

CHALLENGE ACCEPTED

#STATIONL

STATION L
ROWING CLUB

CLUB HISTORY

Station L Rowing Club was founded in 1972 by 28 founding members, whose names can be found on a plaque in the current clubhouse. The original boathouse was constructed on a wood-chip barge and, in early 1973, moored next to Portland General Electric's Station L power generating plant. In 1975, the structure and contents burned in a fire. The boathouse was rebuilt and new equipment acquired. Into the 1980s, the boathouse operated as a cooperative with Lewis and Clark and Reed Colleges.

OMSI purchased the PGE site in 1986 and, in 1987, Station L moved the boathouse to a moorage site near the Fremont Bridge. This was a period of rapid growth for the club - new equipment was added and competitive Station L crews became a regular sight at Northwest regattas. In 1989, the barge and boathouse temporarily sank after a pump failure. Under the leadership of then-Station L president Ian Townshend, the Club began a search for a new home. In 1994, Station L was relocated to the Westar Electric site. Club membership grew to over one hundred and class offerings proliferated. The boathouse reached capacity with five 8+'s, six 4+'s, and numerous small boats.

In February 1996 Station L was again threatened, this time by Willamette floods. The boathouse was saved by members who stayed aboard the barge around the clock for three days. The flood left silt, however, which settled in the moorage area around the barge. Low water in October 1997 caused the barge to tip and fill with water, ending its twenty-four year history as the base of Station L operations. As of 1998, Club boats were split between Riverplace Marina and Oaks Park.

In December 2004, Station L moved into the Portland Boathouse on the east bank of the Willamette River near the Hawthorne Bridge, a location that was about 500 meters north of the original 1973 Station L site. Over the next 15 years, Station L solidified its place as the largest masters rowing club in Oregon. Our professional coaching staff has grown to a team of over ten experienced and dedicated individuals. Our members regularly compete in regional and national regattas and we have the most active Learn-to-Row program in the state.

Station L founded Row for the Cure in 1994, and celebrated the 20th anniversary of this fundraising regatta in 2013. In 2007, we began hosting the Portland Fall Classic with our neighbors at Rose City Rowing Club. On the last Sunday in October the PFC attracts thousands of the best junior, college, and masters rowers in the region to Portland.

In 2015, Station L welcomed the members of Portland Women's Rowing, as the two clubs joined forces with the continuing goal of providing a wide range of rowing opportunities for our members.

In 2019, along with other residents of the Portland Boathouse, we moved our clubhouse to a red-and-white building at 403 Caruthers St. We now row out of a boatyard two blocks away, at the west end of SE Ivon Street.

For future growth, we are working with many other organizations on the [Portland River Center](#), a future home for a variety of river-based activities and educational programs.

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"Every good outing is a joy, and every good stroke rowed is a pleasure in itself"

-Steve Fairbairn, On Rowing: Part III

Introduction

Welcome! We are so happy to welcome new rowers to our club. Rowing is one of the fastest growing sports in the U.S. and that is reflected in the growth of the Station L program over the past several years! Whether you're a recent graduate of the "Learn to Row" program or have rowed for other clubs or teams, the purpose of this handbook is to provide an overview of the Station L's programs and general guidelines for participation and involvement.

Ready All...Row!

Station L Rowing Club Values & Expectations

Welcoming & Inclusive

Station L members work to make our club welcoming to all individuals interested in learning, competing, or improving their rowing skills. We strive to provide masters rowers of all ages and experience levels a supportive, fun, respectful, and safe environment in which they can self-challenge and grow as athletes. Station L provides masters rowers access to rowing, coaching, and community engagement regardless of gender, gender identity, race, ethnicity, sexual orientation, or age.

Learning

Club members and staff promote the exchange and receipt of constructive feedback in an effort to improve rowing skills and fitness.

Shared Responsibility

Station L expects all members to engage in respectful interactions with other club members, staff, guests, the Portland waterfront community, and the broader rowing/boater world. This includes personal interactions/conversations, social media postings, and interactions through other venues.

Club Administration

Registration & Membership

As part of Station L membership, rowers also need to join US Rowing and have a signed safety waiver. To sign the waiver, go to <http://www.usrowing.org/sign-a-waiver/>. Detailed instructions are available on our website at <https://stationrowingclub.com/learn-to-row/swim-test/>. To complete this waiver, you will need your US Rowing membership number and the Station L club code ETSZL.

There are three levels of US Rowing membership. For most rowers, the Basic membership, along with a current signed waiver, will do.

Basic Membership (~\$10/year)

Standard for all Station L members and covers fees for most regattas we attend.

→ Add-on **“Regatta Package” (~\$40/year)**

This membership is required to participate in Regional and Masters National Championship regattas.

Championship Membership (\$65/year) will get you all of the above plus a subscription to Rowing Magazine.

