Rose City Rowing Club
Novice Spring Parent Meeting

www.rosecityrowing.org/about/ParentMeet.php

- Follow the Spring Program Guide
- Join the Parent Email Group
- Volunteer for RCRC activities
- Submit your USRowing online waiver
Rose City Rowing Club

Spring 2020
Staff and Board

**Varsity Coaches**
Nick Haley, Head Coach
Alex Cockerill
Daniel Ellis
Julia Hamburger
Texas Lawton
Molly Mastrorilli
Anna Smith
Leslie Walker

**Team Manager**
Lynn Walton

**Uniform/Special Events Coordinator**
Suzanne King

**Lindsay McQuaid**
President/Treasurer

**Graham Taylor**
Vice President

**Hayley Nunn**
Secretary

**Kalle Crafton**
Director

**Maddy Dinse**
Director

**Chris Farrington**
Director
Rose City Rowing Club

Mission Statement

Encourage and empower young adults to become capable and confident people within the framework of a nationally competitive, team-oriented rowing program.
Fun is...

• Giving and getting respect for earnest effort
• Getting smarter, fitter and faster
• Earning accolades for doing the best job you can
• Taking calculated risks to push your limits
• Contributing to team successes
• Getting personal and team PRs
• Making lifelong friends
• Making your boat really fast
Safety

Athletes

• Required to pass a Float Test

• View the USRowing Safety Movie and review emergency safety procedures periodically

• Coxswains wear inflatable PFDs on water

• Required to run or jog in groups on the Esplanade and carry emergency whistles

• Strictly prohibited from working out using athletic or rowing equipment without coach supervision

• Strictly prohibited from rowing without being accompanied by a safety launch
Safety

Coaching

• Pass background checks conducted by the National Center for Safety Initiatives
• Complete SafeSport training about misconduct in sport
• Adhere to RCRC “Participant Safety Policy”
• First Aid/CPR certified by the American Red Cross
• Passed the Oregon Boater Education test
• Carry cell phones and radios throughout every practice
• Receive formal training in rescuing athletes in the unlikely event of an “in-water” emergency
Safety

Equipment

• Coaching launches accompany rowing shells at all times on the water and carry appropriate emergency equipment (including lights and PFDs) as recommended by the Oregon State Marine Board (OSMB)

• Rowing shells are equipped with proper lighting as recommended by the OSMB
Safety

SafeSport Training

• Rose City Rowing Club requires all staff members and volunteers to complete awareness training concerning misconduct in sport.

• Misconduct includes bullying, harassment, hazing, emotional misconduct, physical misconduct, or sexual misconduct, including sexual harassment.

• Rose City Rowing Club receives free SafeSport training online at: http://safesport.org/

• Parents intending to volunteer in jobs involving direct contact to the athletes should to take the training.
Characteristics of the Complete Athlete

**ATTENDANCE**
"Ninety percent of success is showing up."

**FITNESS & TECHNIQUE**
- Measured results
- Perform in:
  - Practice
  - Races
  - Seat races
  - Erging
  - Runs, etc.

**EXPERIENCE & DESIRE**
- Preparation
- Self care
- Attention to detail
- Responsibility for results/actions
- Care for injuries
- Attend practice/regattas
- Care for diet
- Assess self development
- Ask questions

**PEER & COACH INTERACTION**
- Leadership
- Ability to work together
- Chemistry
- Respect earned and given
- Have respect for:
  - Rules
  - Coaches/staff
  - Peers
  - Parents
  - Facility
  - Equipment
  - River
- Encourage a teammate
- Organize a boat dinner
- Offer to help at boathouse

**CONSISTENT EFFORT**

**COMPLETE ROWER**

THERE ARE NO SACRIFICES, ONLY CHOICES.
Code of Conduct

Rose City Rowing Club requires all athletes to sign the “Athlete Code of Conduct.”

The Code exists to keep members safe and to help insure a positive and productive environment in which to train and race.

The Code addresses appropriate behavior, use of illicit substances, sexual contact, and misconduct of any kind.

Determining whether or not a violation of this Code of Conduct occurs is within the sole discretion of the coaches.

The Code is reviewed and discussed at practice. All athletes are required to turn in a signed Code of Conduct form.
Code of Conduct

ATHLETE CODE OF CONDUCT

I understand that in order for a team to function with respect, trust and goodwill each member must take responsibility for his or her words and actions. I understand that the club rules and guidelines exist to keep members safe and to help insure a positive and productive environment to train and race in. I also understand that determining whether or not a violation of this Code of Conduct occurs is within the sole discretion of the coaches.

