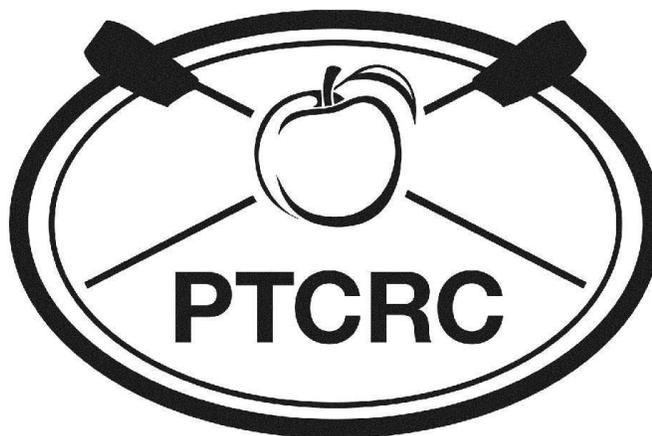


**PEACHTREE CITY
ROWING CLUB
2018-2019 INFORMATION
HANDBOOK**



About Peachtree City Rowing Club, Inc.	1
Organization of the Club	2
Board of Directors	3
Coaching Staff	4
Overview of Youth Programs	5
Overview of Seasons	7
Athlete Expectations	9
Parental Involvement, Support, and Expectations	12
Regatta Specific Information	14
Other Common Rowing Terms	15
Peachtree City Rowing Club	18
Youth Code of Excellence	18

About Peachtree City Rowing Club, Inc.

The Peachtree City Rowing Club, Inc. (PTCRC) is a not-for-profit, 501c3 organization established in August 2015 to encourage and further the instruction, improvement and competition in and the enjoyment of the art of rowing. PTCRC's youth program believes the sport of rowing provides unique opportunities and abilities to youth athletes in order to improve their physical fitness, athleticism, discipline, and personal development. We are committed to providing these opportunities available to all participants of PTCRC's youth programs.

Located on Peachtree City's beautiful Lake McIntosh, PTCRC is the only rowing club in South Atlanta. PTCRC is committed to the continuity of the sport of rowing in Fayette County and surrounding areas, along with enriching the community through various efforts.

In the short 3 years of existence, PTCRC has provided education and training on the sport of rowing for hundreds of people, including youth (boys and girls) from nine local high schools and middle schools, and adults of all abilities and ages.

Organization of the Club

Board of Directors

The Board of Directors is made up of individuals who wish to ensure the club's prosperity by collectively directing the club's affairs, whilst meeting the appropriate interests of club members and participants. The Board currently consists of 5 members- the President, Vice President, Secretary, Treasurer and Media Relations. Any individual who wishes to join the board, or run for a position, is welcome to do so. The Board of Directors and Coaches meet on a monthly basis. These meetings are open to the general public. More info on individual members is listed later in this document.

Constitution

The Club's Constitution and Bylaws are available to anyone who would like to read them. The Constitution is available on the website within the forms section of ptcrowing.org.

Coaches

PTCRC currently employs two coaches: Coach Margie Ellison, head of the Women's team, and Coach Matthew Fanny, head of the Men's team. Coach Margie and Coach Matt collectively work together in order to create a fun and challenging environment for all athletes and participants. Contact information for the coaches can be found later in this document, or on the team website. The coaches welcome communication and questions from all parents.

501(c)3 Nonprofit Organization

PTCRC is a nonprofit organization that is funded by participant dues and fundraising. We do not receive any funding from schools or the county. We are new, young, and growing. PTCRC offers the only rowing opportunity for juniors on southern side of metro Atlanta.

Costs

Unlike other youth sports, crew and rowing are inherently expensive. Much of the equipment is made of carbon fiber, which drives the price of equipment up. Like purchasing a car, payments are made on equipment over a number of years. PTCRC works hard to be good stewards of all monies collected through dues and fund-raising. All monies collected through various efforts are used for the benefit of the club. Any questions on what dues are being spent on can be directed to the club Treasurer. While rowing is a costly sport, the rewards are infinite.

Venue

The Peachtree City Rowing Club rows on Lake McIntosh, off TDK Boulevard. We are fortunate to have access to calm waters with beautiful views and very low traffic. Parents are welcome to come out to a practice and ride in a coach's launch if they would like to observe.

Board of Directors

President - Megan Gradek, (megan_gradek@yahoo.com)

Megan is one of the founding members of the Peachtree City Rowing Club. Megan started dancing at the age of 4 and continued to perform classical ballet until her sophomore year of college, when she met Quinton, who persuaded her to give rowing a try. Megan joined the novice crew team at Boston College and never looked back. She continued rowing after college at Potomac Boat Club in Washington, DC while working full time for PricewaterhouseCoopers. In 1997, Megan earned the opportunity to represent the United States at the World Championships in France at part of the inaugural lightweight women's quadruple sculls event. After moving to Georgia, Megan was an assistant coach at Emory University. Megan is a Managing Director with PricewaterhouseCoopers' National Risk Management Group. Megan still enjoys rowing and competing. Megan and Quinton have three children, Caden, Brielle and Dylan.

