

# **Colorado Junior Crew – 2006-07 - Rower/Parent Handbook**

8/29/06

Colorado Junior Crew is a co-ed rowing club open to all Boulder Valley high school students. CJC is a member of the United States Rowing Association and we participate in junior rowing events with other high school teams in the Central Division.

## **Club Goals**

Our mission is to develop young people into accomplished rowers by running physically and mentally challenging practices, fostering self discipline and teamwork, and encouraging each athlete to reach his/her personal best. While acknowledging that competition is a component of any sport, it is our intention to never become so performance based as to exclude any committed individual from participating.

Rowing is a demanding sport that challenges athletes both physically and mentally. We are outdoors in all weather conditions – heat, cold, rain, snow, wind and even the occasional perfect rowing day. Rowing equipment is heavy and rowers must be willing and able to carry oars, boats and other gear. All rowers and coxswains must pass a basic swim test.

Considering these challenges, why come out and row with us? Rowing is an activity that can be enjoyed for a lifetime. There are many opportunities to row in college, both in varsity programs or in the collegiate sports club system. Beyond that, many rowers continue to participate in the sport with local clubs like Boulder Community Rowing well into the masters level. You will build your personal fitness, and gain confidence in yourself as an athlete. More importantly, you will develop the valuable life skills of teamwork, perseverance, goal setting, sportsmanship and the rewards of hard work. On top of all that, CJC rowers have a lot of fun together!

## **Safety**

The first priority of every coach, rower and crew is the safety of all persons on the water and on land. CJC is serious about safety and our practices and procedures have been developed in accordance with USRA guidelines. Our coaching staff has appropriate certification in first aid, CPR and USRA training courses. Rowers are never permitted to be on the water without the direct supervision of a coach in a motorized launch equipped with safety gear. Team members will be briefed at the start of each season on specific rules and guidelines, and CJC expects all athletes to respect and follow all safety procedures.

## **Volunteer Commitment**

CJC is a non-profit organization that runs on the energy and commitment of parent volunteers. Each parent is expected to participate in at least 5 hours of volunteer activity per season. There are many ways to contribute, as the organization needs support in a variety of areas: legal, financial, public relations, fundraising, food, travel, logistics, administration, photography, web knowledge . . . in other words, everyone should be able to find a way to get involved.

### **Registration and Fees**

All team members must complete required forms and submit fees before attending practice. Parents must sign medical forms and waivers for athletes under 18. We require the following forms (available on our web site):

- Rower Information Form
- Medical History & Permission for Treatment
- Waiver

An additional medical form (Special Needs Health Information Form) with a treatment protocol is needed for athletes with chronic or special health conditions such as asthma, diabetes, or severe allergies that may result in anaphylaxis. A medication form should also be completed if an athlete requires medication during practice or events.

Fees are due on or before the first day of practice, and rowers who have not completed the registration process will not be permitted to work out. Basic fees cover coaching, equipment, insurance, reservoir access, and some regatta expenses. Travel and food costs for regattas may be assessed separately.

Rowers who voluntarily quit or who are removed from the team due to disciplinary action will not receive a refund of fees. Rowers with serious illnesses or injuries documented by a physician may be refunded a pro-rated portion of their fees if they are unable to complete the season.

Novice rowers are extended a one-week grace period for payment of fees to determine if rowing is a good fit before committing to the program. Registration forms must be completed prior to attending practice, but fees will not be due until the novice athlete completes a full week of practice and makes the decision to join the team.

### **Practice & Attendance**

Attendance and punctuality are critical in rowing. Rowing is a team sport that requires the commitment of all team members and missing a practice can mean that up to eight other rowers can't get out on the water. Rowers who arrive late or unprepared delay the entire team.

Absences must be cleared in advance by the coaches so that line-ups can be adjusted. Please avoid scheduling appointments that conflict with practices, and contact your coach as soon as possible in the event of an illness or emergency. Frequent tardiness or absences may result in disciplinary action at the coach's discretion.

We will make every effort to notify you if practice is cancelled or moved due to weather conditions. Because weather patterns which may affect rowing safety are unpredictable and subject to sudden change, the decision to go out on the water may sometimes not be made until the actual start time of practice. CJC will not compromise the safety of our rowers and coaches, and this sometimes results in a last-minute cancellation or move. Practice schedules will be set by the coaches at the start of each season and will be posted and updated on the web site.

### **Practice Clothing & Uniforms**

For safety reasons, athletes must wear close-fitting shorts while in the boats and on the ergs. Baggy clothing may become caught in the boat/erg slide mechanism and result in an injury or accident. Most rowers wear spandex shorts or leggings, and may layer looser shorts or sweats over these for dry land training. Layering is also important so that you are prepared for all kinds of weather conditions. Always bring running shoes and socks, and a water bottle. Other helpful items include a jacket, hat, sunglasses, sunscreen, and extra socks.

For competition, rowers and coxswains wear a CJC racing tank and black spandex shorts. Tanks and other CJC clothing (sweats, t-shirts, hats) are available for purchase through the Clothing Coordinator – only the tank is required.

### **Equipment/"Boathouse" Area**

CJC leases equipment from other rowing organizations. Boats, oars and other equipment are very expensive to repair and replace. Rowers will be instructed on proper use and care of this equipment and any damage should be immediately reported to the coaches.

The boat storage area must be left clean, organized and free of debris. We share this area with CU and BCR and we all need to pitch in to keep the site maintained. Please also be aware that we share the Reservoir facilities with many other users, and observe general facility rules such as posted speed limits.

### **Communication**

Most club news for both parents and rowers will be communicated via the CJC website and e-mail. Practice updates are posted on a daily basis, and the calendar section contains upcoming events and meetings. Please familiarize yourself with the site and check in on a frequent basis to stay current.

The first line of communication for questions and issues regarding practice and boating assignments is between the athlete and the coach. We ask that parents encourage their athletes to work through these concerns on their own whenever possible, as this is part of the learning and development process. Questions regarding overall club activities, policies and guidelines that are not covered in the Handbook or on the web site should be referred to the club officers or committee chair.

### **Sportsmanship & Conduct**

All CJC athletes are expected to treat fellow rowers, coaches and parent volunteers with respect, and to behave courteously and considerately at practices, meetings and events. The use of tobacco, alcohol or illegal drugs is unacceptable and will be grounds for disciplinary action. Verbal abuse, intimidation or harassment will not be tolerated. Team members, coaches and parents shall not verbally abuse another participant, spectator, coach, club or race official.

Violation of these policies by athletes may result in suspension or removal from the team. Parents who violate these guidelines will no longer be welcome at team practices and events, and if not resolved, their athlete may be removed from the team.