I promise to conduct myself in accordance with the following code of behavior:

• Athletes will not ask their teammates to be complicit in any infraction of the Club’s policies or rules.
• Athletes will not lie, cheat or steal.
• Abusive, racist or bigoted language and attitudes are not acceptable.
• Athletes will not consume illegal drugs and alcohol while participating in any club activity. Violators will be excluded from the team. Athletes understand that consuming illegal drugs and alcohol in other circumstances will negatively affect the health and success of the team and such activities could have an impact on their place on the team.
• Athletes will act responsibly and show respect for the rights and feelings of others. Irresponsible activities that impact the members of the club in any way could result in disciplinary action up to and including expulsion from the club. This includes but is not limited to:
  - Behavior on social networking sites (such as Facebook). Athletes should understand that they might be held responsible for their statements, pictures and posts.
  - Any kind of misconduct, sexual or otherwise, which has the effect of harassing, bullying or demeaning a peer, a coach or the larger RCRC Community.
  - Intimate sexual contact during team activities such as practice, traveling or at regattas, including consensual sexual contact.
  - Behavior on the water, in the community and in racing that reflects poorly on the club in any way.

Athlete signature: ____________________________

Printed Name: __________________________________________

Date: ________________________________________________________________________________
Communications

Practice Message Line

971.258.2101

All athletes are required to text a message to this number by 3:55pm:

1) If you are coming to practice, estimated arrival time

2) If you are not attending practice, reason for not coming
Communications

General Information/Administrative (Lynn)
Lynn@rosecityrowing.org
rcrowing@comcast.net

Head Coach/Coaching Questions (Nick)
Nick@rosecityrowing.org
nickhaley@comcast.net

Board of Directors (Lindsay)
lindsay.e.mcquaid@gmail.com
Communications

Parent Email Group

Send a blank email with a blank subject line to:

Rosecityrc-subscribe@yahooogroups.com

OR

Join at this link:

https://groups.yahoo.com/neo/groups/rosecityrc/info
Communications

Web Page
http://www.rosecityrowing.org
Username: rcrc;  Password: pdxrows

Twitter
http://twitter.com/RoseCityRowing

Facebook
“Like” the Rose City Rowing Club public page
Join the Rose City Rowing Club group page

Instagram
RoseCityRowingClub
Registration Check List

- Pay fees
- Turn in forms
  - USRowing paper waiver
  - Emergency Medical
  - Fee Policy
  - Float Test
- Submit online waiver
- Join parent email group
- Order uniform/apparel
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Participants</th>
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</thead>
<tbody>
<tr>
<td>Jan 2</td>
<td>Return from holiday break</td>
<td>All athletes</td>
</tr>
<tr>
<td>Feb 3</td>
<td>Back on the water</td>
<td>All athletes</td>
</tr>
<tr>
<td>Feb 9</td>
<td>Cyberg at University of Portland</td>
<td>All athletes</td>
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<tr>
<td>Feb 17-28</td>
<td>Spring Beginner Phase 1</td>
<td>New beginners</td>
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<tr>
<td>Mar 8</td>
<td>Spring Dinner at Tiffany Center</td>
<td>All families</td>
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<tr>
<td>Mar 14</td>
<td>Green Lake scrimmage</td>
<td>All athletes</td>
</tr>
<tr>
<td>Mar 19</td>
<td>Nutrition presentation</td>
<td>All athletes</td>
</tr>
<tr>
<td>Mar 21-28</td>
<td>Spring Break Training Camp (Shasta)</td>
<td>All varsity</td>
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<tr>
<td>Mar 23-27</td>
<td>Spring Break practice in Portland</td>
<td>All athletes</td>
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<tr>
<td>Apr 5 &amp; 11</td>
<td>Rose City Invitational</td>
<td>All athletes</td>
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<tr>
<td>Apr 18</td>
<td>Picture Day at Vancouver Lake</td>
<td>All athletes</td>
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<tr>
<td>Apr 23-26</td>
<td>Brentwood</td>
<td>Select athletes</td>
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<tr>
<td>May 2</td>
<td>Opening Day</td>
<td>Select varsity</td>
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<tr>
<td>May 15-17</td>
<td>NW Youth Championships</td>
<td>All athletes</td>
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<td>May 19</td>
<td>College Seminar</td>
<td>All parents</td>
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<td>May 20</td>
<td>Spring Award Dinner</td>
<td>All families</td>
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## Cost Estimate

