



Saint Andrew Rowing Club, Inc.

P.O. Box 500065
Atlanta, Georgia, 31150
www.standrewrowing.com

GENERAL INFORMATION

PRACTICAL INFORMATION THAT CAN BE FOUND ON THE WEBSITE:

- Contact Information
- Announcements
- Calendar of Events
- Directions to the church, to regattas, to Georgia Tech
- Practice Schedules
- Rowing Basics
- Race Results
- Team Roster
- Club Events
- FAQ's about rowing

OTHER INFORMATION THAT CAN BE FOUND ON THE WEBSITE:

- Saint Andrew Rowing Club History, Mission, Vision and Values
- Coaching Team
- List of Board of Directors and contact information
- Minutes from board meetings
- Our community service efforts
- Pictures from regattas
- Club By-laws

REGISTRATION

Registration is held at Saint Andrew Church on the Saturday before season practices begin (mid-January and mid-August). The date and time are posted on the website. Returning rowers receive pre-printed registration forms to complete and return at registration. New rowers must download copies of the registration form and all required documents from the website to complete and bring to registration.

Coaches, rowers and board members are available to answer any questions.

COSTS

Registration fees

Because membership fees pay our operating costs, REGISTRATION FEES MUST BE PAID BEFORE YOUR CHILD CAN BEGIN TO PARTICIPATE IN CLUB ACTIVITIES.

Equipment fees

The Club's budgeting process depends on the contribution from each family of annual equipment fee (half due at the beginning of each rowing season). This fee helps to support the club's growing equipment needs. Families have the opportunity to earn a refund of this fee by selling ads for our annual yearbook published in the spring.

Regatta fees

Many rowers determine which regattas they will attend at the beginning of each season, and pay the related fees, at registration. Pre-payment of these fees helps in planning these events. However, you may elect to pay regatta fees during the season. These fees are determined at the beginning of the season and payment for each regatta is required no less than TWO WEEKS IN ADVANCE of each regatta. Failure to meet this deadline may result in your rower not being able to attend the regatta.

Other payment arrangements: Please contact the club's Chief Operating Officer, Paul Gaigelis, 770-797-7001, if you need to make other arrangements for paying these fees.

If a rower has outstanding fees from the previous season, payment or payment arrangements must be made before they can participate in the current season.

REFUND POLICY

- If a rower chooses not to continue during the first two weeks of practice, a full refund of both the registration and equipment fees will be made.
- If requested at least one week prior to a regatta, any regatta fee previously paid for a regatta that a rower cannot attend, will be refunded.
- There will be no refunds of prepaid regatta fees if rower elects not to attend a regatta with less than 7 days notice, or, if as a result of a disciplinary action or attendance infraction, they are not allowed to participate in the regatta. If the fee has not been paid, it is due and payable.
- Uniform fees are non-refundable as each is custom ordered.

SQUADS

- Novice rowers: first or second season rower
- Varsity rowers: third season rower, senior in high school, or experienced rower

PRACTICE SCHEDULES

- Weekday practice: 4:30-7:00PM
Saturday practice: Alternating 7:30 - 10:00AM or 9:30AM - Noon
- Varsity squads have practice everyday and Saturdays. One specified day for each varsity squad is identified as an 'optional' practice. Optional practices are suspended as racing season approaches.
3 water days, 1 erg day, 1 land day, optional practice is a water day
- Novice squads have practice four weekdays and Saturday
3 water days, 1 erg day, 1 land day
- There is no practice on Sunday.

PRACTICE CANCELLATIONS

In the event of inclement weather, the coach will update the message on the CREW LINE by 3:30PM confirming practice status. However, because weather conditions are unpredictable, practice may be cancelled at the last minute or at any time during practice. It will be the rowers' responsibility to make transportation arrangements when this occurs.

ATTENDANCE - PRACTICE

Rowers and coxswains will be expected to attend all practices. Exceptions may arise where athletes have prior commitments and these will be allowed as "excused" absences when cleared through your coach ahead of time. Missing practice without notifying a coach beforehand will be counted as an

“unexcused” absence. Athletes who accumulate 3 or more unexcused absences will be suspended from the next regatta.