All members and all Learn to Row class participants must fill out a swimming ability waiver (in addition to the US Rowing waiver) at <https://stationrowingclub.com/learn-to-row/swim-test/>.

Membership Dues

The Station L membership season is January through December. If you took Learn to Row classes at Station L, you will be offered a discount for your first partial year as a member.

Membership dues can be paid in two ways: in a single installment due in January or in 12 installments over the course of the year. The 12-month payment plan is **not** a month-to-month membership. You are responsible for the full amount, but may pay in 12 installments. Anyone, including collegiate rowers, are welcome to join the sweep program for the summer, at our short-term monthly membership rate.

If you need to make any changes to your existing membership type or would like to arrange any other membership options, please contact the Registrars. See the current program dues, as well as discounts, online at <https://stationrowingclub.com/fees/items/membership/>.

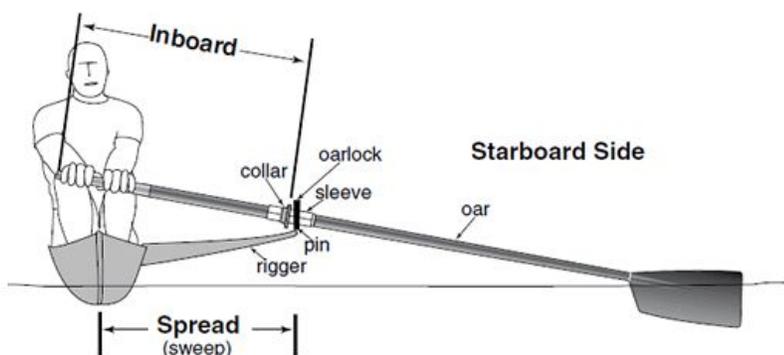
Rowing Programs

Station L actively promotes the sport of rowing through Learn to Row classes, as well as sweep and sculling programs. For additional information on the program offerings, club structure, membership, and rights and obligations as Station L members, please refer to the Station L Operating Rules, Bylaws, SAFESPORT policy, and Values and Expectations, all of which are available to members on the Station L website at <https://stationrowingclub.com/>.

Classes

Station L offers classes throughout the year to encourage people new to the sport. Our classes are often filled through word of mouth promotion. If you know someone interested in rowing for the first time or returning to the sport, please send them our way! Station L offers Learn to Erg, Learn to Row Level 1 and Level 2. Club members with a year of experience may participate in Learn to Scull classes.

Sweep



In sweep rowing, each rower has one oar held with both hands. Our sweep fleet consists of eights, fours, and pairs.

Our sweep program includes rowers from their 20s-70s. Some learned to row in high school or college, others started rowing as adults. We have different training squads, based on fitness, experience, and training goals. The women and men's sweep

team membership numbers fluctuate from year to year and may be organized differently depending on the season.

There are usually three squads for the teams: Development, Club, and Competitive. The intent of the squads is to provide each sweep rower with an opportunity to train and compete at a level with which they are comfortable. We recognize that we are all balancing different obligations and are showing up to the best of our abilities. Participation in each squad is determined seasonally by several factors, including the interest of the rower and the assessment of the coaching staff.

Women's and Men's Development Squad

New sweep rowers typically participate in the Development squad for at least 12 months, although they can retain "novice" racing status for 24 months. During this time, rowers work on skill development and fitness with coached practices and regional competition against other novice crews.

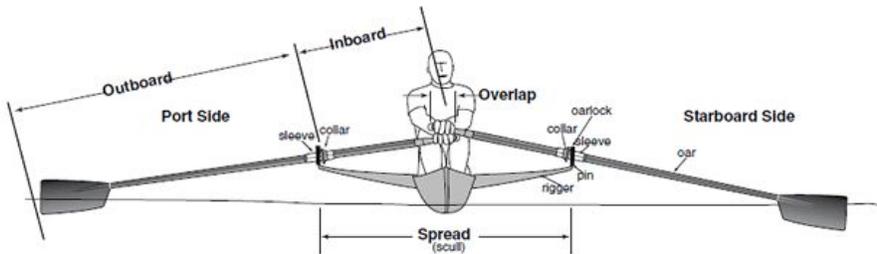
Women's and Men's Club Squad

The Club squads offers experienced rowers opportunities for additional skill development, as well as flexibility in terms of practice attendance and fitness levels. Club squad members participate in local and regional regattas.

Women's and Men's Competitive Squad

The Competitive squad offers experienced rowers structured training to compete in national-level regattas. Competitive squad members commit to specific training schedules, meet fitness criteria and coaches' technical skill criteria. Our competitive squad members attend local, regional and national regattas.

Sculling



In sculling, a rower has two oars, one held in each hand. Station L asks rowers to have a year of sweep experience before taking a sculling class. Our sculling boat fleet includes quads, doubles, and singles.

