

# Junior Rowing Handbook



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# PART I - GENERAL INFORMATION

Welcome to New Orleans Rowing Club (NORC) Junior Program! This handbook contains information to help new rowers and their families understand this exciting sport. It also outlines policies and procedures that govern the day-to-day activities of the NORC Junior program. New rowers and parents should familiarize themselves with all of the information contained in this handbook. If you have any questions, please do not hesitate to ask coaches, or returning rowers and their families, as they will certainly be eager to share their experiences. Information is also posted on our website, [www.NewOrleansRowingClub.org](http://www.NewOrleansRowingClub.org).

## ABOUT THE PROGRAM

Established in 2016, the New Orleans Rowing Club Junior Program is New Orleans' only rowing program for youth athletes. Ours is a competitive, community-based program, and therefore enrollment in the program demands far more than mere attendance. We expect the highest levels of teamwork, sportsmanship, and behavior from the young people who will represent NORC as ambassadors of the sport on the local, regional, and national levels. In return, our athletes experience one of the most rewarding lifelong sports in existence and earn the chance to represent our community in competition throughout the region.

## MISSION

The NORC Junior Program is one dimension of the New Orleans Rowing Club, a non-profit 501(c)(3) public charity. New Orleans Rowing Club as a whole is dedicated to transforming the lives of New Orleanians, regardless of background or ability through the discipline of rowing. The mission of NORC's Junior Program is to:

- Develop teamwork, sportsmanship, integrity, and self-discipline in all our athletes.
- Develop the skills necessary to compete and win at regattas in Louisiana,

- regional, and national level.
- Provide rowers with a safe, organized, and supervised rowing environment.
  - Provide our team with safe equipment and the best coaching available.

## COACHES

### **Will Kuckro, Head Coach & Juniors Director**

703.371.4467, wkuckro@gmail.com

Will began his rowing career in high school at T.C. Williams in Alexandria, Virginia. At the oldest public rowing program in the state, he competed at national and international regattas, earning MVP Lightweight and the Coaches awards his senior year. He joined and rowed at Tulane University from where he was in various leadership roles with the team including club president. On water, he competed at national events, including medaling in the lightweight 4+ at the Head of the Chattanooga and SIRAs. Post college saw a move to indoor-only rowing until joining with NORC in 2017 where he began sculling in addition to sweeping. Highlights include gold in the mixed 8+ and mens 4+ at FISA Master Worlds in 2018, and multiple medals at Master Nationals over the years. Will was elected President of the club in 2023, prior to that he was Masters Director, helping the Masters team grow from fewer than 20 adult members to over 70 by 2022. When not on the water or at practices, Will is at home with his wife Megan and dog Acadia. Following his love for environmental protection, he works as a Product Manager with Clean Choice Energy out of Washington, DC.



***Current Certifications*** - USRowing Coaching (Level III), USRowing Adaptive Coaching, USOC Safe Sport, LA Dept. of Wildlife & Fisheries Boater Education, Adult First Aid/CPR/AED

### **Beth Manley, Coach**

504.231.2587, emanley1@gmail.com

A relatively recent convert to rowing, Beth grew up in the





seacoast area of New Hampshire and spent nearly all her time at gymnastics practice. She competed at the Division I level for the University of Pennsylvania and graduated with a double major in History and Latin American Studies. She moved to New Orleans in 2000 to attend Tulane University, receiving her Ph.D. and starting a position at Xavier University in 2008. Currently, she is the Kellogg Endowed Professor of History and teaches classes in Caribbean history, women and gender studies, and historical theory. After taking her first Learn-to-Row class in 2017, she realized she had finally found something she loved as much as she had gymnastics. Since then, she has enjoyed practicing and traveling with NORC, attending regattas, and coaching. She also enjoys traveling and rowing with other clubs, most recently spending nine months with the CHAOS Rowing Club in Apex, North Carolina and traveling to Venice to row in the Vogalonga with fellow NORC masters. She is excited to help keep NORC growing and introducing more people to the sport.

***Current Certifications*** - USRowing Coaching (Level II), USOC Safe Sport, LA Dept. of Wildlife & Fisheries Boater Education, Adult First Aid/CPR/AED

### **Kaitlin Southwick, Coach**

203.273.9232, kaitlin.southwick@gmail.com

Coach Kaitlin is originally from Old Greenwich, CT where she rowed on Sacred Heart Greenwich's team from 8th-12th Grade. She then went to Tulane University where she continued her rowing career for all four years there. She has recently re-discovered her love of rowing with NORC Masters beginning in 2021. She is excited to bring her love of this sport to High School students in New Orleans.

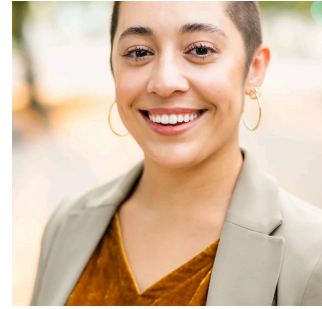


When not on the water, Coach Kaitlin is the Assistant Principal of Student Life at Holy Name of Jesus School. She also loves to read, spend time at the beach, and play with her French Bulldog puppy, Madison. She is excited to see how much personal growth each rower makes this year!

***Current Certifications*** - USRowing Coaching (Level II), USOC Safe Sport, LA Dept. of Wildlife & Fisheries Boater Education, Adult First Aid/CPR/AED

## **Chloé Jobin, Coach**

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After attending the University of Texas at Austin, where Chloé earned a bachelor's of linguistics and a minor in American Sign Language, she had some familiarity with the sport but felt that the early mornings weren't for her. She first started rowing on the waters of Bayou St. John after moving to New Orleans, and immediately fell in love with it. After taking learn-to-row and immersing herself in the sport and subsequently NORC, Chloé was awarded Novice of the Year in 2022.

As a passionate advocate for equity and justice, Chloé feels honored to help the New Orleans Rowing Club push towards more equitable representation at all levels of the sport, and demonstrate that everyone belongs in rowing. In addition to the work she does on the board, Chloé helped establish the Xavier University Rowing Club in 2023, the nation's first co-ed rowing program at an HBCU. Chloé is an active member of the New Orleans chapter of the Association of Fundraising Professionals and Krewe of Wonder Women. When not on the water, she can be found spending time going to shows with her husband and friends, spoiling their two dogs, or at the nail salon to make sure her mani stays on point.

***Current Certifications*** - USRowing Coaching (Level I), USOC Safe Sport, LA Dept. of Wildlife & Fisheries Boater Education, Adult First Aid/CPR/AED

## **Emily Sanderfer, Coach**

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A native to New Orleans, Emily began rowing at boarding school, The Gunnery, in Washington, CT where she still holds the school record for the 6k. She continued rowing at Tulane University where she was Vice Commodore her junior year.

