

The Anchorage Rowing Association Team Management Plan 2023

Enriching the lives of our members and the community through the sport of rowing.

Coaching Goal

To ensure that all club members build upon their skills, develop a culture to help new rowers learn the sport, maximize team potential at in-state regattas, and support peers racing outside of Alaska.

2023 ARA Coaching Staff

Steve Full: Learn-to-Row, Learn-to-Scull, Masters sculling, Novice sculling, Junior Sculling

Sarah Catto: Novice Sweep, Masters sweep, Junior Camp and Junior Sweep

Team Updates All important information will be disseminated to the club via the ARA Team Update emails, emails sent from iCrew and text messages sent via iCrew.

Schedule of coached practices

Masters/Young Adults			
	Tues	Thurs	Fri
Starting 5/9 Evening practice – sweep big boats	5:30-7:00 PM	5:30-7:00 PM	
	Mon	Wed	Fri
Starting 5/8 Early AM small boats	6-7:30 AM	6-7:30 AM	6-7:30 AM
Starting 5/8 Late AM small boats	7:30-9 AM	7:30-9 AM	7:30-9 AM

Adult Novice			
	Mon	Wed	Fri
Starting 5/22 Evening practice - sweep big boats	6:00-8:00 PM	6:00-8:00 PM	6:00-8:00 PM
	Tues	Thurs	
Starting 6/13 Early AM small boats	6-7:30 AM	6-7:30 AM	

Juniors			
	Mon	Wed	Fri
Starting 5/25 Afternoon sweep big boats	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM
	Tues	Thurs	
Starting 6/20 Late AM small boats	7:30-9 AM	7:30-9 AM	

Crew Designation

Master – Age 27 and older, these athletes have completed the ARA novice program or have prior rowing experience.

Young Adult – Experienced rowers between the age of 19 and 26

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. Any rower is welcome at novice practices, regardless of experience.

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.

Masters, Juniors, and Novice (upon completion of Learn to Row or Learn to Scull class): Set up your profile in iCrew to include your contact information, a picture to help the coach learn your name, and your rowing goals.

Coached Practice Sign-ups

Team members must sign up by 10:00 am of evening practice day and 9:00 pm on the night before morning practice via iCrew under "sessions."

If fewer than 3 Masters members have signed up by the deadline the practice will be uncoached. Masters rowers can still row if at least one of the group is a Level 3 or 4 rower. Because Novice and Juniors cannot row without a coach, calendared *Novice and Junior* Small boat practices will always be coached.

Coaches will pull their list shortly after the deadline, there is no guarantee you will be seated if you sign up after the deadline.

If you sign-up but can't make it, please text the coach. The coach will share the best phone number at the beginning of the season. When you have a change in plans, PLEASE remove your name from the session.

Safety

ARA Traffic Pattern: Follow the boat traffic pattern posted at the shell pen.

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.)

High Visibility Clothing is encouraged for all rowers and is required for bow and stern rowers in every boat.

Personal Floatation Device's (PFD's) 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.

A PFD is recommended to be worn by coaching staff while in the launch on Sand Lake, however, this is at the coach's discretion. If the coaching staff are performing duties from a launch on waterbodies other than Sand Lake, a PFD is required to be worn. All other persons in the launch that are not coaching staff are required to wear a PFD.

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

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.

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.

Coxing

ARA provides a financial incentive for anyone willing to be a dedicated coxswain. The ARA Coxing Policy is available on the team website here: <https://www.anchoragerowing.com/pdfs/ARACoxingpolicy2018.pdf>

Dedicated coxes, please sign-up in advance online so all can come to practice ready to go. If no dedicated coxswain is available, the coach will assign a cox from the members who are signed up. Be sure to check the lineup so you can be prepared to cox if assigned.

Friday PM Open Coached Row

- Friday afternoon practices may be scheduled periodically throughout the season in order to allow members additional coached rows prior to Regattas.
- Open to all rowers.
- May be followed by a team social.

Uncoached Rows – Rower Called

Experienced masters reserve ARA equipment using the “Reservation” feature in iCrew. Reservations can be for no more than a 2 hour block of time.

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.

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.

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.

Monthly Boat Maintenance

ARA Equipment Manager for 2023: Marietta Hall, 907-227-0826, mariettaohall@gmail.com

Check the calendar for weekend maintenance sessions.

Smaller projects are always available. Please contact the team Equipment 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.

Report all maintenance issues to the coach or Equipment Manager so it can be addressed ASAP.

Coaches Bill of Rights

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

Rower and Coxswains Bill of Rights

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

Etiquette and Effective use of time

Prior to 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.

Morning rowers please keep your voices low at all times 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.

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 do not reciprocate.

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.

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.

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.

Volunteering

ARA depends on volunteers to operate! The club guideline is for each member to dedicate 10 volunteer hours per year. iCrew does not automatically track your volunteer hours, you must enter them yourself. On your home page, click on *More Items*, then select *Volunteer Hours & Journal* to enter your volunteer hours.

Feedback

A survey is usually taken at the end of the rowing season. Member input is essential. Please complete surveys and questionnaires to assist with team planning.

The current ARA Board of Directors are:

- Kim Morris, President
- Carma Reed, Vice President
- Erica Duke, Treasurer
- Julie Truskowski, Secretary
- Terry Carpenter, Member
- Faith Hayes, Member
- Cindy Woods, Member

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. Please see ARA calendar for dates.