Once you've got a year under your belt, you can sign up for the Learn to Scull class on the Station L website, or by emailing the Registrars. This 5-lesson course is designed as an introduction to sculling for the experienced sweep rower. The curriculum includes the basics of boat handling, safety, river navigation and sculling technique.

The sculling program at Station L is divided into three squads: Development, Club, and Competitive. Rowers work with our coaching staff to identify which squad best fits their current level of rowing and their interest in competition.

Development Squad

Graduates of the Learn to Scull classes are invited to begin in this squad for regular practices. This squad focuses on skill acquirement through drills and steady state rowing. Boat handling and river navigation will be covered. The goal of this squad is to help rowers increase proficiency and participate in local regattas. Squad members build the skills necessary to pass the 2x/4x Captains Test to scull with the Club squad.

Club Squad

Club squad scullers are expected to capably scull in any seat in a team boat (doubles, quads), have knowledge of basic rowing drills, and maintain a fitness level appropriate to participate in practices.

This squad focuses on fitness and skill refinement through drills and pieces. Regular attendance and timed erg pieces are encouraged. This squad participates in local and regional regattas.

Competitive Squad

Competitive squad scullers are expected to capably scull in any seat in any boat (single, double, quads) and have advanced rowing skills. This squad focuses on stroke efficiency and racing fitness through drills and pieces. Competitive squad members commit to specific training schedules. Regular attendance and timed erg pieces are mandatory. This squad participates in local, regional and national regattas.

Erg Tests

A few times a year, rowers are encouraged to assess their fitness by completing a timed 1k and 5k test on the erg. 1k and 5k results are just *one piece of information* for coaches to use to make squad selections, learn about your overall fitness, and make efficient boat line-ups.

Erg tests are mandatory for participation in competitive squads, and are strongly encouraged for all rowers. They are good, objective sources of information regarding your fitness, consistency, and mental tenacity. Above all, timed trials are an opportunity to participate in a challenge of strength and endurance- much like a race!

What is a “good” time? There is no one right answer, as it depends on your personal training goals. For example, a rower in the competitive squad is usually aiming to be at or above the 75th percentile for their age. The rankings page on Concept 2 can be a solid training tool: <https://log.concept2.com/rankings>. Look for the worldwide percentiles for the prior year; these have the most representative data for your age. To set a goal, talk to your teammates and coach.

Making Transitions Between Squads

Seasonal selection criteria for the Club and Competitive squads are based on fitness, attendance, and technique. Squad selections take place in March and August of every year.

Coaches use the selection criteria to place rowers in the squad that best fits their current level of fitness, commitment, and technical skills. The coaching staff will communicate clearly and transparently with all members about their growth and development as rowers.

Training Seasons

On-The-Water Season

Weekday on-the-water practice is typically March to late October, depending on weather conditions. Each squad has three formal practices each week. Days of the week and practice times for each squad are determined by the Station L board and coaching staff at the beginning of each season. Selection of practice days is based on the need to coordinate between the various programs, coaching staff, and equipment capacity.

For a current schedule outlining squad practice times, look at your program page:

<https://stationrowingclub.com/programs/>.

