



Welcome to the Dave Thorsness Rowing Challenge!

Team Captains,

Included in this Rowers Packet are some very important documents which need to be read closely, signed, and returned to ARA. As the team captain you are responsible for collecting all the forms for your team and submitting them to your assigned Cox/liaison or email them to dave@anchoragerowing.com before your on-water session. You must have all forms submitted to participate in the practice and the race.

- 1. Team Registration form**
- 2. Swim/Float Test and Model Release** – Sign and return - certifies that: 1) you are able to tread water for 10 minutes and put a life jacket on while still in the water; and 2) the model release allows ARA to use your photographic image.
- 3. US Rowing Waiver** - Sign and return - Release of Liability for US Rowing from our national organization.
- 4. Viewed the required USRowing Safety Video** online before your first water session at <http://www.usrowing.org/safety/safetyvideo>
- 5. Rower Instructions** – really good information for you to keep.

If you have any questions contact dave@anchoragerowing.com.

The DAVE Thorsness Rowing Challenge

A weekend regatta that puts teamwork to the test.



TEAM REGISTRATION



Important Event Details:

Race Date: August 10, 2024 @ 10:00 am

Location: Jewel Lake, Anchorage, AK

Lake Practices: TBD during the week of August 5th, 2024 on Sand Lake. Please park your cars at Sand Lake Elementary.

Team Name: _____

Team Captain: _____

Phone: _____

Email: _____

[Assigned Team color: _____]

[Assigned ARA liason/cox: _____]

ROSTER: List all (8) team members below:

Name **Unisex Shirt size: (XS – 3XL)**

1. _____ / _____

2. _____ / _____

3. _____ / _____

4. _____ / _____

5. _____ / _____

6. _____ / _____

7. _____ / _____

8. _____ / _____

Alternate(s): _____ /n/a

Each team captain must compile and submit a complete registration packet to your ARA Cox on the first day of your practice. The packet will include:

- US rowing waivers for each team member and alternate
- Swim Test forms for each member and alternate
- Model Release forms for each member and alternate
- Confirm that each rower has watched the safety video - <http://www.usrowing.org/safety/safetyvideo>

ATTENTION: EACH TEAM MUST SUBMIT A COMPLETE PACKET OF ALL REQUIRED FORMS TO BE ELIGIBLE TO ROW IN PRACTICES AND THE REGATTA.

EMAIL A COPY OF THIS FORM TO DAVE@ANCHORAGEROWING.COM

Contact us at: dave@anchoragerowing.com or 566-6277
Anchorage Rowing Association P.O. Box 242161 Anchorage, Alaska 99524
<https://www.anchoragerowing.com/dave-info.php>

Anchorage Rowing Association

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Telephone: _____ Work Telephone: _____

Email: _____

Float Test

Completed 10 minutes of treading water and then was able to put a life jacket on while still in the water.

Swimmer Signature

Date

Witness Signature

Date

Model Release

For valuable consideration, I hereby consent to being the subject of the photographs of Anchorage Rowing Association ("ARA") and hereby grant ARA, its legal representatives, agencies, assigns, successors and licensees the absolute right and unrestricted permission to copyright, use, or publish photographic portraits or pictures of me or in which I may be included in whole or part in conjunction with my own name or a fictitious name for art, advertising, trade or any other lawful purpose. I hereby waive any right that I may have to inspect and approve the finished product or copy that may be used in conjunction therewith. I hereby release and agree to hold harmless Photographer, its agents and successors from any and all claims for damages for libel, slander, invasion of privacy or any other claim based on the above described material.

Signature

Date

Parent or guardian

Printed Name

*Stock pictures are photographs that are made available for future use by ARA. Though only a small percentage of such pictures are actually reused, the photographs in which you appear, regardless of their most likely or immediate planned usage, could appear in magazines, books, company brochures, annual reports, advertisements or other uses.