Vice President - Mark Tremblay, (marketremblay@yahoo.com)

Born and raised in New England, Mark began his rowing career at the University of Miami, FL where he was recruited as a walk on by Joe 'Okie' O'Connor in 1988. He rowed competitively for four years as a heavyweight sweep rower earning medals at regattas from Boston to Miami Beach to San Diego. Mark continues to row with other Masters most recently at the Head of the Potomac, Occoquan, and Chattahoochee races. While not rowing, Mark enjoys both indoor and outdoor recreational activities in Peachtree City and Fayette county with his wife and daughter, Pamela and Trinity.

Treasurer - Dennis Parker, (depear@bellsouth.net)

Dennis Parker was born in Fort Payne, AL but spent his childhood in multiple cities across the Southeast. He is a graduate of the Culverhouse College of Business at the University of Alabama. Dennis is a Senior Vice President with SunTrust Investment Services Inc., where he leverages his twenty two years of

experience in the wealth management sector to help families and institutions meet their financial goals.

Dennis, his wife Sharon, and their five daughters moved to Newnan in 2005 because they found Coweta and Fayette counties to be outstanding areas in which to raise a family. Dennis became aware of the Peachtree City Rowing Club when four of his daughters attended a Learn to Row session during the summer of 2017. After that initial experience, one of his daughters decided to join the Junior Club. Another daughter followed later that year. Dennis watched the significant positive benefits it made not just to their physical fitness, but to their social maturity and an overall confidence. Those benefits extend

far beyond their time on the water. This inspired him to do what he can to support the organization.

Dennis is an active member/volunteer with Southside Church and a 2012 graduate of Leadership Coweta. In addition to work and various volunteer activities, Dennis really enjoys spending time with his family.

Public Relations - Taylor Miller, (taylormiller.slp@gmail.com)

Growing up in New Jersey, Taylor was first introduced to rowing during her freshman year of high school. Taylor rowed all four years at Atlantic City High School and was the team captain. She currently holds the 2k record for the girls' program. Taylor attended the University of Virginia on a rowing athletic scholarship. During her time there, UVA won the Rowing National Championships twice. Unfortunately due to a rib injury, Taylor was not able to row competitively part of her junior year and all of her senior year. At the start of her senior year, she became the assistant coach for the novice team. That team went on to win all races and ACCs that season. After undergrad, Taylor received her master's in speech-language pathology. Since then, she has continued her involvement with rowing by volunteer coaching from time to time and also by supporting and traveling with her husband, Matt, to national and international regattas when he was on the US National Team from 2014-2016. She and her husband moved to Newnan from Charlottesville, VA in May 2018 and are excited to have found a rowing community here in PTC! Taylor and Matt are looking forward to the birth of their first child in September 2018!

Secretary - Kathy Avidano, (kavidano@hotmail.com)

As a Peachtree City resident for 13 years, Kathy is passionate about this town and the opportunities and experiences that it has to offer. Prior to moving to PTC she was an elementary school teacher and earned her Masters Degree in Educational Leadership with the hopes of becoming a school principal. Family life took her in a different direction and out of the classroom. She now manages a team of 12 Course Facilitators for a company that provides online classes for teacher recertification. Rowing has been a family affair even before the inception of PTCRC. Her sister rowed for Pine Crest Preparatory School in Fort Lauderdale and Duke University in Durham, North Carolina. Her son Mason is a founding team member of the club and began rowing in August of 2016.

Coaching Staff

Coach Margie Ellison - Head Women's Coach

Coach.Margie.PTCRC@gmail.com

Margie Ellison is in her 2nd year of coaching with PTCRC. Originally hired to coach the Jr Novice squad, Coach Margie is now the head coach for the women, and oversees both the Jr Novice & Varsity Women's team. She came to PTCRC from Orlando, FL where she successfully coached a scholastic Jr team for 2 years.



Coach Margie began her rowing career in college, where she was a walk on rower to Stetson University's Women's Rowing team. After rowing throughout college, she developed a strong passion for rowing, and a desire to create a career out of the sport. In addition to coaching, Margie continues to compete in rowing, along with bodybuilding competitions and triathlons.

Coach Margie has an extensive background with strength and conditioning, along with nutrition coaching. In addition to working with PTCRC, she also works with one of Peachtree City's high performance gyms, Elite Performance Institute of GA, as an Assistant Strength & Conditioning coach, along with leading and directing the Adult Wellness Program.