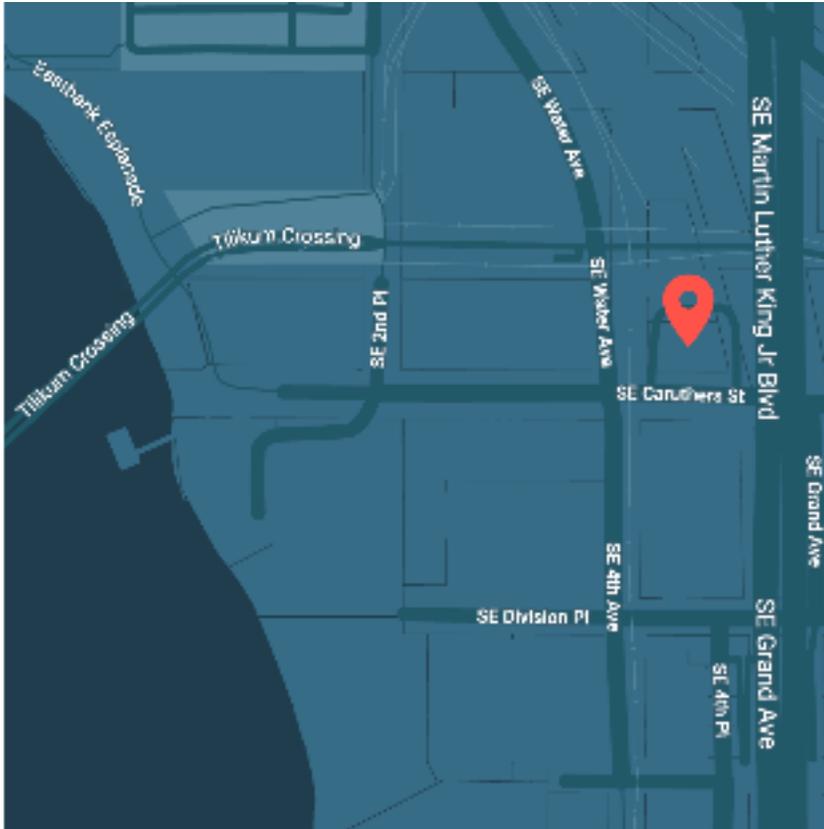
Winter Season

From November 1 through February 28, members have the opportunity to erg together and/or cross-train in other sports. Some of the erg workouts are rower-created and more spontaneous; other workouts are led by coaches, scheduled for specific times, and are come one, come all. The coaches provide a suggested winter training schedule for rowers to follow, with workouts designed to build the speed and endurance needed for the spring racing season. The winter also features a number of “challenges” and “erg-a-thons” to keep people motivated. The fitter you stay during the off-season, the more fun you will have during the on-the-water season.

On-the-water rowing is available year-round Saturdays and Sundays, weather permitting.

Rowing Practices

Clubhouse Access & Parking



Our clubhouse address is **403 Caruthers St, Portland, OR 97214**. We are located in the red-and-white building next door to Mt. Hood Brewing Company.

Rowers should use the basement door entrance on the NW corner of the building. Ask a Team Captain for the door code. Use this door or the back door on main floor to exit the building.

Members should use street parking, the designated Portland Boathouse parking spots and the Railroad Museum parking lot (Make sure you get a parking pass if you want to park in the parking lot!) ***Please leave the spots directly in front of the building for coaches.***

Rowers can use bathrooms on the main floor of the building. Note: the lights and fan are on a timer.

To maintain a clean environment during indoor erg practices, please bring a personal workout towel to put on the floor while you erg and wipe down your machine after your workout.

Getting Organized for Practice

What to Wear

This is a matter of personal preference! In general, wear athletic gear that fits comfortably, wicks moisture, and fits relatively close to the body. Rain jackets are often needed during the spring and fall. Coaches request that you wear a white or preferably high-vis outer layer, especially September through November and March through May when practice takes place in the dark. ***If they can't see you, they can't coach you!!!! It's also a safety issue!*** Easy to remove yet sturdy footwear (for carrying boats up and down the boat ramp) is a must.

Arrival & Boat Line-Ups

Rowers need to meet at the clubhouse **at least 1-minute** before the start of each practice and, if you arrive 5-10 minutes early, all the better. Each member has a magnet tile with their name on it. Upon arrival, place your magnet tile on the white board to indicate your attendance. Coaches will use the tiles and white board to make boat line-ups.

At times, the number of rowers signed up to row won't fill out the boats evenly. In that case, rowers may ride in the launch with the coach and be swapped in/out of a boat during practice. During sweep practices, those rowers with sculling skills may be offered the opportunity to scull in a double or quad. The coaching staff makes every effort to ensure equal rotations of rowing and riding in the launch throughout the season.

After line-ups are done and the coach describes the practice plan, rowers walk down to the boatyard together.

Coxswain Protocols

In general, the team relies on members to provide coxing during practices. All members of the team should be prepared to cox during the regular season. This duty is rotated among team members. Coaches make every effort to inform those up for coxing prior to practice, although sometimes people are tapped unexpectedly.

Cox training is provided at the beginning of the season and is always available through the coaching staff, in consultation with a more experienced rower, or with one of our semi-permanent coxswains.

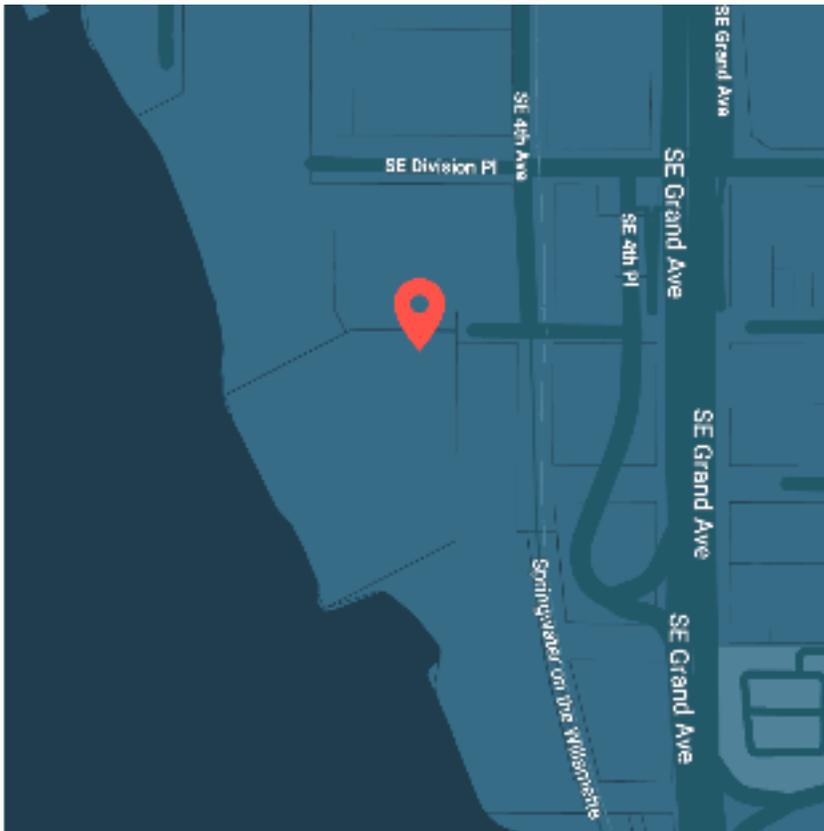
As a coxswain, your primary responsibility is the safety and well-being of your crew. If you are uncertain or have questions, do not hesitate to ask your coach or your stroke for input. As cox, you are the "decider" (after the coach, naturally) and should be soliciting/open to feedback and input from your stroke seat or stroke pair; it is not helpful to have the entire boat yelling at you. In these cases, you may request the boat be quiet so you can coordinate with your stroke pair.