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td><strong>PROGRAM FEES</strong></td>
<td></td>
</tr>
<tr>
<td>Fall (Sep/Oct/Nov)</td>
<td>$480</td>
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<td>Winter (Dec/Jan/Feb)</td>
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<td>Winter 1 (Dec)</td>
<td>$100</td>
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<td>Winter 2 (Jan)</td>
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<td>Winter 3 (Feb)</td>
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<tr>
<td>Spring Beginner Ph. 1 (Feb)</td>
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<td>USRowing Membership</td>
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<td>Novice uniform</td>
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<tr>
<td>Varsity uniform</td>
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# Cost Estimate

## TRAVEL (* is Novice eligible)

<table>
<thead>
<tr>
<th>Spring</th>
<th>Event</th>
<th>Location</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Spring</td>
<td>Green Lake scrimmage</td>
<td>Seattle</td>
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<tr>
<td>Spring</td>
<td>Spring Break Camp</td>
<td>Shasta Lake, CA</td>
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<tr>
<td>Spring</td>
<td>Brentwood *</td>
<td>Mill Bay, BC</td>
<td>$400-$500</td>
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<tr>
<td>Spring</td>
<td>Rose City Invitational *</td>
<td>Vancouver, WA</td>
<td>Included</td>
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<tr>
<td>Spring</td>
<td>Opening Day</td>
<td>Seattle, WA</td>
<td>$125-$175</td>
</tr>
<tr>
<td>Spring</td>
<td>Picture Day *</td>
<td>Vancouver, WA</td>
<td>$20</td>
</tr>
<tr>
<td>Spring</td>
<td>NW Youth Championships *</td>
<td>Vancouver, WA</td>
<td>$100-150</td>
</tr>
<tr>
<td>Spring</td>
<td>Youth National Championships</td>
<td>Sarasota, FL</td>
<td>$1000-$2000</td>
</tr>
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</table>
Three ways to pay fees

1. **PayPal links**
The preferred method of payment is using the PayPal links on our web page. You may pay by credit card or direct withdrawal from your checking account.

2. **PayPal “Send” money**
If you can’t find the link or amount you need, “Send” any amount through PayPal to this email address: rcrowling@comcast.net

3. **Check**
Drop your check in the clubhouse mailbox or send it to our mailing address:
1327 SE Tacoma Street, #224, Portland, OR 97202.

**No cash please!**
Paying Fees

• Pay the correct amount and on time!

• Use the links on the web page to make payments by credit card whenever possible.

• If paying by check:
  – Place the payment in the mailbox yourself. Avoid sending a check with an athlete.
  – NEVER give your check to a staff member.
  – Always identify your athlete’s name on the check
  – Always identify what you are paying for on the check.

No cash please!
Top 10 things parents can do to help athletes be successful

1. Be an informed parent—join the parent email group, and check your email and the RCRC web page frequently for news and information. Attend parent meetings and special events, and participate in fundraisers.

2. Be sure your child has transportation and can arrive at practice on time.

3. Be sure that you or your child calls the RCRC message line (503.????.????) by 3:55 to report an absence or late arrival.

4. Encourage your child to eat nutritious foods; discourage wasting calories on junk food and soda. Be sure they get enough sleep!
5. Be sure that your child arrives at practice with appropriate clothing and has dry clothes to wear home.

6. Be sure that fees are paid and forms are turned in on time.

7. If your child complains of pain or an injury, be sure that your child’s coach knows about it. Athletes often try to “row through the pain” for fear of getting behind. It is extremely important that you let a coach know if they are experiencing abnormal pain or are feeling unusually ill.
Top 10 things parents can do to help athletes be successful

8. If your child comes home from practice unhappy or seems unclear about what is going on, or if you don’t understand something that has happened at practice or a regatta contact the Head Coach (Nick) to discuss the issue.

9. If your athlete is going to be out of town for ANY extended period of time (missing more than one practice), communicate your plans to your child’s coach ahead of time to avoid any surprises with regard to boat eligibility and participation in regattas.

