

## Whatcom Rowing Association | 2023 Youth Fall Season

### PROGRAM OVERVIEW AND EXPECTATIONS

High School Fall Season dates: September 11th - November 6th

Middle School Fall Season dates: September 18th - November 1st



WHATCOM ROWING

There will be no practice on BPS “Purple Friday’s”:

- September 22rd, October 13th
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Our programs incorporate a mix of on-water rowing, cross training, team building, and more. Middle School programs will be fun-focused, emphasizing the basics of the stroke and teamwork. Our High School Programs will be gradually geared more towards skill development and physical fitness, depending on experience. We have need-based financial aid available through the GPRF, which you can apply for via our website. Payment plans are also available during the registration process.

As rowing lineups are typically planned by coaches ahead of time, all athletes are expected to show up on time on their designated days of practice. Any absences must be communicated to a coach at least 1 hour prior to the start of practice. We are in full support of taking time off for illness, school commitments, and mental health reasons, and we encourage our athletes to be open and honest with their coaches about their needs as individuals.

Program	Days/Times	Description
High School	<b>Monday - Friday</b> <b>4:00pm - 6:00pm</b>  9/11-11/6 9 weeks  Cost: \$725*  *Cost above includes payment for fall regattas.	Our High School programs are focused on specialized skill development and long term success in the sport. We offer developmentally appropriate competitive opportunities for High School athletes, as well as resources and support for athletes interested in collegiate participation. We believe in a process-oriented approach to help our athletes of all skill and ability levels improve every single day.  <b>Open to new athletes in Grades 9-12, no experience necessary. Athletes younger than grade 8 may join with director/coach approval.</b>
Middle School	<b>Monday / Wednesday</b> <b>4:30 - 6:00 pm</b>  9/18 - 11/1 7 weeks  Cost: \$300	Our Middle School program aims to teach the fundamentals of rowing with an emphasis on fun! This program is designed to instruct young athletes on the basics of rowing and foster a positive social environment. On-water rowing time will be balanced with land training and team building.  <b>Open to athletes grades 6-8, no experience necessary.</b>

## COMPETITION

Any High School athlete who attends at least 80% of scheduled practices are eligible to participate in competition. Race line-ups will be based on a combination of factors, including but not limited to technique, fitness, attendance, commitment, coachability, and attitude. Line-ups will be selected by the coaches.

Based on USRowing Novice eligibility rules, and the categories of events offered at most regattas, we do not offer formal competition opportunities for Middle School Athletes. However, we will have informal scrimmage opportunities for all ages.

Fall racing is characterized by regattas called "Head Races," which are longer in length and demand more cardiovascular fitness. Head races are typically between 4,000 and 6,000 meters in length, or roughly 2.5-3.75 miles long. Head race courses often contain multiple turns around corners or landmarks, and can take anywhere between 15 - 30 minutes to complete based on the length of the race and speed of the crew.

Attached is a copy of the full fall calendar including regattas, no practice days, and extracurricular activities.

Date	Event	Location	Participants
9/19	Junior Pasta Feed	Witte Family Backyard	Junior Rowers and Parents
9/22	No Practice	Purple Friday	All Rowers
9/23	Salmon Row	Lake Samish	High School and Masters
10/1	Tail of the Lake	Lake Union	High School and Masters
TBD	MOD Pizza FUNdraiser	Barkley Village	Everyone
10/13	No Practice	Purple Friday	All Rowers
10/28	Head of the Bull Trout	Lake Stevens	High School and Masters
11/5	Head of the Lake	University of Washington	High School and Masters

## FREQUENTLY ASKED QUESTIONS

- ***What should I wear to practice?***

Athletes should wear snug-fitting clothes that are preferably moisture-wicking. Spandex and sport-tek materials and similar materials work best. Avoid overly loose or baggy clothing, as these clothes are likely to get caught in the equipment as you row. Also try to avoid anything that impedes your range of motion, like denim and other restrictive materials. JL Racing offers great rowing-specific options, and athletic brands like Nike and Adidas are good catch-all brands for the type of clothing rowers can wear.

- ***What should I bring with me to practice?***

Your one critical piece of equipment is your water bottle! Make sure to bring this every day. To be further prepared, try to bring extra layers to row in, as your clothes may get wet or it may be colder than you anticipated on the water.

- ***What types of shoes should I wear?***

When rowing, you will remove your shoes and strap in to the built-in shoes in the boat. However, on land days or in the event of bad weather, we may be running or doing other physical activities that require adequate footwear. In other words, please always bring a set of appropriate athletic sneakers, even if you don't arrive wearing them.

- ***When should I arrive to practice?***

We encourage athletes to arrive at least ten minutes before practice officially begins. You should be dressed and ready to work out when you arrive so that we can maximize our practice time.

- ***I'm a parent of a WRA athlete. Can I watch my athlete practice?***

Rowing is a unique and beautiful sport. When conditions and room allows we would be happy to take you out on the launch during a practice. Contact your athletes coach to coordinate a ride-along. Please note that circumstances and room on the launch may change at the last minute and we may no longer have room as safety is and always will be our number one priority.

- ***Do you have uniforms? Yes!***

Uniform and gear options will be available for purchase in early fall. Athletes may compete in either a Uni or a Racing Tank. Athletes who require financial assistance are encouraged to apply for financial aid through our website.

- ***Can I bring a friend to practice?***

We have an open door policy at WRA, and we welcome age-appropriate guests to attend with advance notice. Guests may attend for free for 1 session, and will need to have their waivers and forms completed upon arrival to practice.