Here are the general coxswain protocols and duties:

- Wear weather appropriate clothing. For example, rain gear in the winter or a hat and sunglasses in the summer are helpful.
- Upon being designated cox for a practice, gather your equipment:
 - Cox box and headset. Plug the headset into the cox box to ensure a match prior to departing the boathouse. Then UNPLUG the headset from the box until you arrive at the dock. (Never, ever carry the cox box with the headset plugged in.)
 - Water bottle with tools.
 - Lifejacket.
 - Seat pad (if needed).
 - Bow and stern lights (if practicing in low-light or in the dark).
- Carefully listen to the coach's practice plan.
- Manage the transportation of the boat to and from the racks and dock.

- At the start of practice, help guide the boat, bow first, from the racks down to the dock.
- At the end of practice, help guide the boat, stern first, from the dock up towards the racks. Spin the boat before putting it on the rack so that the bow end is pointed in the direction of travel for launching next time.
- Make sure to monitor the skeg and riggers, avoiding collision with the dock, other boats or obstacles.
- Stow cox equipment after practice and **make sure cox boxes are plugged in to recharge.**
- Inform coaching staff of any equipment issues.

Boatyard Etiquette



Our boatyard is located on the west end of SE Ivon St, just past Celtics Restoration at **315 SE Ivon St, Portland, OR 97214.**

Everyone rowing at practice is expected to help carry oars and boats down to the dock and return them to the storage racks after practice. This is an example of the little things which help keep the team running smoothly!

Gate Access & Security

The gate should always be closed and locked unless you see a member approaching the gate. *Yes, you actually have to see them.* Each time you close and lock the gate, please shut the key box and scramble the code. Ask a teammate for the combination for the gate key box.

Oars

When you arrive at the boatyard, help carry oars to the gravel area above the dock. Everyone is expected to help with oars! All sweep oars come in “sets” and are commonly referred to by color (i.e., the “purple oars”) and are marked with colored tape on the shaft near the handle to denote where they are stored in the oar rack. Each sweep oar also has red and green tape to identify it as either port or starboard. Make sure to carry and store sweep oars in port and starboard pairs. There is one rack for club-use sculling oars, as distinguished from privately owned oars. The club-use sculling oars are divided between double oars and quad oars. The oars are color-coded to further distinguish between sets that are sized for shorter people with shorter arms, and for longer people with longer arms. Ask a captain/new friend for more info about our color-coded sculling oar system.

Dock

The current dock is a little small. We have plans to expand the size, but until then, using the dock efficiently is especially important.

Rowers should work quickly to spend as little time as possible launching their boat and docking after practice. On most days, several boats are sharing the use of a limited amount of space. To ensure minimal time on the dock, rowers should prepare gear and clothing ahead of time and make boat adjustments (handle height, foot stretchers) in slings or on the water.

Safety

Rowers are encouraged to wear headlamps during dark practices and wear easy to remove but sturdy shoes all year. We make every effort to clear trash, remove obstacles, and maintain traction but the conditions of the boatyard can still be precarious. Please be aware of your surroundings, move your body and equipment carefully, and alert your coach to any hazards.