Highlights of her rowing career include a 2nd place finish at the Head of the Charles in the Youth 4+ and 1st place at the Head of the Hooch in the Women's 8+. After years off

the water running half marathons, she rejoined the rowing world in 2022. She won the NORC Sweeps & Sculls award for the 2023 season. Emily's preferred version of cross training is boxing with the New Orleans Boxing Club.

Outside of rowing, Emily enjoys all New Orleans has to offer with her husband James, and two dogs, Simon and Charley. Emily works for USDA and lululemon and is active in the New Orleans Junior League.

***Current Certifications*** - USRowing Coaching (Level I), USOC Safe Sport, LA Dept. of Wildlife & Fisheries Boater Education, Adult First Aid/CPR/AED

## THE TEAM

We offer rowing for students from 8th through 12th grade. In general, boats are raced in either boys or girls entries, but there are occasional mixed entries, especially at home regattas. Practices are most often co-ed to allow for maximum training time between all rowers. Attendance is paramount; if one rower is absent, a whole boat cannot go out.

- VARSITY & JUNIOR VARSITY – Rowers participating beyond their first year in the sport are experienced rowers and expected to compete in races against other clubs' varsity teams. They are the leaders of the club and are expected to demonstrate the skills, attitude, and dedication expected of a high-caliber athlete. Varsity events are first boat races and the Junior Varsity boats race in second and third boat events.
  - Varsity athlete requirements are more stringent than Junior Varsity, but come with greater opportunities for travel and coached sessions. All requirements are posted for each season well in advance so rowers can train for them.
- NOVICE – All rowers in their first year are novice to the sport, and therefore spend more of their time developing skills than building raw power. Novice rowers may also be selected to row in Varsity and JV boats based on ability. They will also practice

with Varsity rowers to learn from their example. USRowing defines Novice rowers as anyone who has started the sport within the previous 12 months. This means there is often a separate “novice” category at large regattas, regardless of age, to allow for competitive racing.

## TRYOUT AND CUT POLICIES

This is a volunteer-run program for both the athletes and the coaches. We rarely cut anyone. However, coaches reserve the right to enforce policies related to commitment, behavior, and attitude on and off the water for the health and safety of the team. Tryouts are a great way for rowers to assess if they are interested in the sport, and those are held at the beginning of each Fall, Winter, and Spring season. The policies for joining the team are laid out in this handbook. Inability to meet these commitments, or any violation of them, are grounds for suspension or removal from the team. As rowing requires parental permission, parents are responsible for upholding the commitment to these guidelines as well.

## THE ROWING SEASON

The rowing season at the high school level aligns with the academic school year, from the end of August through early May. The Masters team rows year-round, and as such will often overlap equipment and water usage with the Junior rowers at various times and regattas. You'll find Important dates each season posted in advance on the website.

- Fall season consists of longer-distance “head races” from 4-5 kilometers on a winding course. Boats start at set intervals from one another, and results are based on time.
- Winter season is indoor-land work, on an erg (indoor rowing machine) and is a chance to build strength and endurance for the spring season.
- Spring season consists of 1-2km sprint races on a straight, 2-8 lane course, with all boats started at once. Results are based on finish placement.
- Postseason racing:
  - The USRowing Southeast Regional Youth Championships occurs once per year in late April or early May, and winning can qualify rowers for Nationals in June.
  - Elite varsity rowers can pursue a bid on a Junior National Team and



compete in the summer with that team.

- Summer has no official programming, as we encourage rowers to take a break and cross-train. There are rowing camps hosted throughout the country and are chances to experience other styles of coaching and facilities, often a great chance to visit an expected college campus. NORC athletes have attended the following camps:
  - Sparks
  - USRowing ODP
  - Dolphin Rowing Camp
  - University of Texas
  - MIT

## FALL SEASON DEEP DIVE

The fall season begins in late August and runs until early November. Practices are every Saturday, and two to four weekday evenings (when not at a regatta). During the fall season, the coaches will concentrate on rowing technique and the fundamentals of the sport. NORC typically attends one or two away regattas in Tennessee, Texas, or Florida as a team, with select Varsity rowers attending an elite event such as Head of the Charles in Massachusetts. NORC also races locally, inviting teams to scrimmage on Bayou St. John and Tulane University's Industrial Canal facility. The regatta schedule is communicated to athletes and parents at the beginning of the season. We also have other events that will be posted for athletes such as a boathouse cleanup & maintenance day, informational sessions, supplemental practices for specific boats, and an end-of-season banquet.

## WINTER SEASON DEEP DIVE

Winter season begins after Thanksgiving, following a short break from the fall season, when the weather gets "cold," i.e. it gets too dark to row after school. Athletes go inside to practice and use a variety of "off water" training techniques, mainly on indoor rowing machines (ergometers, or "ergs"). Practice is three to five days per week. In addition to erg workouts, NORC incorporates weight training, running, stretching, and sport-specific drills in the winter season. Winter training is an important part of long-term athletic development & short-term conditioning for the spring season, which is the main competitive season. Erg scores compiled from the

training are crucial to any collegiate or Junior National Team applications. If an athlete plays a winter sport that keeps them in shape, that is an acceptable alternative to winter training with NORC. However, if an athlete is not participating in another competitive sport during the winter season, it is highly recommended that they work out with the team during this time. The winter season ends the first weekend of February with the New Orleans Indoor Rowing Championship.

## SPRING SEASON DEEP DIVE

NORC aims to be back on the water for the spring season at the beginning of February (weather permitting and based on Mardi Gras). Practices are every Saturday, and two to four weekday evenings (when not at a regatta). Since the Spring season is rowing's more competitive season, attendance is extremely important. NORC rowers come from a variety of schools on their own schedules. As such, our program does not take time off for a traditional Spring Break because too many lineups would be broken for multiple weeks. Regattas during the spring season might typically include travel to Austin, TX; The Woodlands, TX; Oakridge, TN; Gainesville, GA; and Sarasota, FL. In recent years, NORC squads have brought home many medals from these regattas. Qualifying varsity boats from Southeast Youth Championships can participate in the USRowing National Youth Championships at the beginning of June. This regatta is not part of the regular schedule and those who qualify to participate must cover the costs of additional training and attendance. The regatta location varies each year.

## PROGRAM FEES, PAYMENT, AND ADMINISTRATION:

See [NewOrleansRowingClub.org](http://NewOrleansRowingClub.org) for each season's fees.