Coach Matthew Fanny - Head Men's Coach

CoachMattPTCRC@gmail.com

Matt Fanny is in his 2nd year of coaching with PTCRC. Matt discovered rowing in college and soon fell in love with the sport, rowing four years at Drake University as well as being team manager for three years. After graduation, Matt volunteered as an Assistant Coach at Drake for a year before being named as a full-time Assistant Coach at Hobart College and William Smith College.



Matt then started pursuing his degree in higher education at West Virginia University where he coached for both the men's and the women's teams. Following graduation, he taught high school science and left the sport for a few years. Missing the sport, he returned to coaching at the high school level and has spent the last nine years teaching and coaching in Northern Virginia. He is experienced in coaching both the men's and women's novice and varsity programs at the high school level. His proudest accomplishments have been seeing athletes he has coached go on to be successful young adults, both in college and beyond.

Overview of Youth Programs

Athlete Categories

In the sport of rowing, there are different classifications or categories in which an athlete may compete. PTCRC follows the novice and varsity classifications governed by US Rowing. During their first calendar year of rowing, the athlete is classified as a *novice*, regardless of their skill level, age, or school year. For example, if your son/daughter joins the team in February, they would be a novice in the spring and in the following fall season. Most novice rowers are middle schoolers, or high school freshmen, but not all. It is not unheard of for a senior to try rowing, and since it is their first year of the sport, they are a novice. The *novice* classification is the same as the traditional *Junior Varsity* classification in high school sports. After the first year, an athlete will be classified as *Junior Varsity (JV)* or *Varsity*. At some of the larger US Rowing regattas, age classifications are also used. A *U17* boat for example, is comprised of athletes all under the age of 17 at the time of the race.

Jr Novice Rowing

The Jr Novice competitive program prepares athletes for the Jr Varsity program the following year. Any rower in their 1st year of rowing will participate in the Jr Novice program. This is open to any youth in grades 6-12. Athletes who have not raced at an official regatta, or are still in their first year of rowing, are considered novice. At the coach's discretion, some novice athletes may be moved up to varsity early.

During this time, athletes will learn the fundamentals of rowing and be allowed the opportunity to race in 2-4 regattas each season. Programming is designed to develop the proper technique and skills, improve fitness, and prepare your child(ren) to enjoy the sport of rowing for a lifetime to come.

In the fall, Jr Novice athletes will practice 3 days a week. The schedule is as follows:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Novice Women</i>	4:30-6:30pm	OFF	6-8pm	OFF	OFF	10am-12pm	OFF
<i>Novice Men</i>	4:30-6:30pm	OFF	6-8pm	OFF	OFF	10am-12pm	OFF

In the winter, Jr Novice athletes will practice 3 days a week. The schedule for the spring is TBD.

In the spring, Jr Novice athletes will practice 4 days a week. The schedule for the spring season is TBD.

Jr Varsity Rowing

Jr Varsity is the highest ranked at the youth competitive level and is equivalent to Varsity status. Jr Varsity athletes are required to have at least one season of training and racing under their belts before moving up to varsity. This is an ideal program for athletes looking to further the skills of rowing and race against more advanced boats, clubs, and teams. This program will be focused on improving speed, endurance, strength, form, technique, and other aspects of rowing, in order to optimize performance on the race course.

In the fall, Jr Varsity athletes will practice 5 days a week. The schedule is as follows:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Varsity Women</i>	6-8pm	6-8pm	4:45-6:45pm	OFF	4:45-6:45pm	8-10am	OFF
<i>Varsity Men</i>	6-8pm	4:45-6:45pm	OFF	4:45-6:45pm	6-8pm	8-10m	OFF

In the winter, Jr Varsity athletes will practice 4 days a week. The schedule is TBD.

In the spring, Jr Varsity athletes will practice 5 days a week. The schedule for the spring season is TBD

Middle School & Recreational Rowing

This program is designed for any youth in grades 6th through 12th who are interested in trying the sport of rowing, regardless of rowing experience. This program is offered in both the fall (August through December), and the Spring (January through May). During their time with this program, athletes will develop and learn at their own pace, while engaging in fun and meaningful practice and training. Athletes will row 2 days a week where the focus is about learning and having fun with the sport of rowing.

In the fall, Middle School and Recreational athletes will practice 2 days a week. The schedule is as follows:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>MS/ Rec Team</i>	OFF	OFF	6-8pm	OFF	OFF	10am-12pm	OFF

In the winter, Middle School and Recreational athletes will practice 2 days a week. The schedule is TBD.

In the spring, Middle School and Recreational athletes will practice 2 days a week. The schedule for the spring season is TBD.

