



Wilmington Youth Rowing Association

Parent Handbook

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WYRA Parent Handbook

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1 General Information

1.1 *Mission, Philosophy, and History*

1.1.1 Mission and Philosophy

WYRA's mission is to promote physical, mental, and social wellness in young people of all backgrounds, using the sport of rowing and related educational programs to instill essential life-long values including responsibility, self-discipline, teamwork, leadership, commitment, and the pursuit of excellence.

All of WYRA's activities, including the competitive program and camps, are operated in a manner designed to accomplish this mission.

Competitive rowing has long been a fixture at some of America's most prestigious schools and universities. This is because the sport of rowing is a vehicle to help youth achieve great things in their lives. As the ultimate team sport, all members of a crew must work together. WYRA does not have bench-warmers or superstars. The self-discipline, teamwork, fitness, and other qualities enhanced by participating in crew carry over into other aspects of life. We believe succeeding in crew can help improve academic performance and social skills. Participating in crew can also help youth make connections that will be useful when applying to college, looking for scholarships, and later in life.

WYRA also offers an outstanding opportunity for youth to meet people from different backgrounds in a friendly setting. To make the benefits of crew and social diversity available to as many area youth as possible, WYRA actively recruits youth from a wide range of educational, social, ethnic, economic, and racial backgrounds and strives to give everyone the opportunity for personal growth. We hope that participating in WYRA will expose youth to new and exciting experiences. We encourage rowers to challenge themselves to reach higher and do better at everything they do.

We ask all parents to keep WYRA's mission in mind throughout the season. While winning races is important, it is not everything. WYRA rowers will train and compete to win. **But we will not place victory ahead of the positive values we seek to promote in your child.** Everyone rows and everyone gets an opportunity to race. But everyone, no matter how skilled, will be expected to attend practice regularly, maintain good grades in school, and behave well. Coaches are authorized to suspend rowers whose behavior falls below WYRA's expectations. That may mean sitting out a race because a rower has violated an important rule or neglected his or her academic studies. Where appropriate, coaches may do so even if the decision causes WYRA to lose a race. Our coaches care about each rower as a whole person, not just as a competitor.

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WYRA's philosophy also affects how we set tuition, purchase equipment, hire staff, and the fundraising expectations imposed on participants. WYRA has some of the best facilities available to any junior or high school rowing program in the country. We work hard to keep the boathouse and boats in good repair. But maintaining a large boathouse is expensive, as is buying boats, exercise equipment, and traveling to races. WYRA could charge more for tuition and buy boats every year. But instead we have set rates at their current levels to make WYRA as accessible as possible. Rowers are expected to assist with some fundraising activities, but these too are kept to a minimum to avoid detracting from the benefits of participation. We will never scrimp on safety. But we also ask you to keep in mind that the age of a boat matters far less than the ability of the people rowing it.

1.1.2 History

WYRA began as a junior rowing program at the Wilmington Rowing Club in 1989. After several years, in 1993, *ROW FOR IT!*[™] was added as a summer rowing camp to introduce rowing to inner-city youth. The following year, in 1994, we formally incorporated as a tax-exempt, 501(c)(3) organization known as the Wilmington Youth Rowing Association.

Originally, WYRA operated out of a small shed and an orange trailer filled with used shells in WRC's driveway. As WYRA grew, we began to search for more space. In 1998 WYRA found a new home in the old Pusey and Jones Machine Shop on the Christina River at Front and Lombard Streets. With the tremendous support of local foundations, businesses, parents, the Riverfront Development Corp., and the City of Wilmington, we were able to purchase the building and convert it into a fully equipped boathouse. WYRA moved in in 1999.

1.2 Boathouse

WYRA's boathouse was converted from an industrial facility into a boathouse and WYRA's headquarters in 1998. The ground floor of the boathouse has four boat bays, one sick bay for boat repair, rowing tanks, bathrooms, and a finished lobby. The second floor has WYRA's offices, changing rooms, and two multipurpose rooms for workouts and hosting events. The University of Delaware leases two boat bays from WYRA for its women's varsity crew. UD's men's rowing club borrows space from the women's program.

To rent the boathouse for events, contact WYRA's executive director. WYRA's boathouse has hosted wedding receptions, corporate events, birthday parties, and many other events. With ample parking, easy access to I-95, and an outstanding view of the river, WYRA's boathouse is a wonderful location.

The boathouse is located a block and a half from the Wilmington Train Station. The street address and mailing address is: 500 E. Front St. Wilmington, DE 19801. The

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boathouse telephone number is 302-777-4533.