Typical Weekday Practice Schedule

4:50-4:59am: Arrival at clubhouse

5:10am: Walk to boatyard

5:15-5:20am: Launch boats

6:40am: Boats return to dock

6:50-7:00am: Rack boats and return equipment to storage

7:00-7:10am: Target departure (actual time varies)

In Summary: Rules of the Row

- Be on time.
- Be ready to launch by having all your gear together.
- Be speedy on the dock.
- Beginning at “Hands-On” minimize/eliminate talking in the boatyard, on the dock, and in the boat
- The cox is the “boss” in a sweep boat, unless there is an emergency.
- Only row when commanded by the cox or coach.
- Safety first. If you see or perceive an unsafe situation, call “weigh enough” and communicate the issue to the cox.
- Unless directly asked by your fellow rower, *DO NOT* coach each other in the boat.
- *Not every row is perfect.* All rowers must bring a positive attitude and they’ll have more fun. Oh, and take a moment to thank your coach, cox, and teammates for all doing their part to make this awesome sport possible!

“Open Row” Days

Open rows are days when there isn't a regular squad practice, but the whole club is invited to row. These usually happen on/around holidays, beginning at 7am. Definitely expect line-ups and launching to take longer than usual, but also expect to have fun!

Social Events & Volunteering Requirement

There are many formal and informal opportunities to socialize with all members of the club. Some examples include: Row Around Ross Island, end of season Buoy Ball Gala, cross-country ski outings, summer camping trips, etc.

Individual squads may plan activities to spend time together outside of practice. Sometimes these social events are planned far in advance and others are more spontaneous. Socializing with other members outside of your squad is (of course!) encouraged as well.

Each club member is expected to volunteer a *minimum of 10 hours per year*. Volunteer hours are tracked by the club Volunteer Coordinator. The Volunteer Coordinator or Director sends out an email every time a volunteer opportunity comes up, so keep an eye out for those. There are monthly roles like Gas Master, Towel Fairy, etc.; there are also single events, such as coxing Learn-to-Row classes, clubhouse clean-up days, boatyard improvement parties, assisting at regattas, etc. These are great ways to get to know your fellow rowers while contributing to the club!

Social Media & Where to Find Current Club News

If social media is your thing, Station L has Facebook (<https://www.facebook.com/StationL/>) and Instagram (**@stationrowing**) pages. Individual squads may have separate closed Facebook groups - talk to your Team Captains for more info. While we do post some key information on social media, these platforms serve mostly as a place for us to play, encourage, and “hang out” with one another. You don’t need to be a part of the social media platforms to be involved; it’s just another place to spend time with the gang!

Here are some helpful bullet points on how members can share rows, events, and race results with the club and also help elevate the visibility of Station L within the Portland community.

- Any members who have good photos from practices or events and want them posted to Station L on Instagram can send them to club member Miel (503-709-3881) and she'd be happy to post them with photo credit.
- Members can tag us using *#stationrowing* or **@stationrowing** on Instagram. Many members are prolific posters and can support the club that way.
- Post on the Station L Club Facebook page. Because it's a business page, not a group page, Miel will have to re-share things posted there for them to pop up in the main feed.
- Post on your personal FB pages and share to the Station L Club page or your squad Facebook group page if they have one.
- Volunteer to help with social media if you are interested! The more the merrier.

For the most current information, look for emails in your inbox. Contact the Registrars if you have suggestions for news or announcements.

(Almost) Everything You Want to Know About Regattas

Regattas are exciting and can be a great place to demonstrate what the team has worked towards throughout the year. Racing is a challenge for yourself and as a boat in how well you can row together (in rhythm, boat-feel, and speed). It is an opportunity for memorable and shared experiences with your boat mates and teammates.

Even if you are not racing, members are encouraged to attend a regatta to support and cheer on your teammates, meet other members, and experience the larger rowing community.

Types of Regattas

There are two racing seasons in the sport of Masters rowing:

Sprints

These generally occur March through August. Races are 1000m in length on a divided lane course.

Head Racing

These generally occur September through November. Head Races are between 4500m and 6000m in length and are staggered starts.

Attendance & Planning

The Station L Board and coaches determine which regattas the club will participate in at the beginning of the rowing season. The coaching staff and Team Captains coordinate regatta preparation, which typically begins months in advance of the regatta. Team members will be polled for interest and commitment, and then a few weeks before a regatta, coaches develop race line-ups. Due to the nature of master's rowing, race line-ups do not always have a lot of practice time prior to a race, although we try.

All individuals participating in a regatta *are expected* to help load and unload boats and equipment prior to and/or after the regatta. This usually takes place the day before and after the regatta. If you have a conflict, you need to let the Team Captains and your coach know.

Following is a list of the regattas Station L typically attends:

(April) **Covered Bridge**: Dexter Lake near Eugene, OR. Sprint Race (water launch).

(June) **NW Masters Regionals**: Vancouver Lake, Vancouver, WA. Sprint Race (water launch)

(July) **Cascadia**: Burnaby, BC, Sprint Race.

(August) **Green Lake**: Green Lake, Seattle WA. Sprint Race.

(September) **Head of the Dog**: Multnomah Channel, Sauvie Island, OR. Head Race.

(October) **Head of the American Lake**: American Lake, Tacoma, WA. Head Race.