Overview of Seasons

Fall Racing Season

The fall racing season begins with practice and preparation at the beginning of August. During this time, athletes prepare for head races, where boats race 4,000-5,000 meters. These races are done in a timed interval style, where boats are staggered at the start. Athletes are competing against the clock in order to achieve times faster than their competitors. PTCRC races all throughout the Southeast region of the United States, including Georgia, South Carolina, and Tennessee.

During the Fall 2018 Racing Season, PTCRC will participate in the following regattas:

- **Music City Head Race** - *October 12, 2018* - Nashville, TN
- **Secret City Head Race** - *October 20, 2018* - *Oak Ridge, TN*
- **Head of the Charles** (Bids for the lotto were entered for select top varsity boats. Athletes and parents/families will be notified as soon as HOCR announces lotto winners at the beginning of September 2018) - *October 20-21, 2018* - *Boston, MA*
- **Head of the Hooch** - *November 3-4, 2018* - Chattanooga, TN
- **Head of the South** - *Nov 10- Augusta, GA*

Winter Training

The winter training season is the in between of the Fall and Spring racing seasons. During this time, athletes will partake in training on the ergometers (indoor rowing machines), weight training and strength training, conditioning, balance, flexibility, and other important aspects of being a rower. Athletes will prepare for the spring racing season during this time. We are fortunate enough to live in a state that allows access to water training year round. While our main focus will be land training, coaches will plan to have athletes on the water at least 1x per week weather permitting.

- Meters, meters, meters! Athletes will undergo high volume training. As the winter season progresses, the focus will shift to sprint style training
- Excellent time to hone in on weaknesses and rehab any injuries

Spring Racing Season

The spring racing season is the championship season in rowing. While we do race in the fall, the spring is where championship regattas are held. As the winter training season comes to an end, the focus will shift to a focus from high volume to spring work and technical rowing on the water. This will prepare athletes for the fast pace racing they will endure during the spring racing season.

Daily training on the water will begin in February, where athletes will begin preparation for their first sprint races of the season in March. Depending on what regattas PTCRC attends, racing will go on from March to May. Racing may go on until June for specific boats if they are to qualify for USRowing Youth Nationals.

The Spring 2019 Racing Season is TBD. Coaches and the board will announce detailed schedule as soon it is finalized.

Summer Training

During the summer, athletes will have the opportunity to participate in weekly beginner and advanced level clinics. Clinics will be held from the beginning of June, up until the start of the Fall racing season.

Beginner clinics are open to athletes from ages rising 6th grade through 12th. During this time, brand new rowers will receive an introduction to the sport of rowing. They will build on the basics of the rowing strokes as the camp progresses. This is excellent for the individual looking to dip their toes in the sport of rowing.

Advanced clinics are for the athlete who has rowing experienced. Great for our current youth novice and varsity competitive athletes. During this time, participants will build on existing rowing skills. This is a great opportunity for athletes to maintain their current rowing abilities while having fun during their off season. Athletes will also gain both speed, strength, and endurance.

Athlete Expectations

Safety

PTCRC makes the safety of our athletes a core priority. Coaches are trained to err on the side of caution in conditions of inclement weather. All new athletes are required to take and pass a swim test (to demonstrate proficiency in the water) before they can join a water practice. Coach launches are equipped with PFDs for every athlete the coach is supervising at that practice. If practice is delayed or cancelled due to inclement weather (such as thunderstorms), coaches will let parents and athletes know through a communications app such as WhatsApp. Please note, rain by itself is not considered inclement weather- it is perfectly possible to row in rain. Conditions such as thunder, lightning or ice are a different story. All athletes are required to read PTCRC's Safety Manual (available at ptcrowing.org) and watch US Rowing's Safety Video.

Time Commitment

During the fall and spring seasons, athletes will practice daily for 2hrs. 3-4 days each week for novice, and 5 days each week for varsity. Time management skills are crucial as a student athlete. Coaches absolutely do not expect athletes to put rowing above school, but there is a firm expectation to develop proper time management skills in order to excel in both rowing and academics. Coaches are an available resource, and are more than happy to assist in developing these skills, and any other way they can for the athlete to do well.

Attendance

In order to excel as an athlete in any sport, time, effort, and dedication are required. Athletes are expected to attend practice everyday, with the exception of reasonable excuses such as sickness/illness and family emergencies. In the event the athlete is not able to attend practice, coaches need to be notified in a timely manner by email and/or text. While academics are of first importance, it is expected that athletes can manage their time well enough to complete all school assignments/homework without missing practice.

Please keep in mind, practices are planned with the anticipation of all athletes attending. An athlete not attending practice without letting coaches know ahead of time creates an issue for their entire boat. Since there are as many as 9 athletes in a single boat, coaches spend a considerable amount of time creating optimal line-ups to maximize the benefits for each athlete. When an athlete is unexpectedly not there, this affects the entire boat line-up, not just the missing athlete.