1.3 WYRA's Structure, Leadership, and Staff

1.3.1 Structure

WYRA is a not-for-profit organization (under section 501(c)(3) of the Internal Revenue Code) that offers a variety of recreational and competitive rowing programs to youngsters from Delaware and surrounding states. WYRA is lead by a volunteer board of directors, a full-time executive director, and an operations manager. WYRA is not a membership organization, meaning rowers and their parents are participants—like students at a school—but do not elect the leadership as would be the case in a for-profit corporation or country club. WYRA is funded by a combination of tuition, donations, and other income. Tuition only covers approximately one-third of WYRA's operating budget.

The executive director reports to the board and is the "CEO" of WYRA. The executive director is responsible for a wide range of duties, including supervising the coaches, fundraising, and many other activities that often take place in the community away from the boathouse. The coaches supervise all rowing and training activities at the boathouse and are responsible for equipment maintenance.

1.3.2 Leadership and Staff

Executive Director and Founder

Faith Pizor (pronounced PIE-zer)

faith@wyra.org

Faith Pizor has been the Executive Director of WYRA since its founding in 1989. Faith was a member of USRowing's Committee on Access, Accessibility, and Diversity; chaired the USRowing Conference on Diversity at Temple University in 2008; and was a panelist at USRowing's Diversity conferences at Northeastern University in 2007 and Georgetown University in 2009 and is presently a member of USRowing's America Rows. She was formerly a member of the Scoutreach Board and serves on the Riverfront Wilmington Business Improvement Board.

Faith is a graduate of the University of Pittsburgh and was employed as the Research Assistant at the Eleutherian Mills-Hagley Foundation where she wrote numerous articles and edited "The Man in the Moone and Other Lunar Fantasies," a book published in the United States and abroad with much of the information based on the Lamot DuPont, Jr., Aeronautics Collection at the Hagley Museum. Faith was the founding partner at Kids Paperbacks Bookstore in Wilmington and editor of "Applying to College," an international newsletter for high school students going through the college application process. She has

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also been a keynote speaker at the Governor's Conference on Women in Business.

Faith and her late husband, Gordon Pizor, founded WYRA in 1989 and *ROW FOR IT!*[™] in 1993. She is the parent of Andy Pizor and Julie Pizor Donohue, who were both coxswains at WYRA and in college.

Chairwoman of WYRA's Board of Directors **Diana Burns**

Diana is the Senior Director of Operations for ATI Worksite Solutions. Diana received her B.S. from West Chester University and earned an M.S. from the University of Delaware. She has worked as an athletic trainer in outpatient orthopedic physical therapy for 25 years and has been focusing on industrial rehabilitation for the past 15 years. In her role at ATI Worksite Solutions (AWS), Diana has performed various industrial services such as Functional Capacity Examinations, Work Conditioning, Ergonomic Evaluations, Pre-Placement Examinations, and Health and Safety lectures.

At AWS she is responsible for implementing fully integrated occupational health, injury prevention, and early intervention programs with national companies to protect and educate their employees and reduce the cost of worker's compensation injuries by taking ownership of their risk. AWS addresses challenges faced by consumer markets, office workers, warehousing and distribution centers, medical applications, and manufacturing environments ranging from forging to clean rooms.

Diana started rowing at the Wilmington Rowing Club. She volunteered as an athletic trainer at the 1997 Pan American games for the women's lightweight crews. She competed in Masters Level Women's 4's and 8's from 1991-1997; the Women's 8 placed third in Masters Nationals in 1995. Diana was assistant coach for the University of Delaware Women's Lightweight Club team from 1992-1994 and head women's coach for WYRA from 1995-1997.

In her spare time Diana enjoys cycling, running, triathlons, and anything outdoors.

Board Member **Pam Calvert-Hirt**

Dr. Pam Calvert-Hirt, a licensed Clinical Psychologist in Delaware and Pennsylvania, is the Director of Widener University's Biofeedback Clinic and Certification Center. Previously, she worked in the Drug and Alcohol field as Program Director for a 60-bed inpatient drug and alcohol rehabilitation center. In addition to her Doctorate in Psychology, Pam holds a B.S. in Business from Virginia Tech, and an M.B.A. from Widener University. She discovered the joy of rowing 30 years ago while working as an Internal Auditor for the DuPont Company. Both of Pam's sons have rowed for WYRA, participating in WYRA's *ROW FOR IT!*[™] summer camp and competitive crew.

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Board Member **Melanie Schenck**

Melanie Schenck is a Certified Public Accountant at Santora CPA Group in Newark, Delaware. As a Senior Accountant, she serves a wide range of audit and tax clients, including various Delaware non-profit organizations. A native of Dover, Delaware, Melanie attended the University of Delaware and graduated in December of 2012 with a B.S. in Accounting and a B.S in Finance.

