



2020 Program Handbook

I. Introduction

Utah Crew offers rowing opportunities for Salt Lake area youth aged 13-18. Beginners, recreational rowers, and dedicated competitive racers will find a program to fit his or her needs at Utah Crew. Coaches strive to develop each athlete to his or her full potential within an environment of safety, fun, and increasing levels of challenge. There are no tryouts and no cuts. The only requirements are that participants demonstrate proficiency in swimming by passing the swim test and agree to follow the Utah Crew Code of Conduct.

Utah Crew is a non-profit rowing club supported through program tuition and charitable donations from the community. Financial assistance is available for those who qualify.

II. Programs

Competition/Racing: this program is for new and experienced junior rowers interested in a competitive atmosphere and preparation for college rowing. The racing team will attend three to four regattas in the fall and spring seasons. Select boats may participate in additional regattas and post season championships. Attendance at all practices and regattas is expected.

Recreational: participants in the recreational rowing program will row three days per week and voluntarily attend local regattas. This program is appropriate for new rowers who are not ready to compete and would like to try rowing in a relaxed atmosphere, and for experienced rowers who are unable to commit to practicing five days per week.

III. Cost

Competition/Racing Team: \$700 program fees + \$500 estimated travel costs + airfare.

Recreational Program: \$400

Financial Assistance: covering program fees, racing uniforms and out of town travel expenses are available to those students who qualify for free or reduced price school lunch

IV. Registration and Payment

All registration and fee payment is now online. Register for the Spring programs at: <https://utahcrew.sportngin.com/register/form/213448425>

V. Practice Schedule

	M	W	Th	F	Sat
<u>Comp/Racing</u>	<u>4-6PM</u>	<u>4-6PM</u>	<u>4-6PM</u>	<u>4-6PM</u>	<u>8-11AM</u>
<u>Recreational</u>	4-6PM	4-6PM		4-6PM	

VI. Practice location:

Jordan Surplus Canal, in the lot behind Mardian Equipment at 2155 W. Indiana Circle, SLC.

Directions: Follow Indiana Circle to the end, turn right into the second Cowan Trucking gate, drive to the far left corner of the parking lot, follow the dirt road until you see rowing shells.

VII. Attendance Policy

Attendance at all practices and regattas is expected for participants on the competition/racing team. Acceptable reasons for missing practice include illness, family emergencies, SAT/ACT/AP and similar exams, college visits, etc. Please make every effort to schedule doctor, dentist and similar appointments during non practice times. Rowers who miss practice an excessive number of practices or miss practice within two weeks of a regatta may be moved into a lower boat.

All Utah Crew participants must notify their coach 24 hours prior to the scheduled practice if unable to attend a practice.

VIII. Travel Regattas

Travel regattas are a fun and exciting experience for our athletes. It is a chance for them to race some of the best youth rowers in the country and experience the festive and intense atmosphere of a major regatta. All travel regattas will have parent chaperones and coaches present. All travel will be coordinated including flights, airport pickups, meals, etc. Our main goals are for every trip to be both safe and fun. Feel free to contact us with any questions.

- April 3 – 5 - San Diego Crew Classic (select boats)
- April 19 - Boulder, CO (tentative)
- May 1 – 3 – Southwest Regional Championships, Sacramento, CA
- May 9 – Brine Shrimp Sprints, Jordan Surplus Canal

IX. Code of Conduct

Teamwork is of the utmost importance in the sport of rowing. All athletes are expected to:

- Be respectful of teammates, coaches and chaperones at all times.
- Be supportive of teammates. Bullying, teasing or marginalization of any team members will not be tolerated.
- Conduct themselves with the highest levels of sportsmanship at all regattas, being gracious in both victory and defeat.
- Older teammates must model appropriate behavior, keeping in mind that younger teammates will learn from their example.
- Be respectful of themselves by eating healthily, getting plenty of sleep, keeping up with schoolwork, and staying away from alcohol, drugs and tobacco.
- Be respectful of equipment, being careful to pay attention when moving oars and equipment to avoid damage, keeping equipment free of dirt and grime, making sure equipment is properly secured at the end of practice.
- Assist in getting out and putting away equipment and launches, rigging and derigging boats and loading and unloading trailer.
- Notify coaches if unable to attend practice.

X. Clothing/footwear

Practice: wear athletic clothing that is close fitting but comfortable. Baggy shorts may get caught in the seats; oarhandles may get caught in baggy shirts. Wear layers of synthetic or wool clothing (not cotton) for cold weather. Bring rain gear when there is a chance of rain. Always have socks and running shoes available.

Coxswains should have waterproof (not water resistant) rain gear, waterproof footwear, and plenty of warm layers.

Racing Uniform: Unisuit, long-sleeve red tech shirt with black strip on sleeve

(Additional gear will be available at the online Utah Crew store.)

XI. Parent Involvement

Making Utah Crew run smoothly takes a team effort. Please help out in one of the following ways:

Driver/Chaperone @ Away Event

- Drive van roundtrip to destination or chaperone airline flight
- Provide transportation and supervision at destination
- Spring Away Events: San Diego (April 3-5), Boulder, CO (April 19 - tentative), Sacramento (April 30 - May 3)

Board Member

- Meet 2nd Monday of each month from 6:30-8:30 pm
- Need more members generally
- Need to train replacements for upcoming retirees

Home Event Volunteer

- Perform official duties during events hosted by Utah Crew (e.g., registration, timer, flag person, etc.)
- Home Events (2) – Salt Lake Indoor Rowing Championships (Feb), Brine Shrimp Sprints (May)

Event Support

- Help organize travel, lodging, food, etc. for away events
- Help organize throughout the year (e.g., Season End Parties, Away Events, etc.)

For those who don't help, we will charge an extra fee of \$100/season.

XII. Utah Crew Board

Board meetings are held the second Monday of every month at 6:30 PM. All parents are invited to attend.

XIII. Contact Information

The head coach should be the first point of contact for most inquiries.

Head Coach - Linda Iqbal, Lsiqbal@aol.com, 484-620-4088

Assistant coach – Ahsan Iqbal, Slrcrow@aol.com, 610-348-1556

President - Christopher Hacon, haconc@yahoo.com, 801-503-1099

Vice President – David Carlebach, david_carlebach@hotmail.com, 435-640-6940

Treasurer – John Koutrouba, John@koutrouba.com, 412-725-5376