:
 - a) Put away all food and supplies
 - b) Wash all grill utensils
 - c) Turn off grill (both on the grill and shutoff valve on the propane tank).
 - d) Throw away all trash and take to outside dumpster
 - e) Place all empty beer bottles outside in the recycling dumpster (please do not put empty beer bottles in the blue recycling containers inside)
 - f) Wipe down all tables in the lounge
 - g) Lock refrigerator door
 - h) Vacuum lounge, if needed (located in the cleaning closet to the left of front doors as you exit.

The Board

The board will again be used in 2020. All captains and coxswains should seek the board upon arrival and then check in with a coach. Your team's coach, boat, oars and cox box for the evening will be listed on the board (usually placed close to where the oars are put away). Your team should make sure your oars are out and ready first thing. Your team is not allowed to get "hands on" until you have your 8 rowers and coxswain and have been directed to launch by your coach. Remember that you hold up another team if your team is late getting to the boathouse! Because of logistics this program does not allow anything but 8-person boats to go on the water. Please don't bring 4 people and expect to go in a 4+!

Coxswain

Please instruct your coxswain to arrive at least 15 minutes before your scheduled rowing time. They should check in with your coach for the night and make sure they know what equipment your team will use. If you are new, please contact Tim Desrosiers for connections with potential coxswains: timdesrosiers@threeriversrowing.org. TRRA will maintain a list of known qualified coxswains that will be made available to captains.

“Extra” Rowers?

If your team has 12 rowers on your roster it is possible there will be a week that you have more than 8 people available to row. We welcome you to bring all available rowers down to your practice. Here are some of the options the extra person has for that week (we recommend cycling through the "extra"). That person can:

1. See if another team is short a rower (this happens very frequently).
2. Use the indoor rowing machines and weight room we have at the boathouse.
3. Ride in a coach's launch. You won't believe how much you'll learn by doing this until you've done it!
4. Head out on the paths of our beautiful island (Washington's Landing) by foot (walk/jog) and get ready for the BBQ early!

***This program will only run efficiently if teams are committed to showing up on time with all 8 rowers. The problems occur when one boat is missing 1-2 rowers and they are scheduled to go out with another team and a coach in a launch. If both teams are not present and ready to get on the water when the coach is ready, it is a disappointing experience for everyone. Captains, please educate your rowers on the importance of teamwork, rowing is the ultimate team sport: each seat has equal value and every rower's commitment is essential.