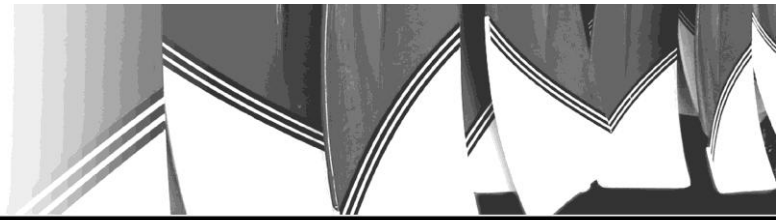
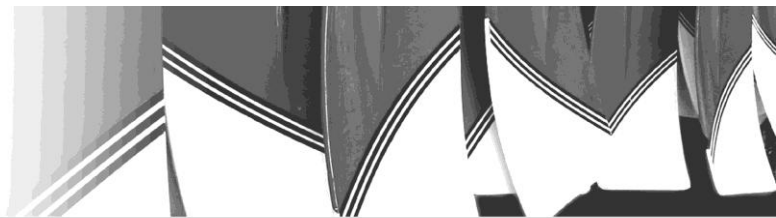


Lake Union Crew Junior Program



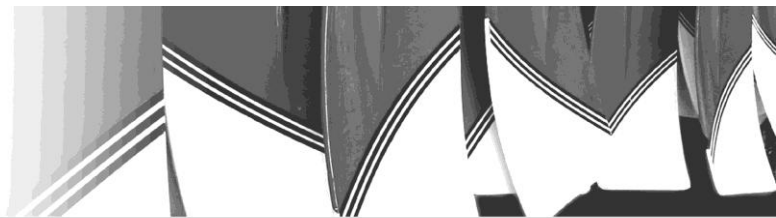
PARENT HANDBOOK

Lake Union Crew Junior Program



General Information.....	3
Introduction.....	4
LUC Junior Program: A Brief History	4
Lake Union Crew Boathouse	4
Boathouse Protocol	5
The Parent’s Role: Supporting Your Rower	5
The Language of Rowing	8
10 Facts Every Rowing Parent Should Know.....	12

Lake Union Crew Junior Program



General Information

Address	11 East Allison Street Seattle, WA 98102
Main Phone Line	(206) 860-4199
Website	http://www.lakeunioncrew.com/juniorrowing.htm
General Email	info@lakeunioncrew.com
Hours of Operation	Monday - Thursday 5:00 AM – 8:30 PM Friday 5:00 AM – 6:30 PM Saturday 6:00 AM – 12:00 PM Sunday 8:00 AM – 12:00 PM
Practice Times	Experienced (aka Varsity) Monday – Friday 3:30 PM – 6:30PM Novice (< 1 year experience & 8th – 12th grade) Monday, Tuesday, Thursday, Friday 4:00 PM - 6:30 PM Development (< 1 year experience & 7th or 8th grade) Monday, Wednesday, Thursday 4:00 PM - 6:30 PM

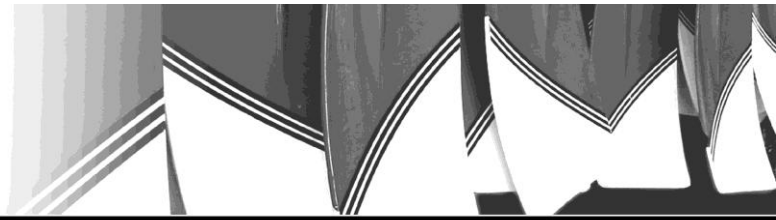
LUC Junior Crew Coaching Staff

James Rawson	Head Coach, Experienced/Varsity Men
Melissa Hayes	Varsity Women
Tiffany Knapp	Head Novice & Development Coach, Women
Gwynedd Rzegocki	Novice & Development Assistant Coach, Men
Aidan O’Sullivan	Assistant Coach

LUC Administrative Staff

Rome Ventura	Founder & Owner
Mara Barckert	Operations Director
Tiffany Knapp	Program Director
James Rawson	Head Coach
Gwynedd Rzegocki	Events & Venue Manager
Aimee Quiggle	Business Manager

Lake Union Crew Junior Program



Introduction

Welcome to Lake Union Crew's Junior Program and the rowing community! We are excited that your child has decided to participate in this challenging and rewarding sport with us. This handbook is intended to provide you with an initial resource to help answer your questions and concerns as well as to prepare you for the upcoming rowing season. In the following pages, you will find information regarding practices, races, transportation, and nutrition, among other things. As your rower begins this exhilarating journey, your involvement and support is essential!