- Athletes and parents must sign and return a waiver, code of conduct agreement, and swim ability certification for each year.
- All Fees are non-refundable once registration closes. Athletes whose accounts are past due will not be permitted to practice or row with the team.
- Payments are due by the end of the registration period (end of the first week of practice).
- Separate fee structures may be negotiated with individuals on a case-by-case basis, such as sibling discounts, or need-based installment-payment plans.
- NORC maintains a Youth Scholarship Fund for athletes who cannot pay the

program fees.

- Registrations and payments are handled via the NORC website. This allows our administrators to collect accurate and complete contact information at the time of registration. By exception, payments can also be made directly to the Director via check (made out to New Orleans Rowing Club).
- Fees cover:
  - NORC Racing T-Shirt
  - Coaches Stipends
  - USRowing Insurance
  - Facility Rental Fees
  - Regatta Entry Fees
  - Trailer and Boat Transportation costs
  - Boat Maintenance
  - 5% of all fees dedicated to the RowNOLA scholarship fund
- Fees do not cover:
  - Unisuits (the rowing uniform) and hats are not included in the program fee, and are available for limited order during the season.
  - Room & Board on travel
  - Additional uniform items

## BOATHOUSE LOCATION

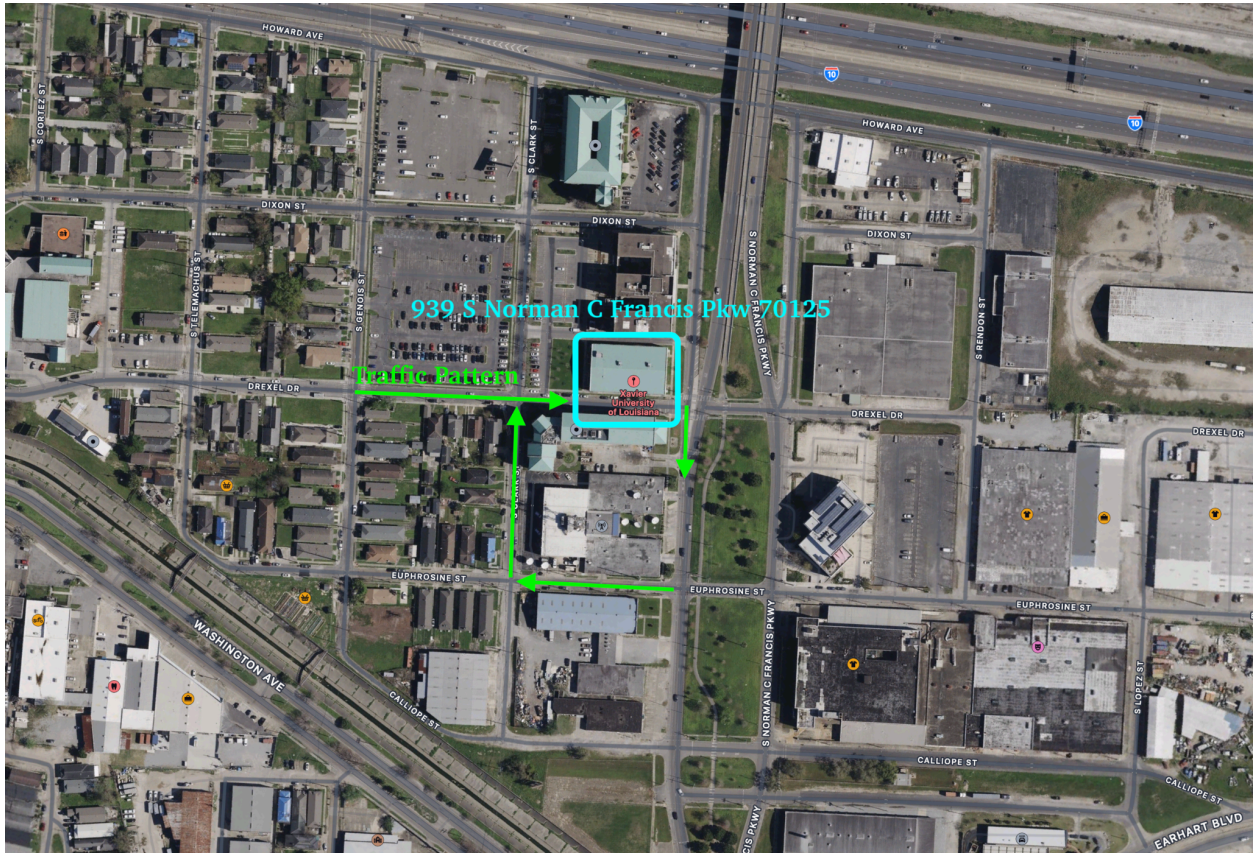
The NORC boathouse is located at 5958 St. Bernard Avenue, New Orleans, LA 70122. Our facility is leased from Summer House Assisted Living Facility and is located behind the main building on the Bayou St. John waterfront. **Drop off and parking is not available on their property**, and must be done on either Soldier St or St Bernard Ave.



## ERG ROOM LOCATION

The NORC Erg room is located in the Xavier University Fitness Center at 939 S Norman C Francis Pkw 70125. **Entrance faces Clark Street**, and it's recommended to follow the traffic pattern to facilitate pickup and dropoff in narrow streets.







# PART II - ATHLETE INFORMATION

## CODE OF CONDUCT

Participation in the NORC Junior Program requires athletes and their parents/guardians to abide by the following code of conduct. Depending on the severity of a violation, the athlete may be subject to disciplinary action deemed appropriate by the coaching staff and/or the NORC Board.

### 1. RESPECT FOR SELF

- a. Athletes must maintain a minimum 2.0 GPA to be considered “in good standing.”
- b. NORC does not tolerate the use of all tobacco, alcohol and/or illegal substances of any kind. In addition to the obvious issues of legality and health, use of such substances greatly diminishes performance, violates the trust of teammates, and creates an unacceptable risk to safety in the face of rigorous training undertaken at practices and races. Athletes agree to abstain from all such substance use for the duration of the rowing season.
- c. Athletes agree to wear proper attire at all times during practices and regattas. Attire will not have offensive statements or logos and must not impede the rowing stroke. Shorts should be tight enough around the legs to not get caught in the seat tracks.
- d. Athletes commit – to themselves and their teammates – to give their best effort and maintain their fitness level throughout the rowing season.

### 2. RESPECT FOR OTHERS

- a. Athletes agree to respect their teammates, coaches, and other rowers along with personal and club property. This includes NORC and other organizations’ facilities and equipment, transportation and lodging facilities, and the personal property of all other individuals. Respect takes many forms; undermining a coach or teammate verbally or through one’s actions will not be tolerated.
- b. Our boathouse is open to everyone, regardless of their race, identity, or

income. Harassment or the use of offensive language, including sexist, racist, homophobic, or other discriminatory jokes, slurs, insults, or comments, is not allowed and will not be tolerated.

