

The Anchorage Rowing Association Team Management Plan 2026
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. 2026 ARA Coaching Staff

a. **TBA in March 2026**

III. Weekly Updates

All important information will be disseminated to the club via the Weekly Update email, boathouse connect texts, and boathouse connect emails.

IV. Schedule of coached practices

Masters	Tues	Thurs	Fri
Big boats	5:30-7PM	5:30-7PM	
	Mon	Wed	Fri
Early AM small boats	6-7:30AM	6-7:30AM	6-7:30AM
Late AM small boats	7:30-9AM	7:30-9AM	7:30-9AM

Adult Novice	Mon	Wed	Fri.
Nov Sweep Classes see calendar	6-8PM	6-8PM	
Open Mstr Sweep see calendar	6-8PM	6-8PM	
	Tues	Thurs	
Starting after June LTScull Small Boat	6-7:30AM	6-7:30AM	

Juniors	Mon	Wed	Fri
Junior Big Boats	4-6PM	4-6PM	4-6PM
	Tues	Thurs	
Small Boat	7:30-9AM	7:30-9AM	

V. Crew Designation

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

Young Adult/Collegiate – 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.

VI. Safety

- a. **ARA Traffic Pattern:** Follow the boat traffic pattern posted at the shell pen.
- b. **Aircraft:** Yield the right of way to airplanes. 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 for bow and stern people in every boat.
- d. **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.
- e. **A life jacket is recommended to be worn by coaching staff** while in the launch on all lakes, however, this is at the coaches discretion. All other persons in the launch that are not coaching staff are strongly advised to wear one of the provided lifejackets or their own.
- 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.
 - 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.

VII. 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 → About Us-Policies and Bylaws for coxing & volunteer policy and membership details. Be sure to check the lineup so you can be prepared to cox if assigned.

VIII. 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.

IX. Uncoached Rows – Rower Called

- a. *Experienced masters* reserve ARA equipment for up to two hours by messaging the coach to inquire about conflicts.
- 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 if younger, 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, a Junior Rower Contract signed by their coach, or coaching committee member, their 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.

X. 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 by writing it on the whiteboard. You can also report it in Boathouse Connect. If it is a safety issue please also inform your coach and/or the team manager and tie an orange high visibility tape tag around the equipment.

XI. 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.

XII. 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.

XIII. Etiquette and Effective use of time

- a. Pre-practice your coach will have line-ups and boat assignments posted in boathouseconnect and revisions 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 unless you have made arrangements with the coaches for the change. Rigging format for each boat will be noted and may change over the course of the season.

XIV. Feedback

- a. Surveys will be given throughout the year. Member input is essential. Please complete surveys and questionnaires to assist with team planning.
- b. The current ARA Board of Directors are Marietta "Ed" Hall, Izzy Halcomb, Kate Gilling, Terry Carpenter, Sandra Rudd, Sofie Chisholm, Stephanie Tasker, Erica French, George Bryson. 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, parent, or member of the public.

approved 2/17/26 ARA board meeting