Board Member **Olivia Johnson-Harris**

Olivia Johnson-Harris is Preschool Lead Teacher at Delaware Technical Community College's Child Development Center. She was previously the President of the Brandywine School District School Board. Olivia has over twenty-five years of experience in the field of elementary and secondary school education. Her son Brandon is a WYRA alumnus.

Board Member **Neil S. Kaye, MD**

Neil S. Kaye, MD is Assistant Professor of Psychiatry and Human Behavior at Jefferson Medicine College and maintains a private psychiatric practice in Hockessin, DE, specializing in general adult psychiatry and psychopharmacology, forensic psychiatry, and neuropsychiatry.

Dr. Kaye began his rowing career as a coxswain at the Phillips Exeter Academy in New Hampshire in 1973 and his 1975 crew still holds the record for the fastest mile ever rowed by a high school crew at the NEIRA's. He has a drawer full of opponent's shirts, has medaled at the Head of the Charles, and has experience as an international competitor for the US National Junior Men's team. Neil spent two summers working with the US Men's Heavyweight crews, preparing/selecting the team for World Cups/Olympics.

At age 18, Neil became the youngest person ever granted licensure (both National and International certifications) as a rowing official and refereed for the NAAO, the USRA, and FISA for many years.

Dr. Kaye founded the rowing program at Skidmore College and served as its coach for 3 years. He continued to bring back rowing to the Hudson River by establishing the Organization of Adirondack Rowers and Scullers (OARS) in Albany as well as helping establish crew as a sport at the State University of New York at Albany, Albany Medical College, Albany Law School, Rensselaer Polytechnic Institute (RPI), Union College, and a host of high schools in the Albany, NY area.

He was the founder and president of the Empire State Regatta and hosted the first National Collegiate Championships, held in Albany in 1976. This was the first time the

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winners of the IRA, ERA, Mid-Western and Western championships to compete for a true national title and this format continues today. He has raised over \$2,000,000 for rowing programs.

Dr. Kaye was one of the founders of WYRA and an original board member. He was also a member of the Wilmington Rowing Club and an official for the Diamond State regattas in Middletown. Besides being a coxswain, he has raced competitively in single and double sculls.

His other interests include helicopters and cooking. His web address is:
www.courtpsychiatrist.com.

Board Member **Martha Manning**

Martha Manning has been involved with WYRA for over 25 years. She is the mother of four children - now grown - one of whom rowed at WYRA for 6 years. Two other children rowed in high school and/or college. A graduate of the University of Delaware, Martha is a former teacher who went on to found the Delaware Charter Schools Network, a non-profit organization where she served as Executive Director until her retirement in 2006. A long-time volunteer at Cab Calloway School of the Arts, Martha served on their board for 11 years. Martha was also a founding member of Innovative Schools, a non-profit organization that serves as a resource center for Delaware public schools, and the Red Clay Education Foundation, whose mission is to provide additional resources to Red Clay schools. She has had a good deal of grant-writing experience and is well known in the Wilmington community.

Board Member **Andrew Pizor**

Andrew Pizor is an attorney at the National Consumer Law Center in Washington, D.C. A Wilmington native, Andrew learned to row and cox at the Wilmington Rowing Club while a student at the Tatnall School, before WYRA was founded. He has coxed for WRC, Georgetown University, and the University of Glasgow in Scotland, and both rowed and coxed for the Rudergesellschaft Heidelberg in Germany. Andrew's crews have medaled at the Dad Vail Regatta and the Head of the Charles Regatta. A graduate of Georgetown University (B.A.) and Fordham University School of Law (J.D.), he is a contributing author of several books on consumer protection law and a dock master at WYRA's annual Head of the Christina Regatta.

Board Member **Faith Pizor** (See Executive Director)

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Board Member Kash Srinivasan

Kash Srinivasan is the Principal of the Kash Srinivasan Group, a consulting firm providing management consulting services. Prior to forming his firm, Kash had a long career in public service, serving for 16 years as the Public Works Commissioner of Wilmington, Delaware with responsibilities for a wide range of public services, the stewardship of critical municipal infrastructure and environmental protection.

Operations Manager CeeCee McLaughlin ceecee@wyra.org

CeeCee McLaughlin has been a Physical Education teacher for the past 28 years. CeeCee graduated from the University of Delaware with a Bachelor of Science in Physical Education. She began her teaching in New York and eventually moved to Wilmington where she has taught in a variety of schools in the area for ages ranging from 3 year olds through high school. CeeCee was first introduced to WYRA through her daughter who attended one of the camps and continued on to row and mentor in high school. CeeCee joined WYRA as Administrative Assistant in 2016.