- c. Horseplay or reckless behavior is not allowed on the NORC premises or on Summer House premises. Any damage, theft, or breakage caused by a rower from malice or carelessness that results in repair and/or replacement costs may be at that rower's expense.

### 3. PERSONAL ACCOUNTABILITY

- a. **Timeliness:** Every team member is expected to arrive at practice on time and ready to row. If you will be late for some reason, tell your coach beforehand. No rower may leave the practice or race courses before the coach has dismissed the team. For safety and accountability reasons, athletes are not permitted to linger outside the boat house after practice.
- b. **Consistency:** Athletes agree to commit to the team and not miss or skip practice unnecessarily. To build successful boats, teammates must practice together as frequently as possible. Inconsistent attendance at practice impacts the entire team.
- c. **Teamwork:** Practices and regattas are a chance for our team to function as a unit to accomplish the tasks required. Rowers may not leave a scheduled practice or a race before the coach has dismissed the team. To ensure accountability and that all race tasks are accomplished, rowers are not permitted to leave the trailer area without permission from a coach.

### 4. SPORTSMANSHIP

- a. Athletes will at all times exhibit the highest levels of sportsmanship toward their teammates and competitors. Sportsmanship involves many things including respect for coaches and referees, respect for fellow competitors, respect for the rules of competition, and a willingness to help other athletes in a time of need.
- b. NORC's athletes and their parents or guardians are expected to foster an environment of fairness and mutual respect in all they do, confident in the knowledge that their preparation and hard work determines their performance. Bullying or otherwise undermining a fellow teammate's ability, reputation, or standing on the team, verbally or through one's actions, will not be tolerated.
- c. Regattas are an opportunity for the athletes to represent their club and their city. To this end, all athletes and parents are required to remain respectful of the rules stipulated by the regatta. In addition, all athletes are expected to adhere to the Coaches' expectation regarding in-room

quiet time, lights out, and dietary recommendations. A Coach or Parent must be aware of where all athletes are at all times.

#### 5. TEAM ROMANCES

- a. While we understand this time of your lives, we ask that athletes respect their teammates, their coaches, and the club at large, by not advertising their affections while at practice, at team events, or on team trips. Team activities are neither the time nor the place for personal displays of affection.

#### 6. CONSEQUENCES

- a. Failure to follow this code of conduct can result in anything from removal and demotion within the team at practices to suspension or expulsion from the program entirely.
- b. All parties associated with the Junior athlete such as family members or guests at events are subject to the code of conduct to maintain a supportive and fair environment for the club.
- c. Grievances by any NORC member or beneficiary are first handled by the coaches, and if needed, can be addressed to the Board under the club's Grievance policy.

## DAILY POLICIES AND PROCEDURE

### 1. AT HOME

- a. Practice prep starts the night before making sure you have the appropriate attire packed and ready to go:
  - i. Dark-color Rowing shorts (spandex type), non-baggy T-shirts, socks, water bottle, and running shoes are a must EVERY DAY.
  - ii. Crocs or dedicated water shoes are also appropriate in the boathouse area.
  - iii. Athletes should be prepared for excessive temperatures, both hot and cold. Check the weather and be prepared to dress accordingly.
- b. Quality sleep is just as important as quality workouts. Rowers should aim to get 8 or more hours of sleep per night.
- c. Health and nutrition is paramount. We'll be rowing at the end of the day, so you need to eat and drink plenty during the day, especially breakfast so you have enough calories to burn during practice.
  - i. Bring snacks and a **water bottle** with you to school so you can consistently eat enough healthy food and drink non-sugar drinks

whenever possible.

## 2. AT PRACTICE

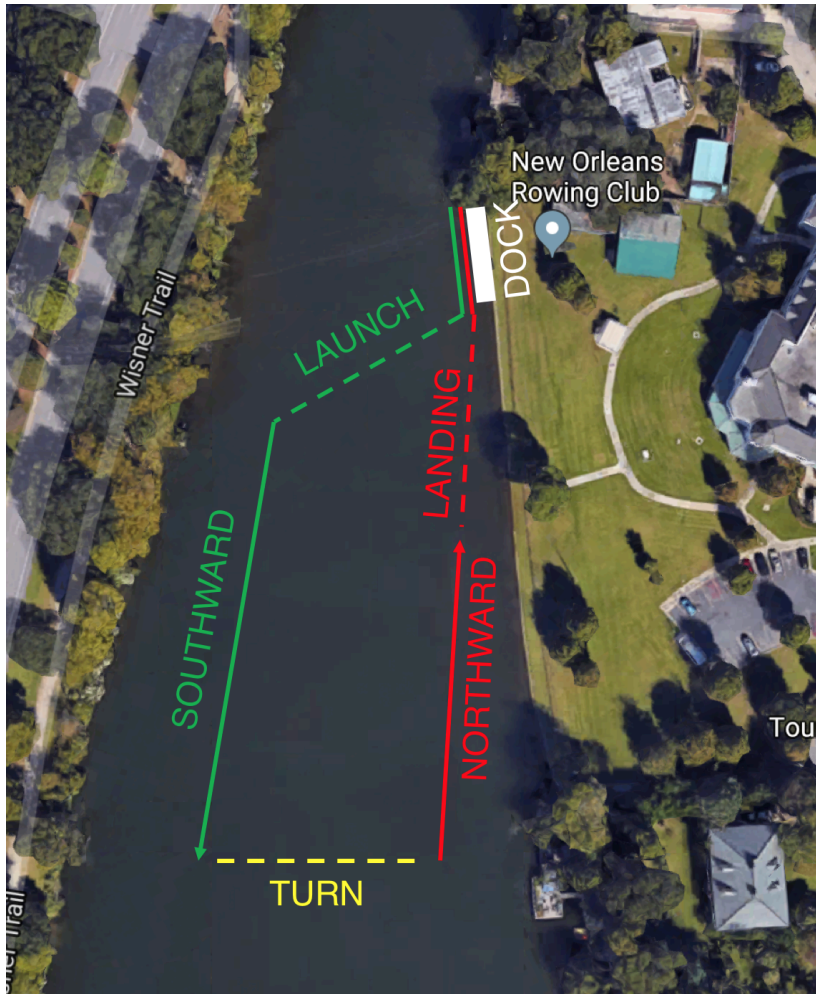
- a. Show up! Practice attendance is expected unless otherwise excused. Without all nine athletes, an 8+ can't go out. Without practicing the same boat consistently, it's hard to come together as a crew. For instance, if everyone in an 8+ misses one practice, you lose 20% of your practice days.
- b. Let the coach know of any , physical, or emotional issues that may affect your ability to participate.
- c. Safety is everyone's responsibility. If you see someone in or about to be in a dangerous situation, alert fellow rowers, your coxswain, and the coaches as quickly and loudly as possible.
- d. Bring the Focus. We work hard to fit as much quality work into a limited amount of time as possible. Spend time outside of practice on things not related to the sport.