(October) **The Portland Fall Classic**: Vancouver Lake, Vancouver, WA. Co-sponsored by Station L and Rose City Rowing, Portland. Head Race.

(November) **Head of the Lake**: Lake Union, Seattle, WA. Head Race.

Regatta Fees

Each regatta has associated regatta fees, often comprised of a base fee for participating (covers coaches and boat transportation) *and* a per race cost. These fees are different for each regatta and it's hard to know up front how much they will be specifically. They range from \$25-\$100+/per regatta, depending on the number of races you participate in. We try as hard as we can to nail all of the information down early on but often don't have final fee numbers until a day or two before the regattas. If you want to keep your regatta fees low or at a specific level, please communicate that to the coaches by requesting to keep your number of race entries low. People who sweep and scull can row anywhere from 4+ races at a 2-day regatta, so the per race fees can add up. We don't want to surprise anyone with unanticipated costs. Regatta fees are announced via email, paid via the Station L website (or check) and should be paid promptly! Members with fees unpaid 48 hours after the end of the regatta will incur a \$25 penalty.

Transportation

- All rowers are expected to help either load and/or unload boats at the boatyard before and/or after the regatta.
- Carpooling and room sharing may be organized in advance. There is often an opportunity for folks to discuss and connect to arrange for shared lodging and ride shares on the regatta sign up form, so you don't have to know everyone to be able to find folks to share accommodations with.
- Plan on taking parking shuttles when you budget for travel time. Some places have dedicated parking lots, others have shuttles or "catch-as-catch can" parking; carpooling helps!

The Day-Of Regatta

Arrival and Departure

Coaches will set a schedule prior to the event including an arrival time and estimated launch time. At arrival, all rowers will unload equipment and rig boats. Boats are de-rigged and reloaded after the event. If you are unable to participate on either end please notify the Captains and coach.

Uniforms

Please wear a Station L shirt and black bottoms. A number of people have extra shirts and are willing to share with you for the race. If you are racing and do not have a uniform, please reach out to your team Captains. Please be sure to 1) get the name of the person's whose gear you are borrowing and 2) return borrowed gear clean and promptly.

Uniform components and other Station L rowing gear is usually ordered twice a year, winter and summer. A group email will go out for club-wide orders; it's best to buy gear during these events.

Other Clothes & Gear

For cool/wet races, bring extra sets of dry and warm clothes. Dry/warm clothes are key to keeping you comfortable between races. Be prepared for cool or wet weather in case the prediction changes. Put clothes in plastic bags so you have one dry set for the end of the day. For regattas on wet, rainy, cold days, we suggest one change of clothing for every race PLUS one dry set to drive home in. So, three races = four changes of clothes. Some people also suggest two raincoats – one for time spent in the boat and one for time spent on land.

Bring extra socks - fresh socks for each race are recommended. Also, bring two pairs of shoes if you wear yours for the water entry. You will need one dry set to walk around in. And maybe even one pair to drive home in.

Conversely, some of our regattas can be very warm so pack sunscreen, hats, and clothing to help block UV rays when not racing. Don't worry about working on your tan; instead, focus on avoiding sunburn, which is very easy to get when spending time on the water.

Food

Many venues offer coffee, food, and water but options are usually limited. It's advisable to bring food and water. Station L may at times coordinate a food table for sharing within the team; the team food table is full of food for everyone to graze on during the day. The food is contributed by all rowers so please bring communal snacks if you think you will graze. (We have a number of folks with food allergies/restrictions so that's something to keep in mind.) A few members will bring larger jugs of water to share but it's good to have a few bottles of your own to get you through the day.

Regatta Site Amenities

Plan on bringing items such as handi-wipes, plenty of water, a chair, changes of clothes, snacks/food. Regatta sites generally have the basics - such as a bathroom -but amenities will vary greatly based on location, so be prepared.

Launching & Landing

For water launches, wear shoes that are easy to kick off before you walk into the water. Someone should be on shore to collect shoes in a basket. It is better to wear short black rowing bottoms (above the knee) as you will need to walk far enough into the water to avoid having the boat touch the bottom. You do want to have your socks in a small bag or tucked into your racing top. You may also want to bring a small hand towel to dry your feet. On cold days, wear layers that are easy to remove before you race.

During a water launch/landing, listen to your coxswain's commands to help everyone get safely in and out of the boat. Usually, there will be oar carriers who will hand you your oar. (If not, have ports get oars off the beach while starboards open oar locks, just like we do during practice). Once oars are in place and are all the way out, make sure you keep a hand on your oar as you get in and out. Usually, the cox

will have different pairs or fours get in and out while other rowers keep the boat steady. Be careful not to get stuck inside a rigger, etc.