Girls Coaches

Corey Holloway corey@wyra.org

Corey graduated from the University of Delaware in 2015, where she studied exercise science and was a member of the university's rowing team. Corey began working for WYRA shortly after graduation and spent two years as the novice girls coach, most notably coaching the 2016 spring team to a first place finish in the fours event at the Mid-Atlantic Youth Championships. Now, as the varsity women's coach, her focus is on continuing the success of the team and readying the athletes for college rowing. Corey is also currently pursuing her masters in occupational therapy at Misericordia University.

Shannon Taylor shannon@wyra.org

Shannon began her rowing career as a freshman at St. Mark's High School. She went on to row at the University of Delaware, where she graduated with a degree in Biology in 2016. Shannon began coaching for WYRA in 2016, and enjoys spreading her passion for rowing to the novice and varsity women.

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Boys Coaches

Bailey Chick

baileymchick@gmail.com

Bailey began rowing as a novice her freshman year at Temple University where she continues to be an active member of the Temple University Women's Rowing Alumni Association. She has also rowed for Vesper Boat Club's Summer Elite program and University Barge Club's Master's team. She graduated from Tyler School of Art at Temple University with a BA in Studio Art and Psychology in 2010, and from The University of Delaware with her MFA in Studio Art in 2017. This is Bailey's first season coaching, she is looking forward to sharing her love of rowing and racing with WYRA's novice rowers.

Tristan Salvadori

tjsalvadori@yahoo.com

Tristan began coxing at WYRA as a freshman in high school while attending Layton Preparatory School. Upon graduating high school in 2011 he attended the University of Delaware where he was a coxswain for the men's heavy weight team. This is his fourth year as a coach at WYRA. During the first two seasons Tristan saw success as the novice men's coach. In his first year his men's novice 4+ placed third at the US Rowing Mid-Atlantic Youth Championships. As a second year coach his novice program had continued success; his novice 8+ placed first at the Bill Braxton Memorial Regatta, the Baltimore Invitational Regatta, Mercer Lake Sprints, Saratoga Invitational Regatta, and the US Rowing Mid-Atlantic Youth Championships. Now as the varsity men's coach he plans on continuing the success of the program. In the fall of 2016 his varsity men's 4+ placed 26th out of 85 at the Head of the Charles Regatta earning an automatic spot in the event for next year's regatta.

1.4 Parent Committees

WYRA parent committees are responsible for helping with communications, food/regattas, fundraising, events, and recruiting. Parents will sign up for these committees at the fall and spring Mandatory Parent Meetings. For more information about parent committees or to volunteer, contact Faith Pizor, faith@wyra.org. Participation in a parent committee is strongly encouraged and is the best way to meet other parents and stay involved.

Parent committees consist of:

Communications

- Public Relations to help publicize our events and promote our club
- Photography
- Newsletter published periodically to highlight our rowers' achievements and activities.

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Food/Regatta

- Coordinate food donations for both home and away regattas
- Maintain inventory of serving supplies
- Coordinate grilling and serving activities
- Set up /removal of tents

Fundraising

- Fall plant sale & Spring Ergathon
- Brainstorm new fundraising opportunities
- Clothing & merchandise: tracking inventory, regatta sales

Events

- Plan and coordinate various events such as the Senior Banquet program
- Assist with Head of the Christina duties

WYRA would greatly appreciate any help that parents would be able to provide to the club. In the past, parents with specific skills such as website design, photography, and mechanics have been of amazing assistance to the club, as have those without a specific skill.

1.5 Communications

WYRA generally communicates with parents and rowers in person at the boathouse or by email. All rowers and parents are required to provide WYRA with an email address where they can be contacted. This should be an email address that you check on a daily basis. In addition, you can get current information about WYRA from WYRA's website (www.wyra.org) and our Facebook page (www.facebook.com/WilmingtonYouthRowingAssn).

Please check your email and the website regularly for announcements, schedule updates, and other important information. You are responsible for notifying WYRA if your email address changes.

When emailing coaches, or any other WYRA personnel, please use their @wyra.org email address only.

1.6 Clothing & Club Merchandise

During the season, WYRA rowers are permitted to order additional WYRA merchandise (jackets, bags, etc.). Novice rowers will receive a WYRA racing shirt, but must purchase their blue WYRA spandex rowing shorts. Varsity rowers must purchase their WYRA racing unisuit.

“WYRA,” “Wilmington Youth Rowing Association,” WYRA's logo, *ROW FOR IT!*[™] and

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related names and logos are WYRA's trademarks. Please do not use them to create your own clothing or merchandise without first asking WYRA's permission.

WYRA's colors are orange and royal blue.

1.7 Authorization for Publicity & Photographs

WYRA periodically publishes information, advertisements, and results in local media publications and websites. If you do not wish for you child's name and/or picture to be used, please inform your child's coach by email or in writing. Otherwise, we will assume that we have your permission.