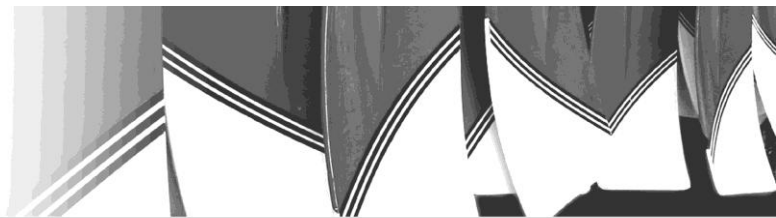
LUC Junior Program: A Brief History

Lake Union Crew was officially founded in 1997 by Rome Ventura with the construction of its state-of-the-art rowing facility. The club gained recognition for the success of its masters rowing program and then added the junior component. The LUC Junior Program was established out of a desire to keep the group smaller and more personalized. The program was initially designed to focus exclusively on *sculling* rather than *sweep* style rowing and has only recently added sweep rowing. The Junior Program is geared toward athletes in grades 7-12 and focuses on *developmentally appropriate* goal-setting, training, and racing. This focus is reflected in providing a Development Program for younger rowers as well as a Novice Program. There is an emphasis on a strong foundation of rowing basics, upon which proficiency is built in sculling and sweep boats alike. The LUC Junior Program provides *personal attention* to each athletes' rowing stroke, goals, and personal development in a unique way, understanding the need for balance between academics, social life, and athletics. Practices are designed to help with this balance as well as provide the time necessary to create competitive, strong rowers. These elements combine to make the LUC Junior Program unique in comparison to other local rowing programs.

Lake Union Crew Boathouse

LUC is a state-of-the-art facility. It has three boat bays and is home to over eighty rowing shells. Our land workout space includes sixteen Concept II Model D-PM4 ergometers, free weights, cable machines, a leg press, a squat rack, and physioballs. LUC also has one of the only moving water indoor rowing tanks on the West Coast. The sixteen seat tank is ideal for all weather training, warm-up, and individualized coaching.

Lake Union Crew Junior Program



Boathouse Protocol

The boathouse is unique from another standpoint - while it may look like a land-based structure, LUC is actually comprised of two floating vessels, the M/V Inspiration and the M/V Unity. As such, the boathouse is subject to the rules and regulations of the US Coast Guard. Because of this, your child is required to **sign in and sign out** of our log book each day. Furthermore, while LUC is primarily a rowing club, we also rent out our upstairs floor for business meetings and special events. In order to control the flow of traffic, we ask all our junior rowers to enter and exit through the boat bay doors.

The Parent's Role: Supporting Your Rower

As with any sport, there are expectations for timeliness, attendance, and preparedness. Below are some of the areas where you can help your rower.

Transportation: Unless your rower drives, arrangements to and from the boat house need to be made. For bus riders, LUC is conveniently located a block away from the stops of multiple city routes (66, 70, 73, etc). Carpools may also be an option, but need to be discussed independently. **Note: The boathouse is open until 8:30 PM, except Friday when we close at 6:30 PM**, so if you are unable to pick your rower up at the end of practice, he or she may study inside until you arrive.

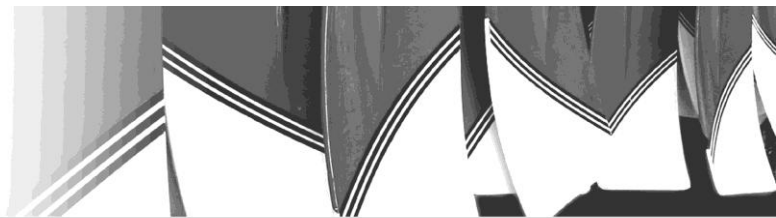
Parking: If your rower drives, please let us know and he/she will be instructed where to park. If you drop off or pick up, you may pull into any vacant stall in our lot, or an empty street side spot. Please see the registration form for parking details.

Absences and Tardiness: Coaches expect all participants to attend scheduled practices and races. If an absence is unavoidable, it must be communicated to the Coach with as much prior notice as possible. Please try to arrange any appointments or engagements for non-rowing days or times. Tardiness must also be avoided as it affects the entire team's practice time. Multiple absences or late arrivals, regardless of the reason, may affect your rower's participation. Coaches ask that athletes arrive 5-10 minutes prior to the beginning of practice in order to change clothes. Also, please understand that we make every effort to end on time, however practice may occasionally go 10-15 minutes beyond the stated end time due to change of conditions.