## 3. AFTER PRACTICE

- a. Have a nutritious snack and water as soon as you can. Your muscles, heart, and lungs are craving nutrients.
- b. Take ten minutes on the way or when you arrive home to write down what you did for a workout, what you did well, and what you want to work on. This log is indispensable for measuring your progress over the season and your entire rowing career.

# SAFETY PROCEDURES

1. SUPERVISION: Coxswains and rowers will not row outside of hailing distance of the safety launch unless expressly directed by a coach. Rowers are only allowed on the water under a USRowing certified coach's supervision. For those rowers whose parents are on the Masters team, they may row when their parents are out as well.
2. ATHLETE FOCUS: Rowers must be quiet in the boats and listen to the coxswains' and coaches' commands and directives.
3. TRAFFIC PATTERN: Coxswains and rowers must be alert to the boat traffic on the water and avoid obstacles or collisions at all costs. This includes yielding to motorboats (on other waterways), kayaks, paddleboarders, swimmers, and other watercraft. Follow established traffic patterns of the club, and be aware that we share the Bayou with those who do not know our traffic pattern and will take free reign to go where they please.



4. WEATHER: Coxswains and rowers are to return to dock or nearest shore in the event of lightning, rising winds, excessive debris in the water, or white caps. In addition to the above-mentioned scenarios, practice may be canceled or delayed due to excessively high temperatures (feels like temp above 95) , excessively low temperatures (combined air & water temp less than 90), fog, or presence of ice. Rain is generally NOT a reason for practice cancellation. In general, all decisions related to weather are made on-site and just prior to the scheduled start time, communicated to the team at the best possible time by coaches.
5. EQUIPMENT: Coxswains and rowers are expected to inspect their boat and seat before launch to reduce safety issues on the water and let the coaches know if there is an issue with their equipment.
6. SWIMMING ABILITY: You do not need to be a great swimmer to row but basic swimming skills are required. It is possible that a boat could capsize and the rowers must have the ability to swim to safety or tread water until help arrives.



The rower's parent/guardian will be asked to verify the rower's swimming ability in the registration forms.

7. **INJURIES:** All injuries, regardless of how insignificant, must be reported to your coach. If a coach sees an injury or suspects an injury or health concern, they will report it to the parents immediately. If the athlete continues to show pain, limping, or any health risk, they will not be permitted to participate until the issue is resolved. These guidelines are to ensure that we are all working toward healthy teams. Unless otherwise directed by the coaches, injured rowers are expected to attend all practices as there may be other exercises the rower can do. Additionally, the injured athlete may be able to shadow or assist the coaching staff as needed.
8. **MEDICAL ACCOMMODATIONS:** At the start of the season, or upon discovery, coaches should be informed by rowers or the parents as to any medications or existing medical conditions that rowers may have. This will help the NORC coaching staff to better assess and react to a medical emergency. Parents will ensure that the athlete has whatever medication or device they need (epi-pens, inhalers, etc.) and possesses the knowledge to use them properly.

## POSITIONS, WORKOUTS, & BOAT SELECTIONS

1. **POSITIONS:**
  - a. There are two main types of rowing. Sweeping with one oar per rower, and sculling with two oars per rower. There are multiple positions in each boat, including the coxswain who acts as the brains and heart of the boat, guiding the crew down the course. Rowers sit in different seat positions from one (often called bow seat) up to eight in the largest boats (called stroke or stern seat). As you advance as a rower, you'll become accomplished at all of these positions, but usually train each season for one position more than others. At times you'll be asked to fill in various lineups based on the needs of the team.
2. **WORKOUTS:**
  - a. Coaches have dedicated workouts for each day, planned in advance, with the goal of getting all rowers race-competitive for the main end-of-season regattas.
  - b. Your purpose each day is to participate in those workouts across both mental and physical measures to get the most out of your time spent rowing.
  - c. Workout performance is the best tool coaches have to gauge boat selection

- d. Coxswains have workout requirements just as demanding as rowers, and often have heart rates that rival rowers due to the mental fatigue required to lead their boats.
  - e. Here is an [example workout set](#) that can be used to augment the work done at team practices
3. BOAT SELECTION:
- a. We aim to have all rowers participate every day. However, we also strive to give racing lineups as much time together as a unit as possible. As a team sport, even if you are not in a specific lineup, you can still help push the team forward by bringing your best effort to each practice.
  - b. Boat lineups are selected based on a variety of factors you control including:
    - i. Relative strength
    - ii. Erg scores
    - iii. Technical ability on the water
    - iv. Focus & commitment
    - v. Varsity / Junior Varsity status
    - vi. Equipment care & responsibility
  - c. Lineups may also be limited in scope based on factors outside of your control:
    - i. Boat availability
    - ii. Timing of events
    - iii. Event rules

## SEASON PROGRESSION

Each season starts anew. Whether you can count your seasons on two hands, or have never picked up an oar before, we start at the beginning to learn and reinforce information that can help us be successful. Below is a typical season outline:

Week	Workout Focus	Instructional Focus
1	Learn-to-row & form work	Safety on and off the water. Carrying boats, navigating on and off the water
2	Learn-to-row & form work. Often integrated groups between novice and varsity	Preparing Practice for success. Warmup, Launch, Oars, Waterbottles, etc ready to go.

	rowers.	
3	Steady State & Sweet Spot work	Equipment ownership & responsibility. Rigging, parts, tools, etc and how we keep boats working
4	Steady State & Sweet Spot work	Nutrition, sleep, non-practice training and conditioning
5	Sweet Spot & Sprints	Consistency of work. Being able to have multiple gears and work the same from the first to the middle to the end of a piece or workout
6	Sweet Spot & Anaerobic work	Consistency of work. Being able to have multiple gears and work the same from the first to the middle to the end of a piece or workout
7	Sweet Spot & Anaerobic work	Race Day prep. Learn about what it means to be ready for race day
8	Sweet Spot & Sprints	Race Day! Usually you'll have your first race around this time. Bring to bear all the work you've learned so far.
9	Sprints & Technique while Tired	Maintaining form on race day. Nutrition for performance.
10	Sprints & Technique while Tired	Maintaining form on race day. Nutrition for performance.
11	Finishing Touches	Race strategy improvements. Rowing clean as a boat.
12	Finishing Touches	Race strategy improvements. Rowing clean as a boat.

