



# Alliance Rowing Club of Illinois

## Learn To Row Protocol & Safety Requirements

### Overview

The ARC Learn to Row is the starting point for any new rower, regardless of age and is a low-cost approach to discovering if rowing is a good fit for the candidate rower. It consists of 5 sessions that include both Studio Dryland (3) on a rowing machine and Sculling technique (2) on the water in a Quad or Octuplet (4/8 person sculling boat). Sweep rowing technique is reserved for high school and physically mature athletes. As a general rule, Sculling is the accepted starting point for beginners: a symmetrical body movement which teaches fundamental balance, body sequencing, blade work & glide dynamics.

### Requirements

Candidates should be in generally good health and be proficient at swimming for safety's sake. While highly unlikely, in the event of the boat tipping over, all participants must be able to handle themselves in a safe and proper fashion. Flotation devices are available and required in many situations, especially LTR students, and conditions that make sense for the individual. **Safety is the number one priority on the water for all rowers and coaches. PLEASE divulge any and all physical limitations at sign-up.**

All candidates must submit proper release forms for the Studio and DRC Rowing. They must be signed by a parent or guardian for minors. Access to DRC Rowing will be denied in the absence of this basic paperwork. PLEASE do not forget your paperwork!!!

The first visit, known as the Discovery Session, is two consecutive sessions, first in the Studio using a rowing machine and at the DRC on the water. Proper form, technique and tempo are taught via hands-on participation and videography with corrective feedback. The Studio session prepares candidates for the initial rowing session which occurs right afterwards to determine a "good fit" for each participant.

Typically a candidate is ready to try rowing after the initial Studio session, if not the second session. Occasionally, candidates are asked to complete a second dryland session to ensure a safe and fulfilling rowing session for themselves and the others in the boat. ALL candidates are allowed a quick "refresher" session right before they row if they arrive at the Studio before the DRC shuttle departs. Because Sculling technique is fun and enjoyable as a life-long recreation, the mandatory minimal Dryland Studio session prepares the candidate for the best possible outcome for their first rowing experience. Note: ERGing at home or in other programs is not sufficient to allow a participant to SKIP our Dryland session.

### Costs

Fees are based on the current grade-level a candidate is entering in the Fall of the current calendar year. Those entering their Freshman year of high school (or older) pay \$204 for the lesson package and younger candidates pay \$189. Rowers typically should be entering 6<sup>th</sup> grade in the fall as a general rule, although parents and older siblings participating allow for younger candidates to participate at the discretion of the Coaching staff. *Note: ALL ARC Programs, Terms, Conditions and Prices are subject to change.*

### Coaching Staff

All Coaches are under certification with U.S. Rowing Coaching Level II or III, have basic safety training with ongoing continuing education and typically still actively row recreationally and/or competitively. All coaches must be graduated from High School and be at least 18 years old. All coaches have participated in competitive Crew programs and *empathize with new and developing rowers.*

## Safety Measures & Requirements

Safety and enjoyment of Rowing are the only priorities when working with newly developing rowers of ANY age group. ALL new rowers will wear a Personal Inflation Device (PFD) throughout the LTR curriculum. After which, all 7th grade rowers and younger will wear PFDs without exception. Once an 8th grader is graduated LTRow they may opt out of wearing a PFD. ALL rowers in ARC, regardless of age or skill-level may be required to wear a PFD in low water/air temperatures, high winds, strong currents and/or when rowing single and two-seat boats. Refusal to adhere to the PFD policy or violation of Safety Policies is grounds for dismissal with NO refund.

**ABLE Bodied Swimmer:** I hereby certify myself and/or my child(ren) are able to tread water continuously for 2 minutes fully clothed and swim 2 lengths of a 25m pool without assistance.

Adult/Parent Initials: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / 20 \_\_\_\_

## Order of Sessions & Progression

**1a Studio:** Watch Sculling Video, Learn rowing Body Sequence & Tempo, Videography Analysis

**1b DRC :** Basic Launch, Safety orientation, Launch a Sculling boat & Learn Basic stroke & commands

**Studio 2:** Review initial Studio session and watch 20m USRowing Safety Video

**DRC 2:** Launch and Scull w/ REVIEW of initial DRC session

**Studio or DRC 3:** Schedule dependant

Note\*: a 3rd Studio session may be required based on overall results. Two DRC Rowing sessions are GUARANTEED during rowing months (Mar-Nov) weather permitting.

*Athletes with postural, flexibility, coordination and/or other challenges may require extra LTR for a per-session fee before moving to the Development rowing population.*

Recommended time-frame for completing LTR is 14 days. This approach is optimal for continuity and supports the learning process: information retention, quality of experience and results. REFUNDS: Sessions 2 & 3 are eligible for a cancellation refund, in which case a pro-rated refund will be given minus the completed sessions billed at \$48 per session while sessions 1a+b is \$72. DRC sessions are typically 75m long based on number of participants and launch/equipment storage timing.

## Continuing after LTR & optional ARC Membership

After graduating LTR, 8th Graders who aspire to row in High School may join ARC's Tryout Preparation track as well our Power Rowing & Strength Dryland classes. We partner with NorthShore Fitness Studio to support all our rower groups with year-round indoor Dryland Fitness programs.

Joining ARC is recommended by paying Member Fleet Dues which will guarantee 10-25% discounts and deliver the greatest value and priority for scheduling.

2019 Annual Dues: Masters \$500 Juniors(G9-12) \$350 Development 6-8th: \$250 Summer Only: \$175

**Code of Conduct:** ARC is an ALL inclusive Community Club serving the entire Northshore Rowing Community. Our Code of Conduct is on our website under Forms/Documents. Please review this important part of our program. Blatant CofC infractions could be cause for immediate *dismissal without a refund.*