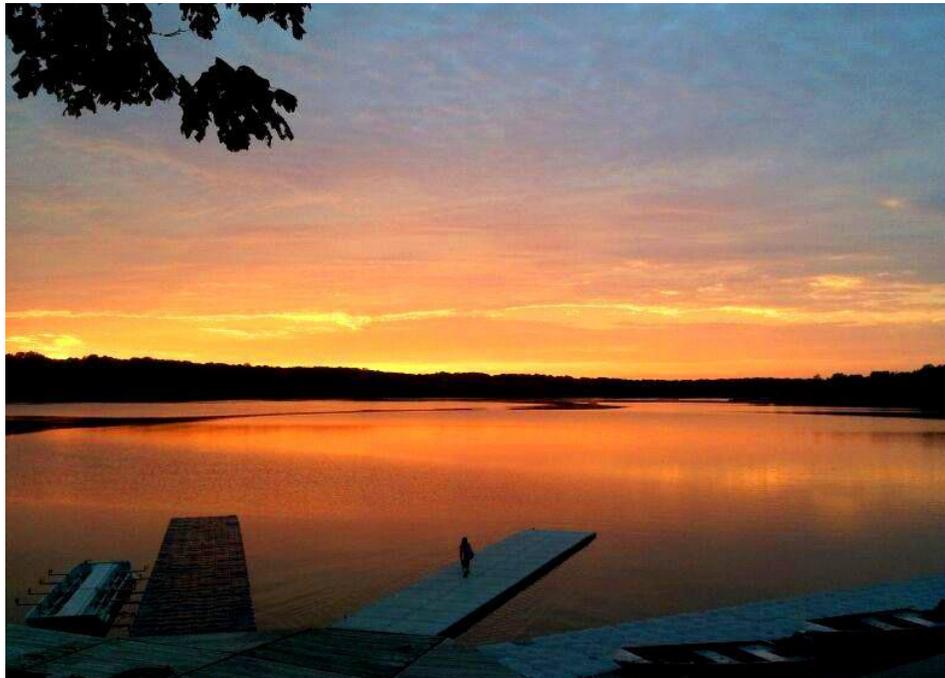




2016 Membership Handbook (policies, programs, classes and contact info)



Welcome Members!

This handbook is intended to give you an overview of the Indianapolis Rowing Center as well as detailed information about your membership, our safety guidelines, club equipment usage, IRC programs and classes. All members are expected to read the handbook and adhere to our policies and procedures.

The Indianapolis Rowing Center is a 501c3 non-profit organization and is supported by our members. Equipment purchases are heavily supported by our generous donors, and Outreach expenses are funded through Grants. Our annual operating budget is underwritten by our members and those who participate in our programs and events.

Take advantage of the opportunity to get out on the water, get some exercise and enjoy the beauty of Eagle Creek Park. There's room for everyone.

Sincerely,
Jennifer Floyd
Executive Director



Table of Contents

History 5

Mission Statement..... 5

Vision 6

Board of Directors 6

Annual Membership 7

- ❖ Benefits..... 7
- ❖ IRC Responsibilities..... 7
- ❖ Refunds..... 7
- ❖ Eagle Creek Park..... 7
- ❖ Rack Rental 7
- ❖ Guest Policy..... 8
- ❖ Volunteer Hours 8
- ❖ Winter Training..... 8
- ❖ Financial Assistance 8

Boathouse Policy..... 9

- ❖ The Rowing Season..... 9
- ❖ Access 9
- ❖ Closing of the Boathouse 9
- ❖ Log Out / Log In 9

Equipment Policy..... 10

- ❖ Club Boats 10
- ❖ Club Oars..... 10
- ❖ Equipment Damage 10
- ❖ Boat Care..... 10

Safety Policy 10

- ❖ First Aid / AED 10
- ❖ Swim Test 11
- ❖ Flip Test..... 11
- ❖ Rowing Hours 11
- ❖ Traffic Pattern 11
- ❖ Right of Way Rules 11
- ❖ Hazards on the Water 11