1.8 Contacting the Coaches

Please contact the coach of your child's individual team (in person, by phone, or using their @wyra.org email address) regarding questions about their team. For example, do not contact the varsity coaches to find out what time novice practice will be held on Saturday morning. This type of question should be directed to the novice coach. Please note that parents are not permitted to call the coaches at any time to discuss boat selection or boatings. This matter will only be discussed between coaches and athletes.

An important part of WYRA is helping your child grow. This growth includes learning to handle the ups and downs of competition with peers. WYRA coaches strive to be fair and to give everyone a chance to both row and race. There are no "bench-warmers" at WYRA. Boatings are made based on a combination of factors including: each rower and coxswain's skill level, physical fitness, attendance at practices, availability for races, age, size, and temperament (compatibility). Boys and girls almost always row in separate boats. Boatings may vary from practice to practice and race to race. Sometimes selections will be intended to create fast boats. Other times selections may be made to facilitate good practices, to challenge individual rowers or crews, or just to give the rowers a fun day. Each seat (position) in the boat is important.

If your child is unhappy or has questions about his or her assignment—or anything else at practice—he or she should discuss the matter with the coach. Learning how to have these conversations with authority figures is an important part of growing up. Parents should not contact the coaches about boat selections.

1.9 Attendance

Rowing is the ultimate team sport and depends on every person in the boat pulling together. The cohesion, technique, and fitness that makes a boat move well through the water can only take place if every rower attends practice regularly, pays attention to their coach, and gives their best. WYRA takes attendance daily. Except for illness or a school trip, rowers are expected to attend all practices. Parents are asked to contact WYRA if a participant will miss

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practice due to illness. Either call the boathouse at 302-777-4533 or email your child's coach..

1.10 USRowing Membership

USRowing (formerly the United States Rowing Association) is the national organization governing crew in the United States. In order to participate in USRowing-sanctioned regattas, each athlete must be a current member of USRowing and complete a signed waiver. This can be done online at <http://www.usrowing.org/join.aspx>. It is imperative that each athlete completes this before the first race in order to race. Athletes will not be allowed to race until this is done.

2 Program Details

2.1 Rowing Season Outline

2.1.1 Fall

Fall practices for Novices and Varsity/JV is Tuesday-Friday and Saturday morning at the WYRA boathouse. Practice times are generally from 3:30-6pm Tuesday-Friday, and 8:30-11am Saturday mornings but are subject to change. Those in the varsity program will have the opportunity to compete in several "head races." These are longer races, between two and a half and three miles, and due to their length are usually held on rivers such as the Charles River in Boston or the Schuylkill in Philadelphia. In head racing, crews begin individually and race against the clock.

2.1.2 Winter

WYRA practices in the winter at the boathouse Monday-Friday from 3:30-6pm. Rowers will work out on stationary ergometers, or "ergs." These are rowing machines designed to simulate the rowing stroke and help athletes get in shape for competitive rowing in the spring. If interested in college recruiting, it is important to understand that rowing coaches use erg test scores to determine which athletes they want to recruit. Participation in winter training is highly recommended for those wanting to be in the top boats in the spring. Winter training is open to both novice and varsity athletes. There is a separate fee for winter training.

2.1.3 Spring

Spring practices for Novice rowers are the same as in the fall (Tuesday-Friday from 3:30-6pm and Saturdays from 8:30-11am). But Varsity rowers also practice on Mondays as well. Rowers will train for and compete in "sprint" races. High school sprints can be either 1500 or 2000 meters in length. Unlike fall head races crews begin simultaneously at the

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starting line and race directly against one another.

2.2 Summer Camps

WYRA rowing camps are held throughout the summer at the WYRA boathouse. There are different camps tailored to various ages and experience levels. WYRA rowers with experience are able to help with our *ROW FOR IT!*[™] and Rowing 101 summer camps as mentors/volunteers to new rowers. Community service credits are given to those acting as mentors for WYRA campers.

2.3 Rowing Programs

WYRA offers the following programs, some of which may not be offered every year:

Varsity Program

The Varsity Program will consist of five two and a half hour practices a week in the fall, and six two and a half hour practices a week in the spring. Practices will be held at 3:30-6pm on weekdays, and Saturday mornings 8:30-11am. Rowers in the racing program will have the chance to travel with the team to away regattas. This program is intended for athletes that are serious about competing at a high level with each other and other teams. COST OF TRAVEL IS NOT INCLUDED

Novice Program

The Novice program will consist of five two and a half hour practices in both the fall and spring. This program is for those who wish to participate in rowing five days a week and aspire to be in the Varsity Program. Novice rowers will follow a similar racing schedule as the varsity squad. In cases where an athlete shows exceptional improvement they may be moved to the Varsity Program before the end of the season.

Let's Row!