10. If you have a problem affording fees, contact the Team Manager (Lynn, rcrowing@comcast.net) to discuss financial assistance or a payment plan.
Getting Plugged Into Rose City

I want to contribute to the development and operations of the club. "Active" parents may not serve on our Board of Directors or on our Coaching Staff. Parents can work on fundraisers, projects, events and community/alumni outreach, under the direction of the Board of Directors, Team Manager and Coaching Staff.

I want to communicate with club operators.

- Board Pres. Lindsay McQuaid: lindsay.e.mcquaid@gmail.com
- Team Manager Lynn Walton: lynn@rosecityrowing.org
- Coach Nick Haley: nick@rosecityrowing.org, 503-799-9440

Parents can be meet coaches in person at the end of practice by appointment.
Getting Plugged Into Rose City

I want information about RCRC and our activities. Our web page is the primary source for all information: www.rosecityrowing.org. We have a list serve email for updates and bulletins. Come to parent meetings and the Parent Expo.

I want to know how my athlete is doing. Talk to your athlete. Talk to a coach (you are welcome to make an appointment for a private meeting). Watch for updates from coaches on the web page and list serve email.

I want to get connected to other Rose City Parents. Come to our meetings and events. Attend regattas. Host a crew (and parents) for dinner. Arrive before the end of practice and meet other parents waiting to pick up their athletes. Participate in online social networking.
Getting Plugged Into Rose City

I want to be involved in club events alongside my athlete. Help staff the Ergathon. Create and lead a fundraising or social event. Learn to row and enter a race with your child.

I want to watch my child row. Ride with one of the coaches in the launch. Come out for the races. Watching the athletes in the clubhouse is difficult, given the limited space available, but it can be arranged by special request.

I want to know more about the sport of rowing. Attend the Parent Expo event. Ride with one of the coaches in the launch. Check out the web page www.row2k.com. Take a rowing class at the Station L rowing club.

I want to live vicariously through my kid. There might be a reason your athlete is heading out to sea...
At RCRC, the number one goal is to have fun. If your child is not having fun, you may want to check in with him or her, as well as with their coach. Here are some questions you can ask to learn how it is going for them at the practice:

**I'm not having fun.** How do you define "fun"? Do you know how "fun" is defined at the clubhouse? Have you been improving? How do you know? Have you talked to your coach about how you are feeling?

**I don't know how I am doing.** Are you doing a good job of recording your workouts and results in your log? Have you reviewed your results over time? What are the ways the athletes are marking their progress on and off the water?
Knowing how it’s going

I'm not improving as quickly as my friend. Kids improve at different paces. Have you talked to your coach about how you can be more effective in your training? What areas in your training do you think you might be able to step up?

I'm not getting the results I want. Are you concentrating only on the outcome, or are you working on the process the most? What are your goals at RCRC? Do you have a plan for how you can reach the results you want? Have you discussed your plan with your coach? Do you need additional information or help?

I'm not getting along with my teammates/coach. Have you been behaving as a responsible member of the team? Are you making an appropriate contribution on a daily basis? Have you spoken to your coach about it?
Knowing how it’s going

**I don't know why I'm in the boat I'm in.** Do you know what the selection process is? Do you know how your results stack up against those of your teammates?

**I never win races.** Are you having fun on a daily basis? Are you trying as hard as you can? Are you improving? Do you recognize your level of competition?

**Rowing is boring.** Do you feel like you are improving? Do you know what the next steps are in your development? Do you feel like you are over your head? Do you still consider the goals you have set at rowing worthwhile? How else could you spend your time constructively?
Boating Policy

The primary purpose of Rose City Rowing Club is to involve and educate all those with serious interest, regardless of an individual’s size, shape or athleticism (given equipment limitations). The program is competitive, however, in that crews will be constructed according to ability, attitude and commitment (including attendance). Certain expectations will be placed on all athletes and crews that desire to represent the club. Crews will be expected to meet the requirements of the physical program as well as represent the club appropriately.

In general, it will be up to the specific coach to determine what will be required of each crew to be successful at the local, regional and national level. It is suggested that athletes discuss the training program with their coach rather than make assumptions about the demands that will be made of them over the course of the season and year.
Boating Policy

Although parents are encouraged to discuss their child’s training program, boatings and training programs will be selected based on a coach’s professional judgment and shall be solely their decision. A coach’s decision is not subject to parent influence or input. Seniority within the program is not relevant to seat selection.