❖ Personal Flotation Device (PFD).....	11
❖ Weather	11
❖ Cold Water Considerations	12
❖ Small Boat Rowing.....	12
❖ In the Boat.....	12
❖ Incident on the Water	12
Emergency Procedures.....	13
❖ Level I – Life Threatening.....	13
❖ Level II Emergency (not requiring 911)	13
❖ Emergency Contacts.....	13
Adult Programs	14
❖ Masters Sweep Program.....	14
❖ Masters Sculling Program.....	14
❖ Masters Sweep and Sculling Program	14
❖ Adult Rowing Program	14
❖ Coxing for Membership.....	15
Collegiate Programs.....	15
❖ OAAR Summer Rowing	15
Corporate Programs	15
❖ Team Building.....	15
❖ Corporate Learn to Row.....	15
Youth Programs	15
Outreach Programs	16
❖ Adaptive Rowing	16
❖ RowIndy.....	16
Classes	16
❖ Learn to Row.....	16
Coaching Staff.....	17
Communication	17
❖ Email.....	17
❖ Monday Minute	17
❖ Social Media	17
❖ Calendar	17
Contact Us	18

- ❖ Boathouse..... 18
- ❖ Mailing Address 18
- ❖ Boathouse Manager..... 18
- ❖ Executive Director..... 18
- ❖ Website..... 18

History

We are very fortunate to row in Eagle Creek Park, the 4th largest city park in the nation. The park consists of 3,900 acres of wooded terrain and meadows, and 1,300 acres of water.

The Indianapolis Rowing Center was founded in the early 1980s when the City of Indianapolis was actively promoting amateur sports as an economic development strategy. The first rowing event was held in conjunction with the 1982 National Sports Festival and was followed in 1983 with Indianapolis’ first National Championship Regatta. These initial events were held at the south end of Eagle Creek Reservoir (the finish line was located where Rick’s Café Boatyard is now). The success of these events led to the founding of the Rowing Center and the plan to develop a world-class rowing course at Eagle Creek.

In 1984 Indianapolis made the commitment to build a rowing course in the north pool of the reservoir and to bid for the World Rowing Championships. The development of the rowing course was fast tracked when Indianapolis was unexpectedly awarded the 1987 Pan American Games after it was determined that Cuba was unable to host the games. The success of the Pan American Games regatta led to Indianapolis being awarded the 1994 World Rowing Championships, the first time that the event was held in the United States.

The rowing course remains one of the country’s premiere venues. The Eagle Creek course has held many USRowing National Championships, numerous Olympic, Pan Am and National Team trial regattas as well as NCAA National Championships and Big Ten Conference Championships. Regional collegiate, junior and masters events have been held in Eagle Creek as well.

Mission Statement

To develop youth and adults of all social and economic backgrounds through the sport of rowing by providing experienced and knowledgeable instruction, a variety of skill-enhancing programs, and world-class facilities.

Vision

IRC is a leading rowing organization with facilities to meet national and international competition standards and programs to meet the aspirations and needs of both competitive and recreational rowers. IRC has the membership, programming, partnerships, financing and facilities to ensure that rowers achieve their goals.

Board of Directors

The rowing center is governed by our board of directors. Two full time staff members, the Executive Director and Boathouse Manager, along with stipend coaches, are employed by the rowing center. Day to day operations are overseen by the Executive Director. The Boathouse Manager/Head Junior Coach maintains the equipment and boathouse, along with coordinating the Junior Rowing Program.

Executive Committee		
Name	Role	Email
Lisa Lee	President	Lisa.lee@icemiller.com
Open	Vice President	
John Murphy	Treasurer	jjm_consulting@yahoo.com
Tracy Barta	Secretary	tbarta@indy.rr.com
Janet Klochko	Past President	jklochko@aol.com
Jen Floyd*	Executive Director	jen@indyrowing.org

Board of Directors	
Name	Email
Jim Barber	Jdbarber221@yahoo.com
Willie Black	willieb@usrowing.org
Mike Burroughs*	mike@indyrowing.org
Ed Couch II	ecouch2@gmail.com
Marion Couch (Booster rep)	couchma@iu.edu
Ryan Hurd	Boilers23@yahoo.com
Sue Iffert	Sue.iffert@gmail.com
Steve Kerr	askerr@foodfight.us
Kathy Langdon	langdonk@myips.com
John Murphy	Jjm_consulting@yahoo.com
Doug Stemmler	dstemmler@esscoindy.com

* Non-voting member

Annual Membership

The membership year at IRC begins in the spring (March) and runs until the following spring season. Current members must renew in March each year to keep their membership active and to take advantage of the benefits.