## REGATTA PLANNING

1. Regattas can vary in number of days and events, location, weather, and the unknowable X factor. It's important as athletes to bring everything you need to

travel to, practice at, race at, and travel home from the race course. Label anything you bring so it can easily be found and sorted.

2. Timing:

- a. Be on time to all meetups with your team, ready to go for whatever may be. Take into account how far you may have to walk, or if you have to stop off anywhere, drop clothes, food, etc.

3. Non-exhaustive Packing list:

- a. Travel clothes. You want clothes you can travel in that are comfy and weather appropriate.
  - i. Clothes & shoes that you will have there and back and are not wearing at the regatta, as you'll want clean & dry clothes for your return trip.
  - ii. Dry bag for return trip clothes storage
- b. Practice/Warmup clothes.
  - i. Socks for each practice on the water
  - ii. Uni/Spandex/Shirts and other gear from regular practice
  - iii. Hats, sunscreen, sunglasses, sun shirts
  - iv. Long Sleeve clothing, even at warm-weather regattas. Thermal regulation is critical when you come off the race course.
  - v. Rain jacket
  - vi. Water bottle
  - vii. Towel
- c. Race Clothes.
  - i. Unisuit or racing shirt/bottoms. Multiples if a multi-day regatta.
  - ii. One pair of socks per each time you will launch
  - iii. Baseball cap/visor (optional)
  - iv. Sunglasses (optional)
  - v. Long sleeve/leg thermals (any race conditions under 60 degrees)
- d. Coxswains. You'll have additional items to bring & prepare for.
  - i. Coxbox & charger
  - ii. Watch
  - iii. Tools, sharpies in Race bag
  - iv. Race course maps
  - v. Race plans + times.
  - vi. Additional layers and waterproof clothing at all times
  - vii. Gloves, wool hat, and thick wool socks

4. Food:

- a. Some Regattas have vendors on site, others require you bring your own food. Stick to foods you know and are used to. Nothing worse than

finding out on race day you have a stomach bug or are allergic to something you've never had before.

- b. 48-12 hours before your first race, you should eat hearty and large amounts to build a fuel reserve. Within 12 hours, solid and simple foods: Bagels with peanut butter, bananas, and water are ideal.
- c. On top of daily requirements, races will have you burn anywhere from 500-1500 additional calories per race, and the fuel reserve will help you handle that.
- d. Carbs from pasta and other simple starches the night before are best
- e. Avoid dairy and excess sugars as you get closer to race day



# PART III - PARENTS INFORMATION

Rowing is a sport unlike any other. New parents may find its lexicon, traditions, and format completely foreign, but with a little time and the help of our more experienced parents you will hopefully soon come to realize what it is that keeps young athletes hooked. A wealth of information now exists online regarding the sport's long history, most storied rivalries, and many other dimensions. At the end of this section are listed some useful websites and resources that can help you get familiar with rowing and gain a better understanding of what your child is experiencing at practices and competition.

NORC is a club program, and competes against both other club programs and school-specific programs across the country. There are a wide variety of categories at various regattas, but in general athletes compete against others in the same age, gender, and skill level.

## BOAT TYPES & ROWING EVENTS

Athletes with two oars – one in each hand – are scullers. There are three sculling events: the single – 1x (one person), the double – 2x (two people), and the quad – 4x (four people). Athletes with only one oar are sweep rowers. Sweep boats may or may not carry a coxswain to steer, often acting as a coach's assistant during practices. In boats without coxswains, one of the rowers steers by moving the rudder with their foot. Sweep rowers come in pairs without a coxswain (2-), fours with or without a coxswain (4+, 4-), and the eight (8+), which always carries a coxswain. The eight is the fastest boat on the water. An olympic men's eight is capable of moving almost 14 miles per hour.

Athletes are identified by their seat in the boat. The athlete in the bow of the boat is seat number one. That's the person who crosses the finish line first (which makes it easy to remember). The person in after the bow seat is two, then three, all the way to eight, a.k.a. the stroke. The stroke of the boat must be a strong rower with excellent technique, since the stroke sets the rhythm and number of strokes per minute the rest of the crew must follow.

At certain regattas, rowers also have the ability to compete in either open weight or lightweight events. While USRowing uses age-based categories, some regattas may still have weight-based categories. USRowing replaced this with age-based groupings such as U17 and U16. Other Regattas define a junior lightweight to be no more than 130lbs for girls, and 150lbs for boys.

## BALANCING PRIORITIES

Rowing does require a sizable commitment of time and energy. Parents often worry that the time and energy spent rowing will have adverse effects on their child's academic pursuits. In fact, the discipline and commitment that rowing requires often helps students to manage their time better and be more efficient in their studies. Crew is unique in that the absence of even one rower can prevent the entire team from practicing and will hurt the team's ability to prepare and race successfully. While we would not presume to tell you how to organize your child's time or encroach on personal decisions, we do ask that you be aware of the consequences to the rest of the team if you consider keeping your child home on a particular day. If you become concerned about your child's academic performance, and you worry that rowing is to blame, please come talk to one of our coaches. Remember to keep our coaches informed if your child will miss practice!

## VOLUNTEER DRIVEN

NORC is an all-volunteer group of coaches, administrators, and parents dedicated to supporting the junior program in the management and fulfillment of the rowing experience. Please be mindful that most of our coaches and board members have full-time jobs or are in school, and often balance training in the sport of rowing themselves.

## PARENT SUPPORT AREAS

On top of the Parents' Committee that forms each year to handle tasks, fundraising, and advising to the NORC board, there are multiple things parents need to know and be involved in with a sport that requires long-distance travel and practices away from school facilities.

## 1. REGATTA TRAVEL

- a. Planned regattas will be published at the beginning of the season to allow families to start marking calendars. Any regatta that is out of state will involve traveling the day prior to be ready to row for a morning-based sport.
- b. Detailed travel itineraries will be distributed at least two weeks prior to each regatta. This will contain all information pertaining to the specific trip.
- c. Whenever possible and safe, we will attempt to travel up and back to in-state regattas on the same day. Departure times from our area will be contingent on each regatta's specific schedule of events.
- d. Travel to regattas is the responsibility of all parents. Coaches and other parents may be willing to provide rides and act as a guardian to your child during regatta trips. All arrangements must be communicated to the coaches. Additionally, rowers who share a ride with a coach or other parent should expect to cover all appropriate travel costs incurred by the driver/guardian, including hotel and gas costs. Parents who send their athlete with another family or coach must provide their athlete with a monetary instrument that can be used to pay for their food. Parents should also ensure their athlete knows how to pay for their meals when dining at restaurants.
- e. Rowers arrive and leave regattas as a team. When traveling by car, all rowers are expected to be at the designated meeting point at the race course unless other arrangements have been made with the coaches prior to departing the club.
- f. If a rower needs to leave a regatta early, they must have the approval of his or her coach and the consent of their parents, prior to the trip.