Athletes are also expected to attend every race. Regardless of skill level, speed, and experience, each athlete (novice and varsity) will have the opportunity to race *at least once* during each race day.

The PTCRC teams are comprised of students from multiple schools within the surrounding area, therefore we do not always follow school holidays or school closures. Any changes in schedule will be sent out by coaches via WhatsApp and/or email. Please do not assume we are "closed" because school is closed.

Training and Practice

- In order to improve as a rower, it is important to develop fitness skills that include speed, endurance, strength, mobility, and balance
 - Whether we are training on the water or on land, athletes will, in addition to rowing, participate in physical activities such as running, strength training, stretching/mobility work, yoga, and rehabilitative movements
 - Coaches are looking to build athletes for long term success, rather than training for just a quick PR on an erg test

- Each practice is designed to challenge the athlete in a way that they gain the speed and strength necessary to improve as a rower
 - The goal of practice is to reduce weaknesses, and make strengths even stronger
 - Athletes, regardless of skill level, are expected to come to practice and give their best effort
 - Coaches will not tolerate athletes selling themselves short and giving poor effort, regardless of their skill level

- Holiday breaks (Christmas, Thanksgiving, etc.)
 - During these times, coaches will provide optional “homework”
 - This entails a training plan with suggested workouts for the athlete to do to ensure they are continuing their fitness efforts
 - Coaches do not expect athletes to dedicate hours per day during breaks
 - These will typically be shorter training sessions designed to maintain their fitness levels

Coaches are tasked with making the optimal boat placements, seating, and lineups. Athletes and parents are expected to acknowledge the coach’s judgment and **do not** have a say in boat placement, seating, and lineups. Factors for these decisions are made fairly and include erg scores, attendance, form/technique, attitude, and effort both on and off the water. Athletes and parents are expected to respect the decision coaches make with boat placement, seating, and lineups. Coaches make these decisions with the athlete’s and club’s best interest in mind.

Racing

Regattas are the reason for the season! Once committed, athletes are expected to attend each race, unless excused otherwise for sensible reasons. The team’s success is depends on each athlete’s attendance to regattas. The expectation is that **all** athletes will stay until **everyone** has finished racing and the trailer is loaded up. The only exception for this is if it is approved by the coach(es) in advance.

Athletes will have the opportunity to participate in *at least* one event during each race day. It is expected for each athlete to give their maximum effort during races. Lineups for races will be predetermined by the coach(es). Due to the nature of the sport of rowing, boat lineups will not always have an ideal amount of time to practice together. Athletes are trained and prepared to be able to row with one another without relying on a great deal of time with a specific lineup.

PTCRC does not tolerate anything less than good sportsmanship. It is vital for athletes to learn to accept victory and defeat with grace and class. Athletes are expected to support one another and cheer on fellow teammates. It will not be tolerated for an athlete to speak or act poorly on behalf of another teammate or competitor. Not only are athletes representing themselves, they are also representing Coaches, their teammates, PTCRC, and the Peachtree City and Fayette County area.

Coaches are tasked with making the optimal boat placements, seating, and lineups. Athletes and parents are expected to acknowledge the coach's judgment and **do not** have a say in boat placement, seating, and lineups. Factors for these decisions are made fairly and include erg scores, attendance, form/technique, attitude, and effort both on and off the water. Athletes and parents are expected to respect the decision coaches make with boat placement, seating, and lineups. Coaches make these decisions with the athlete's and club's best interest in mind.

Clothing, Gear, and Uniforms

- **ALL** Jr athletes, both men and women, **MUST** be covering chest and stomach at all times (tank tops are appropriate). Bare chest and/or stomach are not permitted at any PTCRC practice, regatta, or event.
- Jr Novice athletes must have the grey JL top (long sleeve, short sleeve, or tank top) and black spandex in order to race. Spandex can be any size, as long as appropriate length.
- Jr Varsity must have the JL unisuit in order to race.
- All athletes, both men and women, are required to wear spandex to practice. Unis are acceptable for practice as well.
- Appropriate clothing and gear for practice and racing is strongly encouraged, and can include:
 - Dry-fit, wicking, heat gear, close-fitting athletic material
 - Cold gear, thick spandex, thick base layer
 - Hat, visor, sun block, bug spray
 - Rain gear: rain/wind jacket, rain pants
- Varsity athletes should consider getting a heart rate monitor for practice and training. *Polar* and *Garmin* offer excellent choices at very affordable costs.

Nutrition and Fueling

- A proper diet is extremely important for the health and success of an athlete. A nutritious diet must be maintained in order to grow and succeed.
- Things such as fast food, high calorie drinks, and junk food does not need to be eliminated, but intake should be limited. Athletes should work towards a balanced diet of carbohydrates, fats, and protein. Vitamins and minerals are also important.
- Fueling for training, practices, and races is very important in order to perform at full potential and recover properly. Energy bars, protein bars, fruit, bagels, sports drinks, are a few great options for optimal performance.
- Athletes should be staying on top of hydration, going as far as continually drinking water before and after practice/races.