Benefits

1. Use of the boathouse facility and club equipment in Eagle Creek Park. During the winter season, the boathouse is shut down and winter classes move to another location. An additional fee for winter classes helps cover rental cost of this location.
2. Receiving IRC communications, including the Monday Minute (weekly newsletter), The Catch (quarterly newsletter), regatta and event information, and volunteer information, via e-mail, website updates, and Social Media posts.
3. Members also receive one free private lesson from an IRC coach, or a group lesson with other members.
4. Entry fees are waived for ONE IRC hosted regatta:
 - June – Indy Summer Sprints
 - October – Head of the Eagle
 - January – Indoor Rowing Championships

IRC Responsibilities

For the membership, IRC will:

- Provide the IRC boathouse, docks, parking lot, and other facilities for members' use (this includes overhead costs such as insurance and utilities as well as maintenance of the facilities).
- Provide bathrooms and showers
- Provide access to equipment including designated small boats, oars, and ergs
- Repair and maintain Rowing Center owned equipment

Refunds

Membership refunds will **NOT** be granted, except in cases of injury, illness or death

Eagle Creek Park

The Indianapolis Rowing Center is privileged to be located in Eagle Creek Park. We enthusiastically support the park and our members are expected to abide by park rules. IRC members are **NOT** exempt from paying park admission. We suggest that our members buy a season pass or make a donation to the Eagle Creek Park Foundation at a level that includes a park pass.

Rack Rental

You **MUST** be an annual member to rent an indoor boat rack for a private shell. A rack rental agreement must be signed and on file while you occupy the space.

Guest Policy

Members are allowed to bring up to three (3) guest rowers to the boathouse, during the annual year. All guests must sign an IRC waiver. Members must notify the Executive Director and/or Boathouse Manager of the guests' arrival. There will be a charge of \$10/guest once the member has exceeded 3 guest rowers.

Guests not associated with a member (drop-in) will be allowed to row up to two (2) times for free. Any additional rows will be charged \$10/visit. Drop-ins must also sign an IRC waiver.

Volunteer Hours

All members of IRC are required to volunteer eight (8) hours. These can be achieved:

- At an IRC hosted event
 - May – Indy High School Sprints
 - May – Big Ten Rowing Championships
 - June – Indy Summer Sprints
 - October – Head of the Eagle
 - January – Indoor Rowing Championships
- Serving on the IRC Board or on a Committee or Task Force
- Completing projects around the boathouse
- Helping out at Community Events (health fairs, open house, etc.)
- Washing erg and/or boat towels (1 basket = 2 hours)
- Donating cleaning supplies (\$10 = 1 hour)
- Buying out hours - \$20 = 1 hour

Logging Hours – Members can log their hours on the IRC website. It is the members responsibility to log their own hours. Invoices for incomplete hours will be sent out prior to membership renewal.

Winter Training

The physical structure of the boathouse is not winterized for indoor rowing over the cold, winter months. IRC rents space at another location to use for indoor rowing classes over the winter. Because of this rental expense, there is an additional fee for winter classes.

We have been fortunate enough to work with The Riviera Club in Broad Ripple (5640 N. Illinois St.) for our winter training location each year

Financial Assistance

The Indianapolis Rowing Center does not want finances to inhibit someone from rowing out on beautiful Eagle Creek Reservoir. As part of our mission, we provide rowing to youth and adults of all social and economic backgrounds. IRC offers financial assistance to be used towards our membership, programs or classes. There are 3 opportunities for financial assistance:

Application – members seeking financial need can fill out an application stating their case and the Fund Development Committee decides on the amount to grant. The member will be responsible for the remaining balance and will be required to volunteer an additional 8 hours to IRC. Applications are found on the IRC website.

Boathouse assistant – a maximum of 3 members will be awarded this position. Member will volunteer a minimum of 28 hours between April and October. This equals one hour per week. Hours can be fulfilled by completing 1-2 projects a month (given by boathouse manager), or one hour a week of general cleaning (boathouse, bathrooms, ergs, etc.) These hours can be fulfilled whenever is convenient for the member.

