

The Anchorage Rowing Association Team Management Plan 2020
Enriching the lives of our members and the community through the sport of rowing

I. Coaching Goal

To ensure that all club members build upon their skills, maximize team potential at in-state regattas, and support peers racing outside of Alaska.

II. 2020 ARA Coaching Staff

- a. **Steve Full:** Masters, Novice, Junior Sweep & Sculling Coach stevefull07@gmail.com

III. Updates

All important information will be disseminated to the club via the Update email.

IV. Schedule of coached practices

DUE TO CV-19 our regular practice schedule/equipment has been revised as of May 2020 we are only using small boats. Please see the ARA calendar for details.

V. Crew Designation

- a. **Master** – Age 19 and older, these athletes have completed the ARA novice program or have prior rowing experience.
- b. **Adult Novice** – age 19 and older, typically these athletes will row in the novice program for two years, advancement is at the coach's discretion and based on skill and proficiency.
- c. **Junior** – A Junior is a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full time student seeking a diploma.

VI. Training Goals and Commitment Level

So the coach can arrange practices to support all team members, your training goals and levels of commitment are required.

- a. **Masters, Juniors, and Novice** (finishing novice class): Use the "Edit your profile" link at the bottom of the member page to update your member page with contact information, a picture to help the coach learn your name, and fill in the goals box. You may hide your goals from other members by clicking on the box in the "edit profile" mode. This way you can provide important information to the coaches especially health/medical, while maintaining privacy and confidentiality.
- b. **Level:** Choose one of three commitment levels (you may move between levels during the season)
- **Level 1:** Committed to at least two coached weekday rows and possibly competing at in-state regattas.
 - **Level 2:** Committed to two coached weekday rows, 1 or more additional workouts per week, available to row in race lineups, and planning to compete at one or more in-state regattas.
 - **Level 3:** Committed to two coached weekday rows, at least 2-4 additional workouts including race lineups, planning to compete at in-state and out-of-state regattas.

c. **Coach's Binder:** Each member is responsible for printing their member profile page and handing it to the coach at the shell pen. If your goals change, please provide an updated profile page.

d. **Line-ups:** Line-ups reflect skill and fitness level, skill development, and training goals. Attempts will be made to accommodate injuries. It is your responsibility to notify the coach and work toward appropriate fitness level to match level of commitment and workout demands.

VII. Coached Practice Sign-ups

- a. Team members will sign up by 10:00am of evening practice day and 9:00pm on the night before morning practice via the online calendar.
- b. If less than 3 masters have signed up by the deadline the practice will be uncoached. *(this has been waived for the 2020 rowing season)*
- c. Because Novice and Juniors cannot row without a coach, calendared *Novice and Junior* Small boat practices will always be coached.
- d. Coaches will pull their list shortly after the deadline, there is no guarantee you will be seated if you sign up after the deadline.
- e. You may sign up for only ONE session. The coach may invite others to fill empty second session seats.
- f. How signing up for practices works:
- On the calendar signup check the box of your 1st choice. Indicate anything else you are willing to row or cox in your comments.
 - If you sign-up but can't make it, please contact the coach. The coach will share the best method of contact at the beginning of the season. When you have a change in plans, PLEASE remove your name from the list.

VIII. Safety

- a. **ARA Traffic Pattern:** Follow the boat traffic pattern posted at the shell pen.
- b. **Aircraft:** Aircrafts have the right of way. Be aware of flight patterns / takeoffs / landings – pay attention to the wind, the sky, the cox, and coach (if you have questions or concerns regarding any of these, ask.)
- c. **High Visibility Clothing** is encouraged by all rowers and is required bow and stern people in every boat.
- d. **Personal Floatation Devices (PFDs)** are always carried in the coaching launch. *Junior* rowers 12 and under must comply with Alaska state law regarding the wearing of Personal Floatation Devices.
- e. **A life jacket is recommended to be worn by coaching staff** while in the launch on Sand Lake, however, this is at the coaches discretion. If the coaching staff are performing duties from a launch on water bodies other than Sand Lake, a life jacket is required to be worn. All other persons in the launch that are not coaching staff are required to wear a lifejacket.
- f. **The Four Oar Rule** is as follows: From September 21 through June 1 and anytime the air temperatures falls

below 50 degrees Fahrenheit, users of ARA-owned equipment are required to do at least one of the following:

- Have a coaching launch on the water.
- Row with at least four oars on the water. In singles and pairs this means two or more boats rowing in close proximity, with no more than two boat lengths between boats.
- Wear a life vest.

This is recommended but not required for users of privately owned equipment.

g. **Teamwork And Safety**

- Rowing personal boats during a team practice is at coach's discretion. Please review your rental agreement for specific details.
- Rowing self-organized lineups at team practices is at coach's discretion.
- The purpose of the double session is to put more emphasis on the individual and small groups. Reducing boat traffic helps achieve this end.
- Evening sessions will include large boats (8+, 4+, 4X) small boats are added at the coach's discretion.
- Morning sessions will include small boats (2X 2-, 1X) larger boats may be added at the coach's discretion.