USRowing Release of Liability

ACCEPTANCE OF THIS WAIVER IS REQUIRED FOR ACCEPTANCE OF MEMBERSHIP IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term (m/day/year) a through (m/day/year) . I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and landbased, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasee named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

5. AGREE to be familiar with, comply with, and be bound by the Rules and Regulations of USRowing, including but not limited to the USRowing Rules of Rowing (www.usrowing.org), the World Anti-Doping Code (www.usada.org), and the codes, rules, policies and procedures of the U.S. Center for SafeSport (the "SafeSport Rules," www.SafeSport.org), including with respect to the exclusive authority and jurisdiction of the U.S. Center for SafeSport to investigate and resolve reported sexual misconduct and the discretionary authority to investigate and resolve reports of other misconduct. I further agree that arbitration pursuant to the binding arbitration provisions of the SafeSport Rules shall be the exclusive method to resolve any dispute over any disciplinary action taken by USRowing as a result of a USCSS investigation (the "Arbitration Procedure"). I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

6. IN CONSIDERATION of being permitted to compete, officiate, observe, work, or participate in any way in the EVENT(S), I for myself, my personal representatives, heirs, and next of kin:

- Affirm that I have not been diagnosed with, demonstrated any symptoms of or have in any way been exposed to any communicable diseases (including but not limited to the virus commonly referred to as COVID-19) within the last 14 days, or that I have complied with all local, state and federal guidelines and regulations as related to communicable diseases;
- Acknowledge that I am aware that by entering the premises and

participating in rowing-related and sponsored activities that there are risks to me and to those with whom I interact of exposure, directly or indirectly, to communicable disease(s) including but not limited to the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", "COVID-19" and/or any mutation or variation thereof;

- HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, all for the purposes herein referred to as "Releasees", from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all loss or damage, and any claim or demands therefor, whether caused by the negligence of the Releasees or otherwise;
- HEREBY agree to INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur arising out of or related to my illness or death, whether caused by the negligence of the Releasees or otherwise

I HAVE READ THIS COMMUNICABLE DISEASE RELATED HOLD HARMLESS, RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT, UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Printed Name of Participant: _____

USRowing # _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant's Signature: _____

Organization: _____

PARENTAL CONSENT (If participant is under the age of 18)

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Parent/Guardian Signature (only if participant is under the age of 18):

This is THE USRowing Release of Liability, which should be copied for your use.



THE DAVE THORSNESS ROWING CHALLENGE

LAKE PRACTICE:

When: *TBD Week of August 5, 2024*

Where: Sand Lake Elementary School, 7500 Jewel Lake Road, Anchorage

Practice Parking: Park in the Sand Lake Elementary School parking lot. You'll proceed to the south side of the school and walk down the path, past the playground, through the fence, you will see the ARA shell pen on the right.

RACE:

When: **Saturday, August 10th 2024- Arrive at 9:30 AM – First Heat at 10:00 am**

Venue: Jewel Lake Park, Anchorage

Race Day Parking: Please park at **Jewel Lake Bowl**, 8801 Jewel Lake Road. It is a short walk east on 88th Avenue to Jewel Lake Park. There is very limited parking at the park itself, so please do plan an extra few minutes to walk from Jewel Lake Bowl. Thanks—we want to be good neighbors!

Thank you for your support and participation. Each team is assigned a team member *liaison* to help you and answer your questions. You will meet this person at your practice.

Rowing is a team endeavor. Please be aware of your team members. Be ready to practice together and on race day, to get in and launch together.

Dress:

For land and lake practices, wear close-fitting shorts, (to not get caught in the slides), water shoes or flip-flops, and shirt of your choice. (A regatta t-shirt will be provided for racing day so that each boat will be one color.) Bring tennis shoes for the land practice. No free flowing clothes! They easily get caught under the seat.

If it's overcast, dress in layers. It can be cool on the lake when the sun is not shining. You can always peel off layers and tuck them in the box under your seat or pass them to the coxswain.

There is a port-a-potty at Sand Lake. Once you get in the boat for practice, be prepared for a two hour practice. Restrooms will be at Jewel Lake on race day.

For the practice, bring a water bottle, one that can bang along the bottom of the shell and not get damaged. You will work up a sweat if you're doing this right and it's good to have water with you to re-hydrate. We will have

water and cookies for the athletes at the practice and a picnic lunch at the regatta.

Rowing:

On the water you will be under the direction of the coxswain, who steers the boat and tells you what to do. He/she knows what's going on around you and behind your back (no need to turn around). It is very important to do everything the coxswain says. As a rower, you are the engine that propels the boat forward. The coxswain will tell you when to "power up" or "check it down," terms that mean to "give it your all" or "stop." A vocabulary list is included on page 4.