Race Starts

Your cox will generally want to be near the starting line 10-minutes before your scheduled race time so you can hear your race being called up. The starting line can be very chaotic, with a lot going on. Your cox needs your full and undivided attention so keep your attention in your boat. This can make a difference between a messy start which puts you behind the competition and a smooth, clean start which can propel you ahead. **STAY FOCUSED!**

Sprint Starts

There are two kinds of sprint race starts: **stake boats** and **quick starts**. In state boat races, there are launches moored in each lane, where a volunteer is waiting to help hold the boat in place to assure everyone is lined up equally. Each boat will back the stern into the hands of the volunteers who will help hold you in place. Don't worry- they let go as you start and won't hold you back! With quick starts there are no stake boats to hold boats in position so all the boats are lined up on the start as closely as the race officials can get them. This requires a lot of communication between the officials and the cox so pay **CLOSE** attention to what the race officials are saying re: the boats to pull up, back it down, etc. Before the race, you need to get into your lane when called up and try to hold in place in the center of your lane. The wind often blows you off course a bit so make sure cox has hand up when boat is being repositioned to get right line. Keep an eye on the referee with the starting flag. Be ready to lock on very quickly without much notice.

Staggered Starts

Head races use staggered starts in which boats are given a specific order in which they are supposed to start. It's a running start so you are building from steady state pressure to reach race pace as you cross the starting line. The boats are generally staggered 15-30 seconds apart (more or less) and grouped so that all the women's 8+s are together, all the men's 4+ are together etc. This means you're racing in your cohort but are sometimes chasing the competition or sometimes pushing them away.

Other Information

Make sure you arrive on time (per coaches' schedule). This is essential. Help rig your boat if it isn't rigged or check the boat you will row in. If you are rigging a boat for the first time, please buddy up with an experienced rower and learn from them. Different boats have different parts so make sure you have any directions specific to that style of boat. You can adjust foot stretchers, spacers, etc. for your seat before you get hands on. Your coach and cox will let your boat know when to get hands on.

If you have questions, please check with the Team Captains, your cox, or your stroke seat. The coaches are very busy during the regatta with extra duties, conferring with race officials, etc. It's important to give them the flexibility they need to manage the entire team presence. With such a large group going and so many events to manage, the coaches are moving very quickly to cover all the bases. It's also helpful to check in/check out with others in your boat so that you know where people are if something unexpected comes up.

Between races, help carry oars for other boats, pick up shoes, cheer, etc. This is a great chance to show support for your Station L team members you may not see regularly. You also may learn more about the really cool people we row with and find others who share your interest in books, event or ice cream flavors. We normally don't have the luxury of time together so enjoy it!

After your race, there will be a boat meeting with your cox and coach to debrief the race. Check in with them about de-rigging and boat loading. It is very inconsiderate to leave immediately after a race without checking on getting boats back on the trailer, etc.

Club Leadership

Program Director Peter Edwards has over 30 years of coaching experience, working with rowers of all ages and abilities. He directs our men's sweep program, serves on the Board of Directors, maintains the club budget and supervises the coaching staff. You will hear from Peter regularly via email regarding club announcements, "work parties," social events, and regattas.

The **Board of Directors** consists of 7 elected members. The Board's purpose is to exercise the corporate powers and conduct the regular business of the corporation, including budgetary, operational and human resource-related concerns that affect Station L.

Head Coaches and **Assistant Coaches** are fluid based on the season and needs of the program. You will likely work with several coaches during your time as a Station L member. A current coach list and biographies can be found online at <https://stationrowingclub.com/about-us/coach-bios/>.

Volunteer Coordinator is a club member volunteer who sends out regular requests for volunteers, whether it's Learn to Row coxswains or Gas Keeper duties.

The **Registrars** are club members who address class registration, membership questions, and general emails sent through the website. They work magic and keep things running smoothly.

Team Captain(s) are typically elected every two years and aim to facilitate communication with the squad members, answer questions that arise, coordinate logistical needs, and take workload off the coaches. Their goal is to help take care of the business of the club, so our coaches can focus on our rowing skills and practices. If you have questions or concerns about practice, events, or other aspects of Station L rowing, please direct them to your Team Captain(s) first. Rowing squads that aren't represented by current Captains in a given season will also be asked to nominate a member representative(s) to participate in the leadership teams and help keep lines of communication and feedback flowing. *We try to not direct questions to the coaches unless absolutely necessary.* Teammates, particularly the long-term members, are also a great source of information; if they don't know the answer, they will know who does. In reality, the coaches work far harder and longer than we pay them for: we are trying not to burn coaches out or put too much on them.

This Handbook is an informal, informational introduction to Station L Rowing Club authored by members and approved by the Board of Directors.

For information regarding your rights and obligations as Station L members, please refer to the Station L Operating Rules, Bylaws, SAFESPORT policy, and Values and Expectations, all of which are available to members on the Station L website at <https://stationrowingclub.com>.

In the event a provision of this Handbook conflicts with Station L's Rules, Bylaws, or other policies, Station L's Rules, Bylaws, and policies control.