## 2. ROOM & BOARD

- a. It is the responsibility of all parents to make and pay for their own reservations for their athletes, or to directly coordinate with other parents for their Room & Board.
- b. To ensure rowers are best prepared for competition the next day, coaches will establish a "lights out" time for the team - typically 10pm unless otherwise stated. Parents will not take students out for special breakfasts, functions, etc. during a team event without prior approval from a coach.
- c. Coaches may establish sanctions at their discretion for any room causing a disturbance for which coaches are called by the hotel management or for any damage to hotel property. This may include prohibiting the offenders from participating in the regatta. Damage to

hotel property is at the athletes' expense.

### 3. TRAILERING

- a. Boats travel on trailers owned by NORC but towed by a rented or borrowed ¾ ton truck. Coaches may drive this vehicle, but parents may also volunteer to transport the boats as well. This is a huge part of competition and allows for flexibility with logistics.
- b. Athletes are expected to help with all activities related to loading and unloading the trailer, both at the NORC boathouse and the regatta. Athletes should not expect to be released until after the trailer is determined to be travel-ready by the coaches.
- c. Typically the trailer will be loaded or unloaded at a regularly scheduled practice. However, in some cases rowers may be asked to load/unload on other days so that boats are ready and available for use by other members of the club. The coach will make this call in advance at their own discretion.

### 4. RACE DAY

- a. Regattas are always congested and distracting. Parents are asked to concentrate on the setup of support items like tents & tables, and not partake in the boat loading and unloading, which is the responsibility of the athletes and coaches. We do this to instill responsibility and discipline in our athletes and to ensure clear and efficient communication between coaches and rowers.
- b. Help your rower follow the schedule your coach lays out for them. Rowers must be where they need to be, when they need to be there.
- c. The trailer is an athlete-centric area. Parents and families are asked to stay in the tent areas, viewing stands, or far enough away to allow the athletes to move about freely.
- d. Parents who wish to bring pets should check the local rules and regulations of the regatta venue. We are often in public parks which have strict leash laws or other pet policies.

## WHAT YOUR FEES COVER

Operating a rowing program is an expensive endeavor. New boats range from \$12,000-\$60,000 in price; oars are on average \$400 each; we spend about \$400 per boat per year on maintenance for the 16+ boats in our fleet. NORC works to source quality used boats whenever possible and maintain the equipment to the

highest standards. Your program fees cover the basic operating costs of the program such as replacement equipment, insurance, fuel, maintenance, repair parts, regatta fees, transporting the boats, coaches stipends, and miscellaneous expenses from the club's daily operations. It does not cover a USRowing membership which is required for individuals at some of the premier regattas we will attend in the fall and spring. NORC is a not-for-profit organization, and our only stream of revenue are the program fees of its members (both Masters and Juniors), our Learn-To-Row classes, and our fundraisers.

## COMMUNICATION

Most of the communication that you will receive from NORC will be via email or text. It is critical that we have an accurate email and phone number for parents and rowers. This information is kept in our club database, which is not shared outside of the club. Parents are also encouraged to visit the NORC website and social media (FB & Instagram) pages on a regular basis for general club updates.

Parents are also required to join the GroupMe messaging system that enables parents and coaches to chat about issues as they arise. This will be the quickest form of communication and can help facilitate sharing of common questions with all families.

Parents with concerns should reach out to coaches via the club email address [juniors@neworleansrowingclub.org](mailto:juniors@neworleansrowingclub.org) to establish a mutually convenient time to discuss their concerns. The coaches act as a team which performs best when communicated to collectively. The team will then confer and respond accordingly. Coaches have regular jobs, as such will then make themselves available at the boathouse or via email/text when there are critical issues.

### COMMUNICATION METHOD:

Emergency issues: Phone call or text to a coach

Weather issues or questions about active events: GroupMe group messages

Long form info, planning, and updates: Email

The club abides by the U.S Safesport communication guidelines, and asks its athletes and parents to also abide by these communications. The following is an excerpt from [these guidelines](#).

- Electronic communication includes but is not limited to phone calls, video calls, texts, social media platforms (e.g., Facebook, Twitter, Instagram, WhatsApp, Snapchat, etc.), fitness applications, emails, and direct messaging that occurs between an Adult Participant and Minor Athlete(s).
- Must be Open and Transparent. A parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant must be copied or included on the communication. This includes all communication initiated by a Minor Athlete.
- Only electronic platforms that allow Open and Transparent communication can be used.
- All team communication or communications from an Adult Participant to more than one Minor Athlete must copy or include another Adult Participant, or all the Minor Athletes' parents/guardians.
- All communication should be professional in nature.
- Organizations and Adult Participants must honor a parent/guardian's request to discontinue communication with their Minor Athlete, unless there is an emergency.

## FREQUENTLY ASKED QUESTIONS

1. WHAT IS A "JUNIOR"?
  - a. A "Junior" is a term we use frequently to describe all high school and middle school athletes in the 12-18 age range. Most athletes are ready to try the sport of rowing around their 12th birthday or eighth grade. Much of this is dependent on their growth spurt and physical maturity level, and the NORC coaches will determine when an athlete is ready to race.
2. WHAT MAKES A GOOD ATHLETE?
  - a. Rowers are generally tall, strong athletes who are able to leverage their size and length to produce a long, powerful stroke. Shorter and lighter athletes have the potential to make up any physical differences through sheer grit and a strong power-to-weight ratio, as well as the ability to occasionally compete in lightweight category races. Almost all of a rower's power is generated from the legs, and most rowers spend years learning to properly harness that leg power. Coxswains are generally smaller individuals who lead the team on and off the water. Their ability is invaluable to helping a boat

go the fastest they can.