Clothing: The best attire for rowing is clothing that fits close to the body, yet is still flexible and able to be layered for warmth. Look for Polypro, CoolMax, and Drywick fabrics as they keep the rower relatively warm when wet, and dry quickly. Oversized, baggy clothing can get caught in the wheels of the seat, so avoid basketball style shorts or warm-ups. Shoes are needed in the boat, but may get wet so an older or less expensive pair is recommended. However, sturdy running shoes may be preferred for land

Lake Union Crew

Junior Program



workouts. Lastly, it is wise to bring a change of clothes to put on after practice in the case that it rains or the boat is waked.

Uniforms: All competing rowers will need the standard uniform, a LUC tank and plain black lycra pants or shorts. Varsity rowers compete in LUC unisuits.

Nutrition: Rowing is a total body exercise that works all the major muscle groups. Therefore proper fueling and adequate nutritional recovery are essential to the rower's performance and overall health. As a parent, you can help your child by providing approximately 200 calories of carbohydrates within a half hour of the end of practice. This will help speed the body's recovery cycle. Below are some good options to bring in the car and keep in the house for your rower.

- Apple or banana with or without nut butter
- Orange
- Small - medium bagel (whole wheat)
- 2 rice cakes with nut butter
- 2 graham cracker sheets
- 4 fig newtons
- Animal crackers
- Gatorade
- Granola bar
- Pretzels
- Handful of trail mix



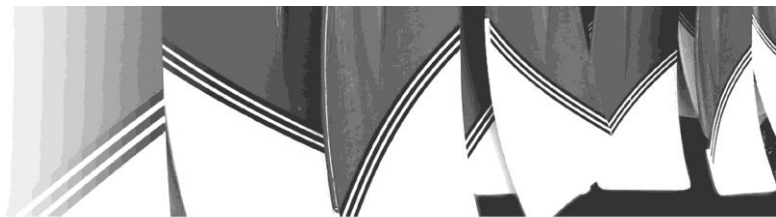
Good hydration is also a necessity. We encourage your rower to carry a bottle of water to school and they should always have a water bottle in the boat during practices.

Injuries and Pain: As rowing is a full body sport that utilizes the largest muscle groups, your rower may comment on feelings of pain especially in the lower back. It is important for your rower and you to monitor these instances with a balanced perspective. **Pay attention to the acuteness**, location, and duration of the pain. Most rowers experience muscle soreness and stiffness that lasts a couple of days after a particularly hard workout. It is a discomfort that is tolerable, even when subjected to more physical stress. If, however, the pain is sharp, centralized, and does not improve after a few days, then it may be necessary to visit a doctor. Doctor's notes and follow-up visits are appreciated by Coaches in these circumstances.

Land Training: Land-based training is part of our holistic approach to rowing conditioning. As a member of the LUC Junior team your rower will be expected to participate in a variety of land workouts including, but not limited to: erging, running, stair-climbing, weight-lifting, circuits, stretching, and abdominal exercises. Alternate workouts can be arranged in the case of injury. Please communicate any issues with the Coach.

Lake Union Crew

Junior Program



Regattas: Generally speaking, regattas are all day events and rowers are expected to arrive to unload the trailer in the morning and stay to reload it once the team's last event has finished. Parents often help make these long days more pleasant by providing food and shelter from the elements. If you are a new parent, you can inquire with the current Parent Coordinator about how you can volunteer during regattas!

Some things to pack to make your stay more comfortable:

- Portable chair
- Binoculars
- Warm clothes (including gloves/caps)
- Rain gear
- Light-weight clothing
- Sunglasses
- Sunscreen
- Blankets or sleeping bag for you or your rower to stretch out on
- Water and healthy snacks (food tent provided by parent group for rowers at most races)
- A schedule of the day's races is usually posted at a central tent or site at each regatta. At this same location, the results are usually posted.

Dealing with Disappointment: The nature of competition necessitates disappointment. It is inevitable that your rower will experience this during their participation in rowing. They may not make a certain boat, they may not achieve their desired erg score, and they may lose a race. It is important to be empathetic with your rower and allow them to come to you. Listening without judgement is key. This sport can be as much about life skills as rowing skills. Resolving problems constructively takes place between the athlete and their Coach. Parents are only engaged as a last resort and only with the athlete present.