Sleep and Recovery

As an athlete, it is extremely important to get an adequate amount of recovery. This includes proper diet/nutrition, along with a sufficient amount of sleep. Many young people do not get an adequate amount of sleep each night. To perform athletically at a high level, a good night's

sleep is critical. Please try to impress on your son/daughter that this is something their body needs, just as much as food and drink.

Sickness and Injury

- Athletes are expected to be able to differentiate the difference between soreness and injury/pain. If athletes are unsure of this, please consult with coaches. Example: sore legs from a hard day of practice are not an issue. The inability to walk due to a pulled hamstring is an issue and should be addressed accordingly. Please keep in mind each case/situation is different. Coaches may recommend stretching or resting, but also may recommend seeing an appropriate doctor.
- Athletes are expected to take proper care of their health. In the case of suspected illness or injury, the athlete should contact their coach, and consult with an appropriate doctor.

Drugs and Alcohol

Under no circumstances are the use of drugs and alcohol tolerated as a participant in PTCRC's Youth Programs. Any athletes caught doing so will immediately be removed from the team without a refund.

Parental Involvement, Support, and Expectations

Without the parents, the PTCRC Youth Program would not succeed. Parents are just as important to our operations as coaches, athletes, and board members. We ask that parents support and encourage their athletes.

Parents are expected to understand and respect coaches having full responsibility for the training and racing implementation of the athletes. Coaches have the final authority over boat placement, seating, lineups, and all other rowing matters. Coaches will communicate with all stake-holders so that they understand that decisions can sometimes be subjective, based on professional judgment, but are never personal. Coaches do not make decisions for the team based on "favorites".

In order to best prepare athletes for their races, coaches and athletes are the only ones permitted to be near the trailer during regattas. Coaches are tasked with making the optimal boat placements, seating, and lineups. Athletes and parents are expected to acknowledge the coach's judgment and **do not** have a say in boat placement, seating, and lineups. Factors for these decisions are made fairly and include erg scores, attendance, form/technique, attitude, and effort both on and off the water. Athletes and parents are expected to respect the decision coaches make with boat placement, seating, and lineups. Coaches make these decisions with the athlete's and club's best interest in mind.

Race Day for Parents:

Racing is an extremely exciting time for coaches, athletes, and parents. All of our hard work is put into fruition. Regatta weekends are fun for both athletes and their families. There are plenty of opportunities to witness high level racing, new athletes racing, socialize with other families, and make new friends. While racing is very fun and exciting, there are also some serious factors before, during, and after races, including:

- **In order to best prepare athletes for their races, coaches and athletes are the only ones permitted to be near the trailer**
- Please be prepared for race day to be an all day event, some even 2 days
- We ask parents to be patient and understanding with athletes being required to stay until all racing is completed in order to assist in derigging and loading the trailer
- Understand that athletes will be busy and may have responsibilities outside of racing including assisting coaches in launching other boats, rigging, derigging, etc.
- Assist with tasks such as setting up the food/hospitality tent, keeping the area clean, and volunteering where needed
- Encourage athletes to bring homework, school work, and study material - there may be downtime in between races, and this is an excellent opportunity to catch up or get ahead
- The sport of rowing is an outdoor sport, making us at the will of Mother Nature - please know and understand there may be delays and cancellation to racing due to inclement weather
- Recommended gear for parents during regattas:
 - Lawn chairs, sports chairs, and/or foldable chairs
 - Hat, sunglasses, sunblock, bug spray,
 - Rain gear, wind gear, umbrella, other clothing for intense weather
 - Book, magazine, newspaper to read in between races
 - Water, drinks, food, and snacks

Rowing is a very exciting sport to be part of as a parent. Enjoy your child's growth and development through their commitment, dedication, and teamwork!

If you are interested in learning more, there are also opportunities for you to row yourself! Ask the coaches about the Adult (Masters) rowing programs.

Regatta Specific Information

Coaches and Coxswains Meeting

Held either the night before, or the morning of regatta days. Coaches, coxswains, and bowman are **required** to attend these meetings where pertinent info will be provided such as race course info, starting times, etc. If your son/daughter is a coxswain or sitting in bow of their line-up, be aware they will need to be at the regatta site earlier than other athletes.

Race Day Schedule

Coaches will put together a race day schedule that will outline what each boat is required to do when. Info provided will include time to meet their boat at the trailer, warm up, equipment prep, coach meeting, etc.

Support, Encourage, Motivate

A successful team is one that builds each other up. All athletes are expected to treat teammates with respect. Any poor or negative behavior will not be tolerated.