3. WHERE DO NORC ROWERS COME FROM?
  - a. Athletes come from many schools across the city to row for NORC. We have had rowers from over 15 schools including Jesuit, Lusher, Holy Cross, McGehee, Dominican, Newman, Country Day, NO Military Academy, Waldorf, Benjamin Franklin, Sacred Heart, and the Homeschooling Network. If you do not go to a school that is listed on one of our current rosters, don't worry. Anyone can row for NORC even if they don't have others from their school to row with. That is why NORC started this program – to help families like you access the sport.
4. ARE TRIAL PERIODS ALLOWED? OR PART-TIME PARTICIPATION?
  - a. Generally, the first week is the trial period. The first installment of season fees is due after the first week of practice. After that, we require a commitment for the full season for the teams. A competitive team starts early and practices together often. We may also have different levels of competition to suit commitment and skill.
5. WHAT OTHER EXPENSES SHOULD I EXPECT?
  - a. Program fees do not cover the cost of rowers' travel expenses (lodging, gas, meals, etc.), varsity uniforms, or NORC apparel. You should expect to cover these costs during the course of the year. The race-day uniform requirements for varsity rowers is the NORC unisuit. The NORC racing shirt is provided for all other rowers in their first season.
6. WHAT IS EXPECTED OF ME AS A PARENT?
  - a. Arranging to transport your child to and from the boathouse for practices and to and from any regattas. This often will come as a group effort among the parents.
  - b. Meeting all rowing-related financial obligations on time and in full
  - c. Enthusiastically supporting the team events throughout the year, wearing your NORC colors at regattas, and volunteering at regattas when asked.
  - d. Following along with communicated info.
  - e. Maintaining a supportive and respectful environment in all aspects related to the club.
7. CAN WE PURCHASE EQUIPMENT FOR OUR ROWER?
  - a. Parents or junior rowers are discouraged from buying their rowers their own boats or oars since storage space is limited at NORC and

requires an adult to be a full-time member of the club. Additionally, we find that junior rowers often grow out of equipment quickly since proper equipment is tied to athlete size and weight.

- b. Indoor rowers (ergs) are occasionally available to rent from the club on a first-come, first-serve basis. This is a great way to help your athlete train, and decide if the equipment fits in your household space.
8. WHAT IF WE ARE CONCERNED OR UPSET OVER LINEUP DECISIONS?
- a. Race lineups and “who makes which boat” are one of the biggest friction points on a team. Coaches must remain objective and impartial decision-makers. They weigh the training objectives and needs of the team/boat with a holistic assessment of every rower, each of whom is told what they can do within their control to make the top boat on the team. Coaches are in their position due to their experience and sound judgment; the decision on who will be placed where is both an art and a science. Race lineups are not negotiable. The coaches’ decisions here are final.
9. WHAT DOES GOOD ROWING LOOK LIKE?
- a. The best crews (often the one’s winning regularly) will exhibit exceptional rowing skill. Rowing looks graceful, almost effortless (don’t be fooled, they are working hard!) This includes:
    - i. Continuous, fluid motion of the rowers
    - ii. Synchronization of all rowers
    - iii. Clean catches of the oar blade into the water
    - iv. Even oar blade feathering out of the water
    - v. Consistent boat speed
10. ARE THERE SCHOLARSHIPS FOR ROWING IN COLLEGE?
- a. Yes, there are scholarships available for rowers and coxswains. Due to Title IX, scholarships are most widely available to female athletes. Collegiate open-weight women’s rowing is governed by the NCAA. Competitive Division I, II, and III schools actively recruit rowers. There are currently 138 schools that offer DI, II or III rowing. On average, there are 20 individual scholarships available per team at the DI and DII levels. For men and lightweight women, there are several Varsity programs (supported by the University) that may include scholarships as well. Even outside of scholarships, rowing can be a vehicle to help students get noticed by college admissions offices. Many of the competitive rowing teams are actually club sports (unofficial teams) that have limited to no fiscal support from



the school and less influence in admission offices. However, many college club teams row competitively in the same regattas as the Varsity programs.

- b. Anyone interested in pursuing a collegiate career of rowing needs to start serious consideration by the beginning of their junior year.
- c. Coaches are available as resources to help with this process, including writing letters of recommendation, helping navigate the different types of programs, and providing guidance on goals.

#### 11. WHAT IS A COXSWAIN?

- a. Crew has an important position called the coxswain (pronounced cox-sun), a naturally lightweight person who motivates the rowers, executes racing strategy and steers the racing shells. There are also collegiate scholarships available coxswains.

#### 12. WHY ARE ROWERS NOT REQUIRED TO WEAR LIFE JACKETS?

- a. While most water sports require the use of lifejackets, especially for youth, national safety organizations (such as the US Coast Guard) recognize the inhibiting nature of lifejackets on successful rowing and racing. This is because the use of a lifejacket actually prevents rowers from performing a full rowing stroke. This does not mean the sport of rowing overlooks safety by any means. All boats and oars are designed to float when capsized and rowers are instructed to never leave the boat to swim to shore. Additionally, our coaches follow all guidelines provided by USRowing to ensure athlete safety both on and off the water. Furthermore, all athletes must complete a waiver indicating the ability to tread water for at least 5-minutes and swim at least 100 continuous yards.

#### 13. WHAT IS A MASTER?

- a. Master rowers are those over the age of 21 who continue on in the sport. Often there is a range of ages on all teams as rowing is a life-long sport for competitive and recreational individuals. NORC has a Masters team of about 50 people, some of whom are also coaches.

## USEFUL RESOURCES

- [www.NewOrleansRowingClub.org](http://www.NewOrleansRowingClub.org) - Website for New Orleans Rowing
- [www.facebook.com/neworleansrowingclub](https://www.facebook.com/neworleansrowingclub) - Official Facebook

page

- [www.instagram.com/neworleansrowingclub](http://www.instagram.com/neworleansrowingclub) - Official Instagram page
- [www.row2k.com](http://www.row2k.com) - Excellent photo and video galleries. Also has articles, regatta schedules, and daily links to every media article that mentions rowing.
- [www.USRowing.org](http://www.USRowing.org) - Website for the sport's US governing body
- [www.WorldRowing.Com](http://www.WorldRowing.Com) - Website for sport's international governing body
- [www.jlracing.com](http://www.jlracing.com) - Team's preferred apparel vendor. Dedicated team store is open at the start of each season
- Video selection of what the sport has to offer from USRowing  
<https://www.youtube.com/playlist?list=PLF94VLsZTIXYdhuEn0zEq2wg8yzQCCYtx>
- Popular Books & Film Featuring Rowing
  - The Social Network (2010) – Film
  - Boys in the Boat (Daniel James Brown, 2013) – Book
  - The Boys of '36 (PBS, 2017) - Documentary
  - Assault on Lake Casitas (Brad Lewis, 2011) - Book
  - The Amateurs (David Halberstam, 2012) - Book
  - A Most Beautiful Thing (2019) - Film
  - The Novice (2020) - Film

I hereby agree to the NORC Junior Handbook and its provisions regarding my benefits and duties in joining the NORC team.

SCHOLASTIC YEAR: 20\_\_\_\_ - 20\_\_\_\_

ATHLETE NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

PARENT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_