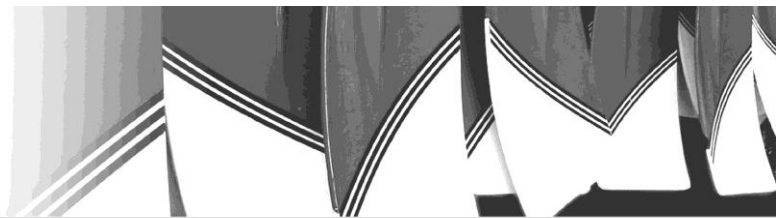
Discipline: The LUC policy regarding discipline always originates between the Coach and Athlete. Involvement of parents is limited. The usual disciplinary steps are:

1. 1st verbal warning
2. 2nd verbal warning followed by conversation between Coach and Athlete
3. Consequence (i.e. physical task like push-ups/sit-ups, run, or erg piece, loss of rowing privileges, sent home with joint phone call to parent)
4. Removal from team if improvement has not been made

Since rowing is highly team-oriented, there is little tolerance for disruptive, discourteous, and/or unsportsmanlike behavior. Protocols 1-4 above do not apply if drugs or alcohol are involved. LUC has a zero-tolerance policy with immediate expulsion.

Lake Union Crew

Junior Program



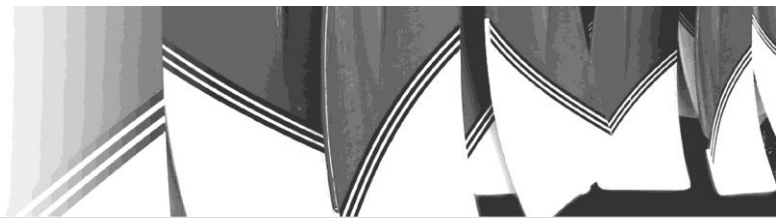
The Language of Rowing

The sport of rowing has been around for a long time and has developed its own, sometimes peculiar terminology. Here is a glossary to help you understand what your rower is saying.

1x	Symbol for a “single” (1 rower, sculling, no cox)
2-	Symbol for a “pair” (2 rowers, sweep, no cox).
2+	Symbol for a “coxed pair” (2 rowers, sweep, cox).
2x	Symbol for a “double” (2 rowers, sculling).
4-	Symbol for a “straight four” (4 rowers, sweep, no cox).
4+	Symbol for a “four” (4 rowers, sweep, cox).
4x	Symbol for a “quad” (4 rowers, sculling, no cox).
4x+	Symbol for a “coxed quad” (4 rowers, sculling, cox).
8+	Symbol for an “eight” (8 rowers, sweep, cox).
Body angle	The forward angle of the body from the hips that is achieved during the first part of the recovery. Also called “body prep.”
Bow	The front of the boat. Also the term used for the person rowing in “1 seat.”
Bow ball	A rubber ball used to protect the boat in case of a collision.
Bow coxed boat	A shell in which the cox lays feet first in the bow of the boat. This position helps to reduce wind resistance.
Button/Collar	A wide ring on the oar that keeps it from slipping through the oarlock.
Catch	The entry of the blade into the water at the beginning of the stroke; the point at which the oar is placed in the water.
Cox box	Amplification system with a headset, microphone, and speakers that allows the coxswain to convey instructions to the entire crew.

Lake Union Crew

Junior Program



Coxswain/Cox'n/Cox [kok-suhn]

The coxswain commands the crew, steers the boat, and is responsible for the safety of the crew and the boat. During a regatta, the coxswain is responsible for implementing the race plan established by the Coach. Experienced coxswains are valued as assistant coaches and the coxswain is the only one other than the Coach to tell the rowers what to do.

Crab

Being unable to take your blade out of the water at the release. This action destroys the rhythm, set, run, and momentum of the boat and is often referred to as “catching a crab.”

Drive

Power portion of the stroke. When the blades are in the water, the boat is in the ‘drive’ phase of the stroke cycle.

Ergometer/Erg

The Concept II rowing ergometer. This machine is used to build and measure the endurance and level of fitness of the athlete. Erg scores may also be used to determine placement in a particular boat line-up. Ergs use wind resistance to replicate the sensation of water resistance felt while rowing.

Feather

The action of rotating the blade so that it parallels the water on the recovery. This minimizes resistance to air and water.

Finish/Release

End of the drive during which the blade comes out of the water in preparation for the recovery.