Although it is not required that our participants attend regattas, individuals that choose not to attend may be precluded from some crews.

Athletes and parents should communicate with coaches about extended out-of-town travel (missing more than one practice) to ensure that travel plans will not jeopardize boat selection or regatta participation. Missing practices prior to any given regatta may impact an athlete’s eligibility to participate. As a general rule of thumb, athletes wanting to compete as a member of a varsity/junior varsity crew at any regatta should be at practice for the two weeks leading up to the regatta.
Fundraisers

**AmazonSmile**
Log into your Amazon.com account and select Rose City Rowing Club as your charity, and RCRC will receive a percentage of every purchase you make:
https://smile.amazon.com/ch/93-1327726

**Fred Meyer Community Awards**
RCRC receives a percentage of any Fred Meyer purchase when you present your Fred Meyer Rewards Card at checkout. Register your card with Rose City Rowing Club as your charity of choice at this link:  www.fredmeyer.com/communityrewards
**Fundraisers**

**Ergathon**
Our biggest fundraiser of the year!

**Wreath Sale**
The annual wreath sale is an opportunity for athletes to earn money to put toward their travel fees. Wreathes are an easy sale and the profits add up faster than what you would expect. Buy for your entire office or company! Athletes should begin selling wreathes in September!
Clubhouse/Boatyard Rules

• No running or jogging in the clubhouse or boatyard.

• NO BARE FEET IN THE BOATYARD.

• No wrestling or roughhousing of any kind in or around the clubhouse, boatyard, shells or equipment.

• RCRC is located in a clubhouse with several organizations and clubs. All other tenants must be treated with courtesy and respect at all times. RCRC athletes should refrain from entering neighboring areas without permission.

• Junior participants may not use the RCRC equipment or facility without express permission from one of the coaches.

• Use, possession or sale of intoxicating beverages, illicit narcotics or drugs by rowers or coaches during any RCRC event is grounds for immediate expulsion from the club.
Parking

• Parking spaces marked “Portland Boathouse” are for building tenants. Do not park in these spaces.

• Athletes or parents wanting to park and come into the clubhouse for any period of time should park in free spaces on the streets in the neighborhood surrounding the clubhouse.

• Athletes should not arrive at the clubhouse before 3:00.
Travel Rules

• All athletes are required to travel with the team to away regattas.

• Athletes are expected to remain at the regatta until racing is complete. Athletes may depart with parents only after the trailer is completely loaded. Athletes may not leave the regatta with other junior athletes where no parental supervision is present. Athletes need to check in with their coach before departing.

• Athletes are expected to represent our club in a respectful manner both on and off the water. Good manners and sportsmanship are expected at all times.

• Athletes are expected to wear the assigned uniform during racing and black outerwear for warm-ups.
Travel Rules

• Athletes travel with the express purpose of racing. Other activities are secondary and left up to the coach’s discretion.

• If a coach receives a complaint about an athlete or group of athletes while traveling to races, either at the racecourse or at the hotel, the athlete(s) may be barred from racing.

• It is up to each athlete to be aware of the departure times for away races. Buses and vans may not be able to wait.

• Parents should be timely when picking up athletes after a regatta. Athletes are directed to update parents with arrival times. Coaches will wait at the clubhouse until the last kids are picked up.

• Athletes may not leave the clubhouse area until someone arrives to pick them up. Please do not ask your athlete to leave the premises to meet you at a different location.
Rules of the road—traveling with your crew

• **Be on time.** Know the schedule and have a watch. Five-ten minutes early is “on time.” Don’t make the team wait for you.

• **Be prepared.** Know what you need for the trip. Have the proper clothing, ID, medicine, supplies etc. Know where you are going and what you are doing there.

• **Share.** In the hotel don’t scatter all your stuff everywhere—take one corner. Don’t use all the towels.

• **Be courteous.** Don’t make a swamp in the bathroom. Don’t eat in a bed you are sharing with someone else. Don’t leave your cell phone on so it rings at 3am. Don’t force others to listen to your music. Take short showers. Don’t hang out in the hotel halls making a lot of noise.
Rules of the road - traveling with your crew

• **Don’t mess with stuff that isn’t yours.** Food on the table isn’t an invitation for you to eat it. Ask before touching things that belong to other people.