IX. Coxing

Please sign-up in advance online so all can come to practice ready to go. If regular team coxswains cannot cover all the needed spots please consider giving your time at an additional practice. See Team Website→ Links & Resources→ ARA Forms- for coxing policy and membership details.

X. Friday PM Open Coached Row

- a. Will be scheduled periodically throughout the season in order to allow members additional coached rows prior to Regattas.
- b. Open to all rowers.
- c. May be followed by a team social.

XI. Uncoached Rows – Rower Called

- a. *Experienced masters* reserve ARA equipment on the "Uncoached Row" section for the day by adding your name and boat details for no more than a 2 hour block in the comments.
 - i. While using ARA Equipment during uncoached rows, rowers must be Proficiency Level III with a Proficiency Level IV rower on the water or in the same boat with them or,
 - ii. Be a Proficiency Level IV rower.
 - iii. Refer to *Skills Proficiency Overview and Implementation* and *ARA Skills Proficiency Checklist* documents
https://www.anchoragerowing.com/board_activities.php#policies.
- b. *Adult novice* (less than 1 year experience in that discipline) and/or new to club adult rowers must be approved by a coach before having access to club equipment without a coach.

- c. *Juniors* must have a coach at their rower-called practice unless they are 18 or meet the requirements of the Junior Rower Contract. 18 year old juniors may follow the masters policy and row without a coach in equipment in which they are approved. Experienced juniors, with approval and recommendation from an ARA coach and coaching committee member, and a Junior Rower Contract signed by their coach, coaching committee member, parent, and the junior rower, can row with other approved juniors and/or with experienced adult rowers on the ARA team at un-coached times but junior rowers may never row in team equipment alone.
- d. *Masters rowers with Juniors* in our program may row with their own child at the parent's discretion subject to the following:
 - You must ask your child's coach which boats they are qualified to use before taking them rowing on your own.

XI. Monthly Boat Maintenance

- a. Check the calendar for weekend maintenance sessions. These will happen at least monthly.
- b. Smaller projects are always available. Please contact the team manager if you would like to volunteer to take on a project personally or if you have an idea for one you think would benefit the team.
- c. Report all maintenance issues in the 3-ring binder in the rowing shed so it can be addressed ASAP. If it is a safety issue please also inform your coach and/or the team manager.

XII. Coaches Bill of Rights

- a. On-time signup and arrival at practice by team members.
- b. Open communication with the team, the coaching committee, board, and coaching peers.
- c. Athletes who are open-minded and respectful of all coaching styles.
- d. Expectations based on commitment level.

XIII. Rower and Coxswains Bill of Rights

- a. An on-time and organized coach.
- b. Respect from the coach for your ability, effort, and goals.
- c. Dedication to helping you improve your skills.
- d. Adherence to the ARA Athlete Safety Policy.

XIV. Etiquette and Effective use of time

- a. Pre-practice your coach will have line-ups and boat assignments posted on the white board. Plan to arrive a minimum of 10 minutes prior to the scheduled practice start time to check your equipment and carry your oar(s) to the dock. For injury prevention and workout preparation, be warmed up and ready to row.
- b. AM rowers please keep your voices low at all times when speaking in the shell pen and on the lake. Keep talking to a minimum and be conscious of our neighbors and your voice travelling over water when you do speak.
- c. Although we paid for the dock and maintain it, it is a public dock. Please be courteous-to-a-fault to the other users even if they are not.
- d. When you bring a boat to the dock be prepared with water, clothing, and practice needs so you can launch or

take out as quickly as possible. Make adjustments on the water after you pull away to a safe area.

- e. After practice, fix any maintenance issues you can address yourself. Note any long-term problems in the log. Lock your boats and double check that the other team boats are locked and all oars are up.
- f. The coaching committee and staff will determine the type of rigging (double, pair, adaptive) for each boat based on the needs of the team. If you choose to re-rig a boat for practice, for example a double to a pair, return the boat to the original rigging prior to departing. Rigging format for each boat will be noted and may change over the course of the season.

XV. Feedback

- a. Surveys will be given throughout the year. Member input is essential. Please complete surveys and questionnaires to assist with team planning.
- b. You can reach the coaching committee by emailing coaching@anchoragerowing.com. The current coaching committee members are Elisa Samuelson and Mike Chriss.
- c. The current ARA Board of Directors are President: Ed Hall, Vice President: Kim Morris, Treasurer: Israel Halcomb, Secretary: Yvette Gillies, Members at large: Julie Truskowski, Erica Duke, Vanessa Norman and Piper Yuknis-Jones. You can reach the board by emailing board@anchoragerowing.com.

We welcome your input at any time via email or in person at our board meetings. The ARA Board of Directors meetings are held monthly and may be attended by any active member or parent.