Gunwale [guhnl]

The sides of the boat, the edge of the shell’s cockpit. When rowers carry a shell, the gunwales rest on the rower’s shoulders.

Hold Down/Hold Water/Hold

The action of square the blade in the water to stop the forward motion of the shell.

Inside Hand

The hand that is closest to the oarlock in sweep rowing (right for ports, left for starboards).

Lightweight

A term referring to the rowers, not the boats. There is a maximum weight for each rower in a lightweight event.

Masters

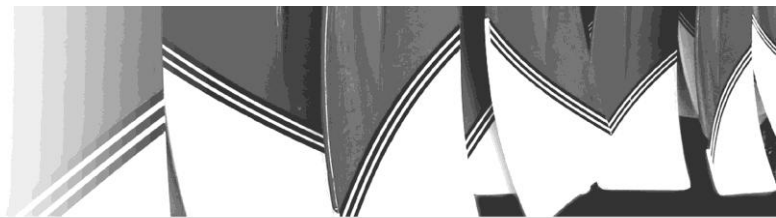
Rowers over the age of 27 (21 at some regattas)

Novices/Novies

First year rowers. Novice designation lasts for the academic year, but does not carry over the summer.

Lake Union Crew

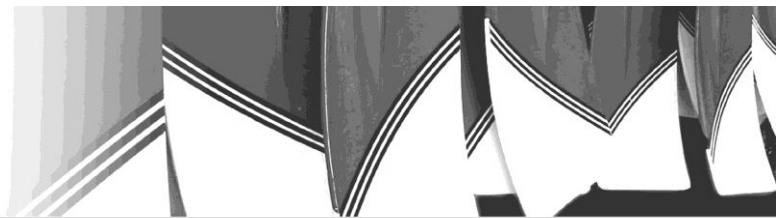
Junior Program



Oar (sweep)	Used in pairs, fours, and eights. Each rower uses one oar. Just over 12 feet in length, oars may be made of wood or carbon fiber. They are generally painted with the team's colors.
Oarlock	Device that holds the oar and is the fulcrum for the oar. The lock consists of the pin and the gate. The gate is held closed by a threaded nut that is loosened to allow the rower to open the gate and insert an oar into the oarlock. The gate is then closed, and the nut is hand tightened.
Port	Left side of the boat, facing the direction of travel (the bow). Red is the color that corresponds with port side.
Power 10 (20)	A call for rowers to do 10 (or 20) of their best, most powerful strokes. A strategy used to pull ahead of a competitor or to focus the rowers' attention.
Puddle	The disturbance left in the water by the blade as it is removed from the water. Puddles are visible during the recovery and help to gauge the 'run' of a boat.
Recovery	This is the time from the release of one stroke to the catch of the next stroke; the time the blade is out of the water. During the recovery, the rower moves his or her body and seat into position to prepare for the next catch.
Rigger	The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.
Rudder	About the size of a credit card, the rudder is the part of the skeg that swivels to steer the boat. Sometimes, separate from the skeg.
Run	The glide that occurs during the recovery, or the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.
Scull	Oar used in singles, doubles, and quads. Sculls are 9½ feet long and may be made of wood or carbon fiber. Sculls have a smaller handle than a sweep oar, but the parts are the same as a sweep oar.
Sculling	One of the two disciplines of rowing. Each person has two oars.
Set	The stability of the boat side to side and its ability to ride level without leaning to either side. A boat is "set" by the rowers.