Learn to Row assistant – a maximum of 2 members will be awarded this position. Member will HAVE to be available for all of the learn to row classes, to help with set up, coaching, rowing or coxing. There is one class a month, broken into two 3 hour sessions. Most classes are scheduled for the first Monday and Wednesday of each month, beginning in April and ending in October.

Boathouse Policy

The Rowing Season

The boathouse closes for the winter in November. Launch docks and coaches launches are removed from the water and the boathouse is winterized. There will be no rowing by anyone when the boathouse is closed for the winter. Depending on weather, the boathouse typically opens up mid-March.

Access

As members of IRC, you have access to the boathouse when Eagle Creek Park is open (dawn – dusk). When the boathouse is not opened by a staff member or coach, there is a lockbox in the corner of the west side of the building, next to the small entry door. The key to the door is in the lock box. The code is **1492**. Do not share with NON-IRC members.

Closing of the Boathouse

If you are the last person to leave the boathouse, make sure you:

- Check the log out/log in book to make sure no one else is still on the water
- Check the parking lot for any extra vehicles
- Turn off the lights and fans in the bathrooms
- Close all doors, including big bay doors (latch both ends) and small entry doors
- Turn off boathouse lights
- Put goose repellent mechanism up on the docks

Log Out / Log In

All rowers going out on the water without a coach are required to sign out which boat they are taking, and what time they go out on the water. When a rower returns from their row, you are required to sign back in with the time that you arrived back in the boathouse.

The logbook can be found on the stand in the middle of the boat bay, under the white board.

Equipment Policy

Club Boats

As a member of IRC, you have access to club boats. All fours and eights are club boats, but are only used by IRC Programs and Classes (Masters, Adults, Juniors, Learn to Row). A list of club singles, doubles, pairs and quads can be found in the front of the log out / log in book.

Club Oars

Members are allowed to use the sweep oars hanging up outside the coaches cage. Club sculling oars are in the back, right corner of the boat bay. All other sculling oars in the boathouse are private oars.

Equipment Damage

If club equipment is damaged, becomes unusable, or needs repair while you are using it, put it back in its original location, and log the issue in the Equipment Logbook. Also communicate with the Boathouse Manager that equipment is in need of repair. This can be done via phone, email, text or in person.

Equipment includes: boats, oars, ergs and coxboxes.

The Boathouse Manager will inform the membership of equipment issues via the white board above the stand in the boat bay.

Boat Care

All club boats should be washed (inside and out) with soap and water after every row. If you bleed or get any other human liquid on equipment (oars, handles, ergs), use disinfectant to clean the equipment.

Safety Policy

The safety of all Members, Juniors, Guests and Staff is the highest priority at IRC. Implementation of safety measures occurs at multiple levels.

First Aid / AED

There is a first aid kit and AED defibrillator located in the coaches cage of the boathouse.

Swim Test

All rowers must have a swimming proficiency test on file. If a rower has not passed or does not have one on file, they will be required to wear a life jacket on the water. Swim tests are good for 4 years.

Flip Test

IRC requires all rowers who want to take a single out on their own, to pass a flip test before doing so. A flip test is performed in a single. Under a coaches supervision, the rower flips a single, intentionally, and then has to get back in the boat, on their own. If unsuccessful, the rower will not be allowed to row the single on their own. They must go out with a coach, or in a double with another rower. Flip tests are valid as long as the rower continues to row on a regular basis (no break longer than 1 year).

Rowing Hours

Rowers may row from sunrise to sunset. Please note that Eagle Creek Park opens at 7am and closes at dusk.

Traffic Pattern

Rowers and coaches must know and follow the posted traffic pattern. If a rower or coach is found to be in violation of the traffic pattern, they will receive a verbal warning. After 2 verbal warnings, a written warning will be given. The fourth warning will be removal from the boathouse for one month.

Right of Way Rules

Right-of way rules have been developed by the USCG. Vessels with the least maneuverability have the right-of way, but always play it safe and take action to avoid all other types of boats. The maneuverability rule can be confusing. For example, a sailboat without wind has the right-of way, but a sailboat with wind must give right-of way to the shell.

Hazards on the Water

If you discover a submerged hazard while rowing, remember the location, notify others when possible (coaches, rowers), and post a warning on the whiteboard in the boathouse.