• **Know the rules.** “I didn’t know we weren’t allowed to do that” isn’t an excuse.

• **Remember why you are there.** We are not on vacation. We are racing. That is the priority and everything we do is with successful racing in mind. You have worked hard to get the best result possible.

• **Be a good sport.** Behave as you would if your competition was watching. They are. Be polite; respect the rowers and officials you interact with.
Rules of the road-traveling with your crew

• **Be flexible and patient.** Don’t whine. You won’t always get to do exactly what you want.

• **Have fun.** If you do it right, no one will hassle you and you will be free to enjoy your trip and event. And you’ll make our team fun to be on the road with.
Regatta Protocol

Upon arrival at the course
• Establish RCRC area: Set up tents, slings, rig shells.
• Familiarize yourself with the launch area, restrooms and concession facilities

While waiting to race
• Stay out of intense sun or inclement weather
• Stay off your legs as much as possible
• Stay with your crew
• Act as responsible representatives of our club
• Never run around shells
• Hydrate with water
Regatta Protocol

2 hours before race
• No communication with family/friends until after race
• Coxswains, lightweights weigh in
• Hydrate with water, small amount of Gatorade OK
• Eat light carbohydrates, snacks
• Check shell, rigging, blades and cox box
• Collect bow number
• Verify regatta time
• Stay near the shells

1.5 hours before the race
• Make sure your uniform is on
• Check seat pad (if necessary)
• Warm-up jog with your crew, stretch
• Fill your water bottle, hydrate with water
Regatta Protocol

1 hour before race
• Review race plan with coach
• Take blades to launch area
• Hydrate with water

45-50 minutes before race
• Carry boat with crew from shell area to launch

Immediately after race
• De-brief with coach
• Retrieve blades from landing area
• Stretch, drink lots of liquids, Gatorade OK, eat something

Departing the course
• De-rig shells, load trailer, clean up trash
• Go to the bathroom, get in vans or bus
First class performance requires first class fuel.
A balanced diet has carbohydrates, protein and fat. Your plate should resemble this chart at every meal:
Nutrition
Fueling your body for ultimate performance

Carbohydrate sources include grains, fruits and vegetables. Include 6-12 servings of grains and 5-9 servings from fruits and vegetables a day. Sources include whole grain breads, cereals, baked crackers, pretzels, baked chips, fruits and vegetables.

Protein sources include chicken, fish, lean beef and low fat dairy products. Nonfat milk is also an excellent source of protein. Teenage athletes need 3-4 8-ounce glasses a day. Vegetarians should make sure to get protein from non-animal sources such as tofu, beans, cheese or eggs.

Fat sources include nuts, oil and salad dressings.
**Nutrition**

*Fueling your body for ultimate performance*

**Hydrate!** Fluids are often overlooked in the sports diet. Dehydration will compromise performance. Drink eight 8-ounce glasses of water a day, and then add four ounces for every 15 minutes of training.

Sports drinks are important in providing carbohydrates and electrolytes when you are training over an hour, if you have not eaten enough carbohydrates during the day, or your last meal was 4 hours or more before competition or practice. Carry a personal water bottle all day to stay hydrated before practice starts, and drink often during training.
Nutrition
Fueling your body for ultimate performance

**Travel:** We usually take our own healthy food to regattas. However, we frequently make meal stops along the way. Kids should head for the grocery store or Subway, and not to McDonald’s or Pizza Hut. Take healthy snacks for the trip and be sure to bring a water bottle.

**PARENTS:** Help our athletes eat right on race day! Avoid presenting them with “surprise treats and goodies” that will do more harm than good. Save the donuts and pizza for home.

**Foods to avoid:** Fried foods (french fries, onion rings), foods with heavy fats (pizza, hamburgers), carbonated beverages, foods with lots of sugar (candy, ice cream, soda, donuts, cookies)
United States Rowing Association (USRA)

• USRA is the National Governing Body for rowing in the United States.

• **All athletes are required to submit an online waiver:**
  http://membership.usrowing.org
  Enter our Club Code CXN6G
  Cost for a “Basic Membership” (submit a waiver) is $9.75

• All athletes are required to purchase a “Championship Membership” to participate in the NW Youth Championships in May. Cost is $45.

• Note: It is not necessary to become a “Championship Member” of USRA to participate in RCRC activities. It is necessary to become a member if your athlete will participate in the NW Youth Championships in May.