The Let's Row! program is a development program in the Fall and the Spring open to youth ages 11-13 who would like to try the sport of rowing or have rowed in WYRA's summer *ROW FOR IT!*[™] camps. Rowers train 2 days a week on the indoor rowing tanks, ergometers, and on the water with the focus on technique. Practice will be once during the week at a day to be determined from 4-6, and Saturday morning. Let's Row! is a great opportunity for those who want to learn the sport before joining the competitive program.

***ROW FOR IT!*[™]**

Founded in 1992, *ROW FOR IT!*[™] is a summer camp that introduces youngsters to the sport of rowing. We aim to teach our campers, not just the sport of rowing, but also teamwork and confidence. At the conclusion of each camp there is an exciting race and a fun picnic for rowers and their families at the WYRA boathouse on the Christina River.

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Rowing 101

Rowing 101 is a five-day long summer camp for high school teens that have never tried rowing and think they might like to row competitively for WYRA or join a college crew. Coaches work closely with rowers on our rowing tanks and on the water in fours and eights.

2.4 Fall Schedule

The fall schedule usually consists of three head races:

- 1st Sunday in October: Head of the Christina (WYRA boathouse)
- 2nd Saturday in October: Navy Day Regatta on the Schuylkill River (Philadelphia, PA)
- Last week of October: Head of the Schuylkill Regatta (Philadelphia, PA)
- 2nd Sunday in November: Bill Braxton Memorial Regatta (Camden, NJ)

The exact dates of these races will be announced as early as possible. An email will be sent out to all parents (and posted on the website) approximately a week before each race with important information such as directions, race schedule, what to bring, etc. In the fall, Novices only race in the Head of the Christina and the Bill Braxton Memorial Regatta.

2.5 Crew Line-Ups and Boat Selection

During the competitive season, rowers will be assigned to boats within their respective programs. The boats will be chosen based on erg scores, through seat races in which rowers will compete with one another on the water to demonstrate their effectiveness in the boat, attitude both on and off the water, attendance, and technique. Coaches will also use their discretion in the final selection process.

Please refer to the attached Boat Selection Criteria and Communication Policy Contract for in-depth descriptions. Read over with your rower, sign it, and then return it to their respective coach. Nobody will be allowed to row until contract has been signed and returned.

Please note that parents are not permitted to call the coaches at any time to discuss boat selection or boatings. This matter will only be discussed between coaches and athletes.

2.6 Practices

Practices are approximately 2 hours long. In the fall and spring practice will be held at the WYRA boathouse on the Christina River. Coaches will supervise and instruct rowers from motorboats alongside. To vary workouts, athletes will take part in jogging, ergometer and strength and conditioning sessions. In the winter or poor weather, practices will be held indoors.

A typical practice would be as follows:

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- Rowers arrive (punctuality is mandatory)
- Coaches prescribe warm up, whether on ergs, jogging, or circuit exercises
- Stretching routine is performed
- Rowers ensure they have the gear they need (water bottle, clothing, flip-flops, etc).
- Rowers help put launches and engines on the water
- Rowers place oars by the dock
- Crew rosters are announced for practice and individual briefings occur
- Crews take boats from boathouse by their coxswain and carefully place it in the water, always listening to the coxswain (and/or coach) for directions
- Coaches direct crew during session

Following practice, crews will:

- Put the boat and oars away in the boathouse
- Be debriefed on practice
- Ensure any tasks that need to be performed are done as directed by their coach (for example, gas cans and life jackets removed from launches)
- Be dismissed by their coach

2.7 Parking

Rowers may be dropped off in front of the front entrance to the WYRA boathouse, but please do not park there while waiting to pick up your child. Please pull off to the side or park in a parking spot to ensure that the lot is open for people to pull through. All drivers should be aware that tractor trailers regularly pass through the driveway to the neighboring Union Wholesale Facility. Athletes who drive may park along the fence in the parking lot. Please do not park in front of the boathouse. Once that lot is filled, athletes can park in the lot to the right of the boathouse.

Parents are asked to pick their rowers up promptly. If you are running late please call your rower AND the Boathouse (302)-777-4533 as soon as possible.

2.8 Telephone

There is a telephone in the WYRA lobby and office that is available to athletes in case of an emergency.

2.9 Locker rooms

There are designated locker rooms for boys and girls. There are no boys allowed in the girl's locker room, and no girls allowed in the boy's locker room. Athletes are responsible for keeping their respective locker room clean. Valuables should be left at home or in locked cars. Not all lockers have locks. Any bags brought onto WYRA property are subject to

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inspection for safety reasons. The locker rooms do not have showers.

2.10 College Recruiting

Rowing can be helpful in gaining admission and scholarships to many of the nation's top colleges and universities. In the past, WYRA athletes have used their involvement in the sport to help gain admission to top universities. Especially in the case of female athletes there can be scholarships available for rowing at large state universities. A rower's ergometer score is extremely important in the college recruiting process. If you would like to know more about the role rowing plays in the college admissions process please contact the varsity coaches or the executive director.

