

Carnegie Lake Rowing Association

ROWERS' RESPONSIBILITIES--RACE REMINDERS--COACH'S PERSPECTIVE

(Updated May 2006)

Rowers' Responsibilities

1. **COMMITMENT:** To racing, to teammates, to schedule.
2. **SIGN-UPS:** Fill out all information. Be an active rower in good standing.
3. **DATES:** Sign-ups, practice dates are firm. Sign up in the allotted time; be available for all practices.
4. **SUBS:** If absolutely necessary to miss a practice, get a suitable sub; notify your boat captain.
5. **BOAT CAPTAINS:** Everyone takes a turn. BC responsibilities include obtaining practice coxswains and turning in the Captain's Attendance Log to the Treasurer and Comp Captain.
6. **WAIVERS:** Must be signed for each regatta; some may be signed online.
7. **BEING ON TIME:** To practice, loading/unloading, regatta. Be at the regatta site *at least 2 hours* before your race time.
8. **LOADING & UNLOADING:** is part of racing. Attendance is expected.
9. **RACE DAY COMMITMENT:** Assume a full day commitment. Some regattas are multi-day (e.g., Masters Nationals), requiring attendance for all days, including travel. Leave enough time to get to the race site.
10. **FINANCIAL COMMITMENT:** For distant/multi-day regattas, the financial outlay may be considerable. All fees, including registration, equipment rental, etc, are borne by the rowers, not the club.
11. **DROPOUTS:** All situations are handled on a case-by-case basis. Generally, dropping out after boats are made should only occur in case of emergency. Dropouts will assume financial responsibility for their seats. Problems should be brought to the Competition Committee ASAP.
12. **COMPETITION COMMITTEE:** handles the administrative duties concerning regattas, practices, schedules. The Comp Committee does *NOT* make boat line-ups. If you have a boating question or problem, see the Club Captain.
13. **UNIFORMS:** All rowers must wear CLRA racing uniforms to race. We compete in black racing gear (unisuits, tanks, T-shirt, or long-sleeve tops).
14. **RESPECT FOR PEOPLE:** For your teammates, your opponents, your coxswains, regatta officials (don't *ever* talk back!), dockmasters, etc.
15. **RESPECT FOR EQUIPMENT:** Ours or borrowed/rented, while rowing, rigging, de-rigging, etc. Proper care of boats and oars is expected at *all* times.
16. **RACING:** To 100% of your abilities.
17. **SAFETY:** At home or away, on land or in the water, around the trailer—safety is our paramount concern at all times, and everyone's responsibility.

Race Reminders

1. Sign-up during the posted dates on the sheets on the Laker Bulletin Board near the tank house; race sign-ups are not yet online.
2. Wear sunscreen; bring a hat.
3. Eat a sensible breakfast and bring digestible food to the regatta.
4. Hydrate well.
5. Factor in travel, parking, and walking time to race site arrival.
6. Carpool—parking is often limited at regattas.
7. Race site meeting place is almost always the CLRA trailer.
8. Bring extra layers (for cooler days) and change of clothes (especially for hot &/or wet days).
9. Bring extra toilet paper for the port-o-potties and hand-cleaning gel.
10. Be polite to our hosts, the volunteers and officials at the regatta.
11. Be considerate of others who are trying to launch or dock.
12. Check with Regatta Captain or Club Captain for the time of unloading after the regatta.
13. Volunteer to ride shotgun with the trailer, or to be the “chase car,” following the trailer for safety reasons.
14. Bring your race uniform.
15. Meet with your cox pre-race to discuss strategy and calls.
16. Be aware of obstructions and the path to and from the dock.
17. The cox is in charge. Follow all instructions to the letter.
18. Check all equipment (foot stretchers, riggers, spacers, etc) before launching.
19. Once you approach the line, complete focus is required. No talking.
20. Row hard; have fun!

Coach's Perspective

1. Abide by all safety rules.
2. Take proper care of equipment.
3. Race boat assignments are given much consideration. Boatings are made up using a variety of factors:
 - A. ATTENDANCE: Regular practice attendance is necessary (the coach must know you to boat you!)
 - B. PERFORMANCE: Work hard at every practice and demonstrate your efforts
 - C. LOGISTICS: Boatings depend on available events as well as other rowers
 - D. ERG SCORES: Not a major factor, but another piece of information