For excused absences, the appropriate amount of prior notification is as follows:

- If you are expecting to miss 1 day of practice, you must give your coach notice 1 day in advance.
- If you are to miss 2 days, you are to notify your coach 2 days in advance, etc.
- If you are to miss 5 days of practice or more, you must give a 2 WEEK NOTICE. There will be no exceptions.
- Additionally, if attendance is poor even with excused absences, suspension from the next regatta may occur at your coach’s discretion.

St. Andrew prides itself on being a fast and competitive crew, which is made possible by the commitment and effort of the athletes. As in all sports, practice makes perfect. Additionally, the team cannot achieve its goals for the season if the athletes continuously miss practice. When a rower or coxswain does not come to practice it upsets the entire boat in which they are seated because the boat either cannot practice or must search for a replacement, which takes time and disrupts the crew’s progress. That is why crew is said to be unique - the ultimate team sport - because it only takes one person to let down an entire crew

ATTENDANCE - REGATTAS

It is strongly suggested that all athletes attend all regattas. Rowers spend a substantial amount of time and effort training in preparation for these races. Therefore, coaches expect that rowers will want to race as much as possible, displaying the same level of commitment to regattas as they do towards practices. Rowers are expected to notify coaches of any regatta **at least 2 weeks prior to the regatta**. Again, some exceptions will arise and coaches will do their best to work with these conflicts. Failure to do so may result in suspension from the next regatta.

Remember, not letting your coach know of your absence from practice or from a regatta ahead of time disrupts boat line-ups and practice schedules. Your coach works hard on making sure practices and regattas run smoothly for everyone so please be courteous and let him/her know as early as possible so that last-minute changes can be minimized, if not avoided all together.

PARKING, DROP OFF AND PICK UP

It is a privilege to use the waterfront on the church property for our club and have use of the parking facilities. However, we must be sensitive to Saint Andrew’s Church parishioners. Our traffic must never interfere with their parking needs. Please be careful to watch for young children. Drive slowly and do not block traffic flow.

At Practice:

- Rowers who drive to practice **MUST** park in the gravel lot at the west end of the church property.
- When dropping off your rower, keep to the right and do not block the drive through lane. If you need to speak with a coach please park your car in a designated spot.
- If your rower is not waiting when you arrive to pick them up, please pull into a parking spot. Do not idle in the drive through lane. Please be very careful when you pass any vehicle that is waiting.

Regatta Weekends:

When rowers or parents park at the church the weekend of a regatta and travel with the bus or in a carpool, they must park in the gravel lot at the west end of the church property.

REGATTAS

The club participates in 5-7 regattas each season. All qualified and prepared rowers participate in their designated events at a regatta. Generally each rower participates in a single event but may be seated in a second race or asked to substitute for another rower at the last minute.

Regattas in the fall are primarily long distance races called head races between 4-6,000 meters (2.5-3 miles). Each boat is timed and results are posted after all boats in a heat have completed their race.

Regattas in the spring are short distance (by comparison to head races) sprints of 2000 meters. These are very exciting usually 4-6 boats race each other to the finish line. Spring season culminates with Southern Regionals and then Nationals for qualifying boats.

BOAT LINE UPS

Your rower should know what event he is rowing in at the regatta the week before the event. However, sometimes this will change at the last minute due to illness, injury, attendance or discipline infraction. When a line up change is required, it often results in seat changes for more than just the one rower in the boat. The coaches do their best to balance the boat to maximize its racing potential and minimize any negative impact from the change.

If you have questions on how boat line ups are determined, please speak to your rower's coach.

RACING SCHEDULE

The racing schedule is beyond our control. The sponsoring club usually sets its schedule at the last possible moment in order to allow for the maximum number of entries. A link to the regatta schedule is usually posted on our website the week of the regatta. Last minute boat cancellations, weather conditions, etc. can result in changes to the schedule, even the day of the regatta. Check the website schedule the night before the race and check with the coach again in the morning to see if there have been any changes.

ALL REGATTA TRAVEL

The team travels together to and from the regatta on buses as a team. Occasionally circumstance prevents a rower from traveling to a regatta with the team and then receives permission from the coach to travel with a parent. On the return trip, a rower can elect to drive home with a parent provided they have notified the coach the Thursday before the regatta.

Parent chaperones (volunteers) travel in tandem with the buses to assist the coaches at rest stops and help in the event of transportation problems. One parent car departs with the buses. One follows shortly after departure.