WYRA holds meetings in the fall and spring for parents and rowers to explain the college application process and how to go about contacting, meeting and discussing college rowing with respective coaches. It is highly recommended that parents and rowers attend these meetings, talk to WYRA coaches and receive relevant hand-outs.

3 Program Fees & Expenses

3.1 Payment of Dues

Parents can pay program fees online at www.wyra.org through PayPal, by check, or by cash. It is extremely important that each athlete pay his or her rowing fee on time. Payment plans are available. Please be aware of the date when payment is due prior to each season. If we have not received athlete's dues by the first race, they will not be able to participate. There will be no refund if the athletes remove themselves from the program.

3.2 Financial Assistance

Limited financial aid is available through the Gordon Pizor Scholarship Fund on a first come, first served basis for athletes that find financial difficulty with paying fees. Please contact the Executive Director for a scholarship form.

3.3 Fundraising Commitment

Effective fundraising is necessary for WYRA's continued operation. Your dues and program fees are only a portion of WYRA's annual operating budget. **Participant dues and fees are not enough to cover the cost of maintaining WYRA's boathouse, paying our coaching staff, repairing and replacing rowing equipment, insurance, and other vital aspects of keeping WYRA one of the top youth rowing programs in the country.**

Without regular fundraising, WYRA's dues and fees would be much more expensive. We can only keep WYRA affordable if our participants and supporters continue to help with our

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regular fundraisers. WYRA holds two major fundraisers each year. Each rower is expected to raise \$250.00 through each of these fundraisers (\$250 in the fall and \$250 in the spring). Friends and families are asked to support a rower with a purchase or tax-deductible donation.

In the fall, we hold our annual Wreath and Plant Sale. This is a wonderful source of holiday decorations. WYRA supporters have purchased wreaths and plants as gifts for family members and business clients. In the spring, WYRA holds an "Ergathon," during which supporters pledge a donation for each meter their rower ergs. Ergathon donations are tax deductible.

We are always seeking individuals to help with fundraising.

3.4 Travel and Other Expenses

WYRA covers the cost of the entry fee for regattas. However, travel associated with away trips and various team expenses are not always covered by dues. Participants will be notified of these expenses prior to the club function and/or away race.

Novice rowers receive a free WYRA racing t-shirt, and Varsity rowers will purchase a WYRA unisuit. Additional gear is available for purchase.

3.5 Refund Policy

Cancellation for non-medical reasons:

- By end of 1st week of practice: 75% refund
- By end of 2nd week: 50%
- By end of 3rd week: 25%
- Thereafter: 0%

Cancellation for medical reasons: requires a doctor's note on practice letterhead

- By end of 1st week: 90% refund
- Declining by 10% per week from there.

4 Safety

4.1 Safety Guidelines

In the event that a person should become injured at the boathouse during practice, they should report it to their coach *IMMEDIATELY*. Rain, snow, and cold weather do not restrict rowing activity unless they reach extreme levels (see "Dress" section for information on how to dress for the weather). However, boats will not practice when the river is icy, or when there

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is a thunderstorm or a predicted thunderstorm. If a coach or rower hears thunder, all boats will return immediately to the dock.

4.2 Behavioral Guidelines

Participation in a team is a privilege—not a right—and should be treated as such. It has many benefits and brings with it the responsibility to be a positive and effective member of the team, of WYRA, and of the broader community.

All WYRA participants *and their parents* are expected to conduct themselves in a positive, polite, and mutually respectful manner at all times. They are expected behave in this manner towards other the equipment, WYRA's staff and volunteers, visitors, fellow competitors, and the environment.

Failure to conduct oneself properly will result in rowing privileges being revoked.

4.3 Swim Test

Rowing programs, including the WYRA, require all athletes to pass a swim test before participating even though the chances of an eight or four flipping over are small. Life vests are not worn while rowing since they restrict the motion of the stroke; however, in rare case that a boat does flip, the shell itself may be used as a flotation device. Life vests for the whole crew are carried in the coaching launch. All rowers are required to watch a USRowing safety video each season.

5 Equipment

WYRA owns several racing shells, sets of oars, coaching launches with outboard engines, coxswain speaker systems, and a trailer for towing equipment to regattas. The purchase of this equipment has been made possible through the generous support of donors and through fundraising by rowers. Tuition would need to be raised significantly to cover more frequent boat purchases. Due to the high cost of rowing equipment, (a new shell can run over \$35,000) it is imperative that all of our equipment be treated with respect. Any damage that occurs should be reported to a coach for repair.