Fueling and Nutrition

Whether athletes are racing 2k or 5k, they are burning a great deal of energy. Proper fueling and nutrition is crucial for the success of racing in the sport of rowing. Any athlete who needs assistance in fueling and nutrition should seek help and guidance from the coaches.

Post Race

All athletes are expected to stay until every PTCRC boat has finished racing. Upon the completion of the races, athletes are expected to meet with their coach(es) and boat-mates to discuss the race, to de-rig boats and load up the trailer, and any other pertinent tasks. It is important that all athletes participate in this in order to ensure the equipment is safely loaded back onto the trailer. It will also ensure trailer loading is done in a timely manner.

Spectating

Rowing is a fun and exciting sport to both participate in and spectate. In the fall, races are 5,000m long (just over 3 miles). This means spectators will not always be able to watch an entire race. Each course generally has a few viewing points at minimum. In the spring, races are 2,000m long (a mile and a quarter). These races are rowed on straight race courses, and usually offer more spectating opportunities.

Boat Sizes and Events

8+

This is called an “eight”. You will find (1) coxswain and (8) rowers in this boat. Rowers will sweep row, where they hold one oar. This is the largest boat you will find in rowing.

4+

This is called a “four”. You will find (1) coxswain and (4) rowers in this boat. Rowers will sweep row, where they hold one oar.

4x

This is called a “quad”. You will find (4) rowers in this boat. Rowers will scull in this boat, where they hold an oar in each hand. Because there is no coxswain, the bowman will steer and “cox” the boat.

4-

This is called a “straight four”. It is similar to 4+ except you will not find a coxswain in this boat. There will only be (4) rowers, who are sweep rowing. The bowman will steer and “cox” the boat.

2x

This is called a “double”. You will find (2) rowers sculling in this boat, where they hold an oar in each hand. Because there is no coxswain, the bowman will steer and “cox” the boat. This is what is considered a *small boat* in the world of rowing.

2-

This is called a “pair”. You will find (2) rowers sweep rowing in this boat, where they hold on oar each. Because there is no coxswain, the bowman will steer and “cox” the boat. This is also considered a *small boat*.

Coxed Pair

A rare event where you will find (2) rowers sweep rowing in this boat, along with (1) coxswain.

1x

This is called a “single”. You’ll find (1) rower sculling. This is an individual event where the rower must steer and cox for themselves. This is the smallest boat you will find in the sport of rowing.

Other Common Rowing Terms

Boats & Equipment

- **Backstay:** A brace which is part of the rigger of sweep rowing boats. It extends toward the bow from the top of the pin. It helps keep the rigger attached to the boat.
- **Blade:** The end of the oar which enters the water during the stroke.

- **Bow Loaded/ Bow Coxed:** This is a shell where the coxswain seat is located in the bow of the boat. Typically 4+ are bow loaded, although you will sometimes find stern coxed boats.
- **Bow:** The front section of the shell, the first to cross the finish line.
- **Bow Ball:** A ball attached to the bow of the shell. The primary purpose is safety in the event of collision. The bow ball also helps determine races with photo finishes.
- **Bow Number:** Displayed at the bow of the boat, this is an indicator for race officials to determine what boat belongs to what crew.
- **Cox Box:** This is a portable voice amplifier that connects to wiring in the boat. It allows the coxswain to make calls so all rowers in the boat can hear. It also may include data readings such as stroke rating, splits, meters traveled, and times.
- **Ergometer (or Erg):** This is the indoor rowing machine used for land training.
- **Foot Stretcher:** This is an adjustable footplate that has attachable shoes. This is where the rower plants their feet. The toe section of the shoe does not come off the foot stretcher. When rowers come up to the catch, their heel will come off the foot stretcher.
- **Gunwales (pronounced "gunnels"):** The top rail of the shell on the side.
- **Hull:** The actual body of the shell. A boat without riggers and equipment attached is just a hull.
- **Launch:** A motorized boat utilized by coaches and race officials to follow alongside the rowers.
- **Oar:** The slender pole part that attaches to a blade.
- **Oarlock:** The rectangular lock at the end of the rigger. It attaches the oar to the boat so it will not fall into the water. It also allows the rower to rotate their blade between the "square" and "feather" positions.
- **Rigger:** This is the part of the boat that projects on the side. It allows the racing shell to be narrow, which decreases the drag in the water and increases aerodynamics. There are several shapes of riggers, which attach either to the side of the hull, or at the top of the gunnels. Most common is the triangle shape.
- **Rudder:** Adjacent to the skeg, this is what coxswains and rowers will use to assist in steering. Coxswains will shift steering using their hands. Whereas rowers will use their toe to steer. Foot stretchers will be rigged with a special plate that will shift the rudder when the rower moves their toe from side-to-side.
- **Skeg:** Thin piece of metal or plastic on the bottom of the boat that assists in stabilizing the boat.
- **Speed coach:** A device mounted on the keel of some high-performance shells that determines the boat's speed based on the speed of a small propeller and transmits this information to the coxbox. This is commonly used by scullers.
- **Stern:** The rear section of a shell.