Boats are loaded onto trailers for transport the night before departure. Generally, parent volunteers (minimum of 2) will depart with the boat trailer the night before the race and stake out a camp site for SA tent city (where team rests between races and parent volunteers gather and/or feed team). The club compensates trailer drivers for overnight accommodation.

Directions are always posted on the website the week of the regatta.

What rowers need to bring to a race:

See "Regatta Essentials" for details on needs for day trips or overnight trips but rowers need to bring their uniform and a water bottle to every regatta.

What spectators need to bring to a race:

See "Regatta Essentials" for details on needs for day trips or overnight trips but a chair is an absolute must for spectators. Parents usually sit together at regattas near Tent City. Name tags are available for parents at Tent City.

DAY TRIPS

Departure: If the regatta is within a 1-2 hour drive, the team generally elects to travel to the regatta site the morning of the races. This means that the buses depart from the boathouse between 4:30-5:30AM depending on the distance and the start of the races. Rowers are expected to load the buses in the morning with supplies so they should arrive 15-30 minutes ahead of departure time.

The coach will confirm the exact departure time for each regatta. The bus will depart on time. Any rower who misses the bus will be transported to the regatta by one of the chaperones.

Return: The crew line will be updated with the team's return time after the bus has departed from the regatta venue or have made their last rest stop.

Rowers are expected to help unload the buses when they arrive at the boathouse. Boat trailers are usually unloaded at practice on Mondays following a regatta, but the coach may schedule unloading for Sundays to maximize practice time during the week especially as the season progresses.

Rowers must be picked up at the church. Rowers will not be left unattended in the church parking lot so parents should double check the crew line in the event that the bus arrives early or has been delayed en route.

OVERNIGHT TRIPS

Departure: If the regatta is several hours away, the team will leave for the regatta site the night before the races. Depending on the distance this usually means either a 4:30-5:00PM departure on Friday afternoon. Rowers are expected to load the buses with supplies so they should arrive 15-30 minutes ahead of departure time.

The coach will confirm the exact departure time for each regatta. The bus will depart on time. Any rower who misses the bus will be transported to the regatta by one of the chaperones.

Accommodation arrangements are made for the team based on confirmed rower participation. It is important that regatta fees be paid two weeks before a regatta. Coaches prepare rooming lists – 4 to a room. Chaperones stay with the team and help coaches with room checks and wake up calls. Parent chaperones are responsible for the cost of their accommodations although the club does make their reservations.

Return: The crew line will be updated with the team's return time after the bus has departed from the regatta venue or have made their last rest stop.

Rowers are expected to help unload the buses when they arrive at the boathouse. Boat trailers are usually unloaded at practice on Mondays following a regatta, but the coach may schedule unloading for Sundays to maximize practice time during the week especially as the season progresses.

Rowers must be picked up at the church. Rowers will not be left unattended in the church parking lot so parents should double check the crew line in the event that the bus arrives early or has been delayed en route

FOOD AT REGATTAS

The club provides food for rowers at each regatta – breakfast and lunch. Our Sous Chef solicits input at the beginning of the season from rowers and the board on menus. Food is purchased and some preparation done in the days immediately preceding the race.

Generally bagels, cream cheese, oatmeal, breakfast bars, fruit and hot chocolate are made available in the morning to rowers. The lunch menu usually includes something warm, filling and health conscious and made available throughout the day and coordinated with racing schedules.

Parent volunteers assist the Sous Chef with set up and preparation of food and clean up. They also help to monitor and control food consumption. Even if you are not the scheduled volunteer for that regatta, they can always use extra help.

There are usually local food vendors at each regatta to feed spectators. Because our parents do not confirm that they will attend regattas, we do not generally have enough food to feed everyone, however, parent volunteers are welcome to eat once all the rowers have been fed.

Rowers purchase dinner on the return trip when the bus makes a rest stop. This also happens on travel to a regatta that requires an overnight stay.