5.1 Clothing

It is important that rowers' clothing is not too baggy, as it can become caught in the slides in the boat. The most effective way to dress for rowing in cold weather conditions is to layer clothing, allowing the top layers to be removed once the athlete is suitably warm. Thermal tops are a good idea, as they will keep you warm even when they are wet. It is also a good idea to bring some spare warm clothes to put on after practice, when clothes may have become wet. The following is a list of required and suggested rowing gear:

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Required:

- Sneakers and socks - required for warm-up, jogs, erg sessions and land training. Athletes must have sneakers EVERY SESSION.
- Spandex/Lycra shorts or leggings - required for ALL ROWERS as they do not get caught in the sliding seat.
- T-Shirt, long sleeved shirt, and/or tank tops
- Waterproof Windbreaker - always handy at the boathouse where weather conditions can change quickly.

Suggested:

- Cap/Sun Visor
- Sunscreen
- Sunglasses - the glare on the water can make it hard for rowers to see.
- Flip-Flops - handy for launching the rowing shells
- "Pogies" – It is not possible to row wearing gloves. Pogies, however, slide over the oar handle to cover hands in the cold (you can buy them at www.jlracing.com).

5.2 Racing Wear

USRowing has mandated that in races, all crews must dress identically. WYRA Novices will race in WYRA t-shirts (given to them) and blue WYRA spandex (must be purchased). Varsity team members will race in WYRA unisuits (must be purchased).

6 Information & Contacts

6.1 Website

The WYRA website can be found at www.wyra.org and our Facebook page is called "[Wilmington Youth Rowing Association](#)." Our website will contain information on practice and race schedules as well as information on regattas and breaking news.

6.2 Postal Address & Telephone

Wilmington Youth Rowing Association
500 E. Front St.
Wilmington, DE 19801

Boathouse/Office Phone: 302-777-4533

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6.3 WYRA Contact Information

WYRA Executive Director

Faith Pizor
faith@wyra.org

Operations Manager

CeeCee McLaughlin
ceecee@wyra.org

Coaches

Girls Coaches

Corey Holloway corey@wyra.org
Shannon Taylor shannon@wyra.org

Boys Coaches

Tristan Salvadori tjsalvadori@yahoo.com
Bailey Chick baileymchick@gmail.com

6.4 Who To Contact About What

Weather cancellations: If your school is canceled due to weather do not come to the Boathouse. Rowers may also contact their coach.

Tuition questions: Executive Director or Operations Manager

Absences, races, practice schedules: Rower's coach

Complaints, making a donation, volunteering: Executive Director or Operations Manager

7 Boat Selection Criteria & Communication Policy

A. All boat selections will be made by the coaching staff based on the following criteria:

1. Fitness/Power

We will be testing various physical activities to help determine where an athlete will be seated. This will include, but is not limited to, erg workouts/tests, runs, body circuits, etc. Having an amazing erg score is not the only factor here. It is about being physically well-rounded and showing improvement throughout the season.

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2. Technique

The coaching staff will also be looking at technique to determine boat placements. Technique on the water is very important to move a boat quickly. We will also be looking at erg technique to gauge the potential effectiveness of an athlete on the water. Every stroke an athlete takes is expected to be at the highest level of technique he can accomplish. Technique is important to ensure that the athlete can effectively transfer his power to the oar to make the boat faster.

3. Attitude

Athletes will also be evaluated on their attitude when making boat selections. Attitude includes, but is not limited to, willingness to be coached, sportsmanship, providing positive energy throughout the boathouse, being respectful to not only coaches but other members of the team during practice and races all year round.

4. Attendance

Rowing is a sport at the mercy of the athletes. Unreliability makes it very difficult for coaches to make boat lineups and have them practice with ample time before racing. No boat is made overnight and it is VERY important to be at as many practices as possible. The staff knows that you are all busy students and will accommodate occasional absences from practice. However, you must give your coach ample notice of absences. We also understand emergencies. Emergencies do not consist of "I forgot I had a doctors appointment" or "I have a really big test/assignment due tomorrow." Time management is an important aspect of self-discipline and responsibility. Last minute cancellations are discourteous to your fellow rowers and to the coaches.

B. The coaching staff will not play any favorites in selecting boats. Nor will coaches respond to parental pressure to change boatings. The coaches will meet regularly to discuss positives and negatives to make what we feel are the boats which will have the best opportunity to succeed.

C. It is the responsibility of the athlete to come to the coaching staff with any questions or concerns of how they are placed into a boat. We are very approachable and remember that there is no stupid question about rowing. We will be more that happy to tell you what you are doing well and what areas you should work on improving. No seat is safe and the athlete must earn his spot everyday.

Please note that parents should not call the coaches to discuss boat selection or boatings. This matter will only be discussed between coaches and athletes.