You will row either port (oar to your right) or starboard (your left). If you have a preference, tell your liaison and coxswain; otherwise, the coach will decide and tell you. Seats are numbered starting in the bow (front of the boat) as number one and progress to the stern (the back of the boat) which is number 8. The number 8 seat is the Stroke seat, the person

you watch and mimic because s/he sets the pace. The coxswain sits in the stern (back) facing the front (bow). *It's really not confusing as it seems once you get in.*

Inside the shell, there is a box with a steel slide and the seat. **Only** step onto the box! If you step somewhere other than the box, your foot will go through the boat and we are in deep trouble, so please be careful where you step. Your cox or an ARA member will instruct you where to step.

Also inside are foot stretchers, where you can loosely tie your feet in. These are adjustable, so try to figure how much space you need when your leg is fully extended and your seat all the way back. It's easier to adjust before you get in the boat, although you can do it while sitting on the water.

Next to you is your blade (oar). Position your outside hand (the one away from the blade) at the end of the pole and your inside hand comfortably about a hand's width or so away. Keep a loose grip—no need to white-knuckle here!!

Once inside, there is no talking in the boat. If you have a question, raise your hand (if you're not in the middle of a stroke) and either the coxswain or coach will respond. Of course, if you have an emergency, speak up.

Your coach will explain how to hold the oar, stroke mechanics, and how to use your body to your advantage. Sit up straight, eyes ahead, watch your Stroke (the rower at the very front of your boat). Now, you're ready to row. Enjoy!!

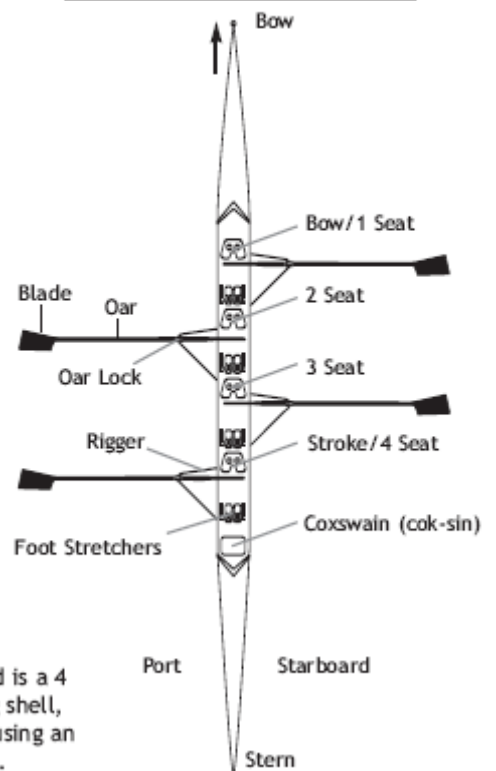
The Rowing Stroke

Next is a description of some of the information that you will learn once you practice in the rowing shells. The information will make better sense once you've practiced and have a frame of reference. Please read it over in preparation for your practice - it will give you an advantage over those who don't read it.

The basic stroke involves your entire body and always follows the same sequence and its reverse: arms, body, legs/ drop blade in water /legs, body, arms /blade out of water. Repeat sequence. Let's try it. Sit at the ready (seat back as far as it can go, legs extended, blade resting on top of the water, held in hands close

to chest. Extend your arms (keep the elbow straight), lean over with your body as if reaching for a bag of chips, and slowly slide forward (the seat is cantilevered to make this naturally happen), bend your legs and continue as far up as you can go to reach the catch—this is the point when you drop your blade in the water. Everyone wants to do this at the same time—it makes the boat go faster. Watch the Stroke—s/he sets the pace. (You follow and do the same as your stroke.) Drop your blade in the water, drive back fast with your legs, hang on the blade and let your body weight pull it through the water (this is the fun part!) keeping your arms straight until your hands have crossed over your mid-thigh, pivot back and pull your hands quickly to your chest. With your outside hand, tap down gently on the blade—this will take it out of the water. Again, for the same reason, everyone wants to do this at the same time.

A Rowing Shell



Without stopping, push your hands away again, and repeat the process. You want to 'recover' on the slide, so take your time. Remember, the seat is cantilevered; keep with

your Stroke. You don't want to hurry or be late. Timing is everything!

The level you hold your hands and the blade determines how the shell rides over the water. Sometimes, it will feel like it's tipping to one side or the other. This is because of your hand height—yes, yours! Everyone in the boat depends on each other and if your blade is too high or too low, it will throw off the set. The coxswain will yell “Set the boat!” which means, adjust your hand height so the boat feels even. You will probably practice how to set the boat, which is really important in a race. Coxswains are sensitive to the boat set—they have nothing to grab onto when it starts to tip.