REGATTA ESSENTIALS

	For the Rower	For the Spectator
DAY TRIP	Sleeping bag Pillow Uniform (top and bottom – Novices!) Socks Sneakers Nalgene or water bottle \$ for dinner while traveling \$ to purchase regatta t-shirt Weather gear – depending on forecast: Wind/rain jacket, hoodie or sweatshirt	Directions (print from SA website) Schedule (print from regatta website) Folding chair Reading material Field glasses Snacks Weather gear – depending on forecast: Wind/rain jacket, umbrella, blanket
OVERNIGHT	Sleeping bag Pillow Uniform (top and bottom – Novices!) Socks Sneakers Nalgene or water bottle Change of clothes Sleepwear Basic toiletries \$ for dinner while traveling – both ways \$ to purchase regatta t-shirt Weather gear – depending on forecast: Wind/rain jacket, hoodie or sweatshirt	Directions (print from SA website) Schedule (print from regatta website) Folding chair Reading material Field glasses Snacks Weather gear – depending on forecast: Wind/rain jacket, umbrella, blanket

PARENT PARTICIPATION

Our Club principally relies on the parents of its present and past rowers to serve on the Club's Board of Directors and to fill other essential roles. Parents will have an opportunity both at registration and the board sponsored family dinners (held at the church in September and in February) to learn more about how they can support the team.

Parent Volunteer Coordinator, Priscilla Summers, will contact parents to enlist their help throughout the season.

Volunteer opportunities include:

At Regattas	Board or Operations Support
Chaperones Boat trailer drivers Menu design and food purchases Tent City <ul style="list-style-type: none"> • Set up • Food preparation Hospitality Regatta support such as timers, boat drivers, announcers, merchandise sales, etc.	Board or committee positions Merchandise Fundraising Hospitality Community service Yearbook Boathouse and grounds maintenance Special event planning Equipment maintenance support

Our parent volunteers are essential to a successful season. Our very own John Hunter Regatta in April requires a huge volunteer effort and we count on support from every parent to make it a success.

Contact any member of our Board of Directors to discuss your interests. We can put your unique talents to work.

COMMUNICATIONS

We try to keep information on the website as current as possible so that you know what we know when we know it. However, at certain times during the year or season we will be sending you information on registration, regattas, events, etc.

Our primary means of communication is email. This is the most efficient and effective communication vehicle for both sharing information with our community and for direct contact with individuals on the board or your rower's coach. Please keep us informed of any changes in email addresses or telephone contacts.

The subject line for all communications from the club to its membership, rowers and parents, will be identified as "SARC Communication" and sent as a blind copy when broadcast.

Coaches will communicate by email with their squads directly.

General broadcast communications from the club will come from the Secretary.

Direct communications will come from the President or other board member designated with a specific responsibility such as statements, requests for volunteer support, etc.

Unauthorized use of SARC email lists is prohibited.

Communicating with Coaches:

The coach or head coach is the best person to speak to when you have questions or concerns related to rowing - practices, schedules, rower performance, coach performance, conflicts, injuries, etc.

- Rowers are encouraged to talk to their coaches to get feedback on their performance or discuss any concerns they have. Rowers are also encouraged to talk to their team captains when they have questions or concerns.
- Parents are encouraged to speak to or email their rower's coach with any questions or concerns they have, or to contact the head coach directly if these are not satisfactorily addressed by the squad coach or they have additional questions or concerns. Coaches do not have time during practice to speak with parents but may be available either shortly before or after practice or by phone.

Communicating with the Board of Directors:

- Parents are encouraged to contact any board member when they need help or have questions relating to club operations or when the coaching team has not been able to help. This can be done through links on the website, by emails or by phone. Contact information is available on the website for each board member.

Board Meetings

The Board of Directors works tirelessly between regularly scheduled meetings to keep things running smoothly at the boathouse and behind the scenes. Often there are board members at the boathouse during practice. Monthly meetings are primarily for bringing members up-to-date on task progress and soliciting additional input. The board meets the second Monday of the month and they are open to any club member who would like to observe.

If you have a discussion item you would like the board to consider putting on the agenda, submit your request on the website and a board member will contact you. This must be done at least one week in advance of a meeting. It is possible that the board member will be able to address your situation.

General communications you can expect from the club:

Prior to the commencement of the season

- Registration details
- Pre-registration forms for returning rowers
- Preliminary regatta schedule and any special events

During racing season

- Reminders to pay upcoming regatta fees (two weeks before regatta)
- Information on upcoming regattas (week of regatta)
- Statements for outstanding fees
- Volunteer support requests

In spring

- Roster of nominations for the Board of Directors for coming year and notice of general meeting