Lake Union Crew

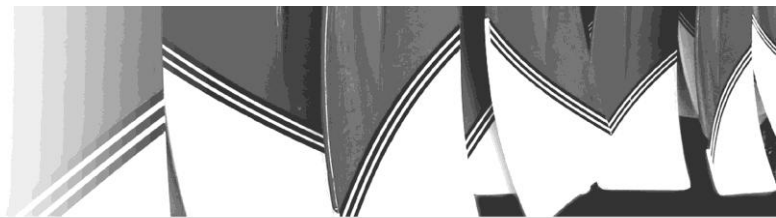
Junior Program



Shell	Term used interchangeably with ‘boat’
Single	A shell with one rower (a sculler) who uses 2 oars to propel the boat. (aka 1x)
Skeg	A fin attached to the bottom of the boat near the stern that helps keep the boat on course and balanced.
Slide Ratio	The ratio of time spent during the drive versus the recovery. The goal is to spend longer on the recovery than the drive. This maximizes the run of the boat as well as the amount of rest the oarsperson gets during the recovery phase of the stroke.
Starboard	The right side of the boat when facing the direction of travel (the bow). Green is the color associated with Starboard.
Stern	The rear of the boat; the direction the rowers are facing.
Stretcher/Foot Stretcher	Where the rowers’ feet go. Shoes may be permanently attached to the boat or adjustable straps hold rowers’ own shoes to the footboard. Footstretchers adjust to accommodate rowers’ height/leg length.
Stroke	The cycle of the oar during rowing. One stroke consists of the catch, drive, finish, and recovery.
Stroke Seat/Stroke	The rower who sits closest to the stern. The stroke sets the stroke rate and rhythm for the boat.
Stroke Rate	The cadence of strokes per minute. (aka SR or SPM)
Sweep Rowing/Sweep	One of the two disciplines of rowing where rowers use only one oar.
Swing	The elusive feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.
USRowing/USRA	United States Rowing Association, governing body for rowing in the United States. www.usrowing.org
Weigh Enough	A command given by Coaches and coxswains to stop an action.

Lake Union Crew

Junior Program



10 Facts Every Rowing Parent Should Know

- 1) Rowing is usually mistaken as an upper body sport. While rowing does use all major muscle groups, the main thrust of power comes from the legs. It is a great aerobic workout and is a low-impact sport on the joints.
- 2) Rowers haven't been called the world's most physically fit athletes for nothing. Though a well practiced crew looks smooth and graceful as they glide across the water, rowing demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop.
- 3) There are two types of rowing, "sweep" and "sculling." In sweep rowing, athletes hold one oar with both hands. In sculling, the athletes have two oars.
- 4) There are many different ways that the rowers can be combined in boats. Sculling can be done solo in a "single" (1x), a "double" (2x), or a "quad" (4x). Only a quad may sometimes have a coxswain. In sweep rowing, the "eight" (8+) is the biggest boat, eight rowers plus a coxswain. Then there is a "four" (4+), which also has a coxswain, but without one is called a "straight four" (4-). Finally, there is a "pair" (2-), which is usually coxless, but sometimes there are "coxed pairs" (2+). Sweep rowing cannot be done solo.
- 5) For racing, rowers are classified by gender, 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 who are in high school, and there are masters events for rowers 21 and older. There are two weight categories: lightweight and open weight.
- 6) 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 just over 60 feet and a little over 200 pounds. From a monetary perspective, a new eight costs \$35,000, a four \$20,000, and a pair \$12,000. Rowers use oars to propel their shells (not paddles). Sweep oars can be made with carbon fiber shafts and rubber or wooden grips. Sculling oars are nearly identical to sweep oars, but are smaller and lighter. Both sweep and sculling blades can have either 'spoon' or 'hatchet' blade design. All crews have a unique design painted on their blades using team colors. A single set of new sculling oars costs \$500.

Lake Union Crew

Junior Program



- 7) Athletes are identified by their position in the boat. In an 8+, starting from the bow of the boat, the seats are numbered 1- 8. “1 seat” is also referred to as “bow” and “8 seat” is called “stroke.” It is the stroke seat along with the coxswain who determines the cadence or “stroke rate” of the boat. Seven and eight seats make up stern pair and set the rhythm that the other rowers must follow. Seats 3-6 are know as the “engine room” and are typically the stronger, heavier athletes in the boat. Finally, 1 and 2 seats are known as “bow pair” and are usually the most technically sound rowers.
- 8) Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minutes time. The stroke rate can vary considerably during a race. At the start, when crews are pulling away from the line, rates can top 45-50 SPM. The “body” of the race is when the crew settles to a more manageable rate, usually in the mid-30’s. The goal is to let the boat “run” between the strokes. Near the end of a race, crews will sprint, taking the rate up once again. Coxswains may call for a “Power 10” (or 20) during the race – a demand for the crew’s most intense 10 strokes.
- 9) The crew that looks most relaxed is likely the one doing the best job. While watching a race look for a continuous, fluid motion from the rowers, synchronization in the boat, and clean catches.
- 10) Rowing has been called the “Ultimate Team Sport.” In contrast to sports like basketball, rowers don’t pass a ball to one another to set up their star player to make a winning shot. The object is for each rower in his/her own seat to perform at their maximum capacity for the duration of a race, doing exactly the same thing as everyone else in the boat. There is no physical contact between rowers, but each person in the boat must be mentally connected to each other and the feel of the boat. This sense of unity is challenging, but ultimately rewarding when it is felt by the entire crew.