Rowing Commands

- **"Back it Down":** Rowers place their blades in the water and push the blade away from them, rather than pull it towards them. This moves the boat backwards.
- **"Chuck it Down":** Put blades in the water to stop the boat.

- **“Power 10”**: Commands rowers to row 10 strokes at high pressure and effort. Often done in a race to get the split back down, or to pass other boats.
- **“Hands On”**: Rowers get next to the boat and prepare to pick it up either out of the water, out of the racks, or off the trailer.
- **“In 2...”**: Prepares rowers for a transition. In 2 strokes power 10, in 2 weigh-enough, in 2 full pressure.
- **“Let it Run”**: Stop rowing and let the boat run to come to a stop.
- **“On the Square”**: Blades stay squared while rowing.

The Stroke

- **Backsplash**: Water thrown back into the boat as the rower enters the blade in the water. Less backsplash is better.
- **Body Angle**: The amount of forward lean the rower has as they reach towards the catch.
- **Catch**: The part of the stroke right before the blade enters the water.
- **Crab/ Catch a Crab**: An error when rowing where the blade is not entered in the water correctly. Can result in the boat slowing down, the rower getting hit, and even ejected from the boat.
- **Drive**: The portion of the stroke when the blade enters the water and the rower begins to push with their legs.
- **Feather**: Turning the oar so the blade is parallel to the water (opposite of *square*).
- **Finish**: The end of the stroke right before the blade is taken out of the water.
- **Hands Away**: After the finish, the hands move away from the body to begin the recovery.
- **Lay-Back**: When the rowers sit with their legs flat and lean towards the bow with their upper body.
- **Leg Drive**: Power applied to the stroke, at the catch, by forcing the legs down. The first start of the *drive*.
- **Ratio**: The amount of time it takes the rower to take the stroke vs. the amount of time spent on the recovery.
- **Recovery**: The non-work phase of the stroke where the rower returns to the catch to take another stroke.
- **Square**: Where the blade is turned perpendicular.
- **Stroke Rating**: The number of strokes taken per minute.

Racing

- **Head Race**: In the fall, regattas include head races. These are longer races, 5,000m, that are raced on a course that may include turns.
- **Hot seating**: When two crews share the same shell, during a regatta, sometimes it is necessary for the crews to switch at the finish line without taking the boat from the water.
- **Repechage**: The “second chance” race given to crews who fail to qualify for the finals from an opening heat. Repechage qualifiers move onto semi-finals or finals depending on the number of entries.

- **Sprint Race:** In the spring, regattas include sprint races. These are shorter races, 2,000m, raced on a straight race course.

Peachtree City Rowing Club

Youth Code of Excellence

- I will have the dedication and commitment to prepare myself mentally and physically for rowing, to use all my strengths, skills, and abilities in every practice and regatta, and to not make excuses for factors in my control.
- I will be honest, truthful, responsible, and display good sportsmanship, in order to create a bond of trust existing between rowers, coxswains, coaches, and race officials.
- I will show respect to my fellow teammates, coaches, board members, and any others associated with the Peachtree City Rowing Club.
- My physical appearance and my attitude are a direct representation of the Peachtree City Rowing Club, my teammates, my coaches, and myself, and I will strive to represent both in a favorable manner.
- Inappropriate displays of affection or sexual activity will not be tolerated.
- At no point will I put myself or my teammates in a situation of danger, I will do everything in my ability to maintain a safe environment for everyone.
- I will look after and care for boats, oars, and other related equipment as my own, I will act responsibly around equipment at all times.
- I will work hard in my academic endeavours, and will develop proper time management skills that will allow me to concentrate on my studies, while also continually improving as an athlete.
- Dangerous driving and high speed in the Lake McIntosh Park parking lot will not be tolerated.
- I will assist the team and parent volunteers with the team equipment, food, and supplies for club functions. I will assist in the breakdown and clean up of the regatta site(s) occupied by PTCRC. I understand these activities are a full team responsibility and not solely the responsibility of the parent volunteers.

- I will clean up after myself at the boathouse, regattas, competitions, and any other rowing related event.

Most importantly, I will conduct myself with dignity and honor at all times, remembering that I represent the noble image of athletic excellence in every aspect of my life. By signing this PTCRC Code of Excellence, I acknowledge the above conditions and understand that my membership and involvement with the Peachtree City Rowing Club may be revoked in the event I do not represent the organization well.

Athlete Name (Printed): _____

Athlete Signature: _____ Date: _____