Always keep your blade on the water. The blades balance the boat and act as stabilizers. But in order to do their job, they need to stay in contact with the water. This is especially true when getting in and out—always keep your blades extended and resting on the surface. Even if you are not rowing, keep your blade on the water.

Listen to what your coxswain says and do it. Sometimes, just a couple people row, or it may be four at a time. If you are not rowing, your job is to keep the boat set. You're not along for the ride. Remain alert, even if it isn't your muscle that's moving the boat.

As you reach the end of the lake, your coxswain will say “Weigh enough!” This doesn't mean s/he wants to get out, but is a way of saying “Stop rowing!” You will need to turn the shell around. It is important to know if you are a port or starboard because that is how the direction is given. “Ports back; starboards row” or the other way around. To backstroke, turn the blade around (the concave facing away from you) and PUSH away with your arms. Be careful how deep your blade goes—it can really tip the boat in that direction. You want to skim just below the surface of the water.

These are just some basics. Both the coach, and just as importantly, your coxswain will direct you how to master the fundamental stroke, set the boat, and use your body to the team's advantage. Although rowing is a team sport and requires coordination and effort from everyone, each individual has direct impact on how the boat runs. Master as much as you can. Even though there is a spirit of

competition with the race, the goal is for you and your teammates to try something different, get a work-out, and most importantly enjoy yourselves. Have fun!

Race Day Sunday, August 12th, 2023

Please park at Jewel Lake Bowl, 8801 Jewel Lake Road, at the corner of Jewel Lake and 88th. Arrive at Jewel Lake Park by 9:30 AM. You will receive your team t-shirt; your coxswain will also wear the same color. Teams will draw for boats and positions. Team photos will be taken. Know when you will row and be ready to go at that time. The first heat starts at 11:00. We anticipate finishing between 3:00 – 4:00 pm.

Rowing is a team endeavor. Please be aware of your team members. Be ready to practice together and on race day, to get in and launch together. There will be other teams also loading and unloading so it can get hectic. When you finish your heat, unload and clear the area as quickly as possible so the next team can take their place. Row hard. Row fast. Have fun!

Lunch is provided Sunday. Bring your family and friends to cheer you on!



Rowing Commands:

1. Arms Only: A term used by the coxswain instructing you to use only your arms in rowing. Keep your legs extended, sit up straight and have no movement in your back. To row, bend only your elbows.

2. Arms and back: The same as arms only, but added to it is back bend.

3. Back down: (or “Back”). Row backwards.

4. Check it: (or “Eight Check”) To use the oar to stop the boat by “squaring” the oar in the water. Same as “Hold water”.

5. From the catch: Get in a position as if you were to start your stroke (compressed forward with knees fully bend, arms extended with the oar handle forward and the blade back.)

6. From the finish: Get in a position as if you just finished a stroke with your hands against your lower ribs, legs fully extended and your back in a layback position. Often used to initiate a drill.

7. Give me a tap: A command issued by the coxswain, usually to a single rower toward the bow of the boat, that calls for a single light stroke to align the boat with some distant point.

8. Half power: Next step up from “paddle”. The next steps are “3/4 power” and then “Full Power”.

9. Hold water: Square the oar in the water (to stop the boat quickly).

10. No power: When applying pressure to the oar, apply only enough to move the oar through the water at the desired rate. There should be a minimum of pressure of the oar against the water.

11. Paddle: Row easy with no power on the stroke.

12. Power (n): Take (n) strokes at full power. (e.g. Power 10!)

13. Ready all-row: The command to start rowing. Should be preceded by “From the finish” or “From the catch” to give the rowers a clue from what oar position they should commence rowing. When not clarified, usually means to start with the blade at the finish, squared in the water.

14. Weigh enough: Finish the stroke in progress and stop rowing. It also means **Stop!** When carrying a boat between the boat rack and water.

The Rower’s Code:

This code was developed by Marilyn Krichko, who founded and runs a very successful corporate teambuilding rowing program in Seattle. She helps management teams from companies like Microsoft and Boeing “pull together”. Something to think about in regard to your own work team:

1. Always do what’s best for the team.
2. Respect the use of time.
3. No side talking in the boat.
4. The coach/cox is in charge.
5. Carry your load.
6. Everything stays in the boat.
7. Every seat has equal value.
8. Set the boat.

Marilyn Krichko
Founder of the OARS program