Personal Flotation Device (PFD)

Know that your shell has been designed for flotation. Your boat is not a Personal Flotation Device (PFD); it is an emergency flotation device and your oars are neither, a personal or emergency flotation device. IRC recommends that all unaccompanied boats carry Coast Guard approved PFDs.

Weather

Boathouse staff and/or coaches shall determine whether conditions are unsafe for rowing.

Thunder & Lightning - you must wait to row 30 minutes after last hearing thunder in order to avoid lightning strike.

Hot & Humid - hydrate generously and frequently. Signs of heat exhaustion include: dizziness, headache, muscle cramps and nausea.

Severe Weather – if a sudden storm or unsafe conditions develop and it is apparent that being on the water is dangerous, get off the water. Personal safety is the priority. If it is not possible to reach the IRC docks in a sudden storm and rowing is still possible, proceed to the nearest shore and get off the water. If you are in the boathouse, it is safest to stay in the boathouse.

Fog – If visibility is less than 750 meters (you cannot see the marina), no boats shall be permitted to row until the fog lifts.

Cold Water Considerations

Hypothermia is a life threatening condition. If you find yourself in cold water it is important that you keep your head above water and remain as motionless as possible. The Heat Escape Lessening Procedure (HELP) position (hold onto floatation, put your body in a tight ball, keeping the head out of water) is effective as is the huddle procedure (hold onto floatation and each other) if you are with someone.

Get out of the water quickly, even on top of the capsized boat. Heat loss is 25 times greater when in the water.

Small Boat Rowing

Small boats (1x, 2x, 2-) and Novice rowers are advised to not row when winds are over 15mph. When possible, row in groups. If a partner's shell submerges or capsizes, the "buddy" must ensure they are out of danger (back in shell or on shore) before going to get help.

In order to avoid hypothermia, the water temperature plus air temperature should equal 90 degrees or more (80 degrees for Varsity/big boats). Anything less, and the "Four Oared" rule will be put in place – only boats with 4 oars or more can go out.

In the Boat

- Check every boat for firmly attached bow ball
- Visual check of boat must include: skeg, riggers, foot stretchers and seat
- Check for obvious damage/holes – report damage in repair book

Incident on the Water

- Know distress signals – (calmly) wave arms/shirt in air
- Stay with the boat! Never attempt to swim to shore. If you are out by yourself and cannot get back into the boat, swim with your boat to shore
- If the shell is swamped but floating and athletes are in the boat, align shell to minimize further swamping, then remain upright and in seat awaiting rescue

- If the shell is sinking deeper into the water, submerged or capsized:
 - Shell should be rolled upside-down to increase buoyancy by trapping as much air as possible. If wind is a factor, roll with the wind. Oars should remain in oarlocks to increase buoyancy.
 - The group shall "buddy up" across the boat w/ even distribution on either side of shell (1&2, 3&4) and huddle towards the middle or high point of the shell. The coxswain must buddy with the adjacent pair. Each buddy is responsible for holding onto the other person while they are draped across the shell.
- All athletes must remain as calm as possible and the cox/bow person should assume command and check every athlete continually until rescued
- When assisting/identifying a boating incident, approach the site into the wind to avoid drifting into disabled boat
- Establish verbal contact with those in water and establish injuries if present
- Rescue first, those who appear to be in greatest distress
- Distribute life vests from rescue craft
- All attempts to bring injured into the launch should occur in pairs and not near the engine
- Conduct a head count upon arrival to the scene and when leaving
- If you are on land and see someone in distress, call 911 and contact managers below
- Complete incident report

Emergency Procedures

Level I – Life Threatening

1. Call 911
2. Give Address: 7350 Eagle Beach Drive, located in Eagle Creek Park
3. Once emergency is stabilized, notify IRC Boathouse Manager and ECP Manager
4. File Incident Report with Boathouse Manager and ECP Manager within 48 hours (scan/email)

Level II Emergency (not requiring 911)

1. Administer first aid. Do not hesitate to call 911 if unsure of level of injury
2. Follow "Incident on the Water" Recommendations
3. Notify IRC Boathouse Manager
4. File Incident Report with Boathouse Manager and ECP Manager within 48 hours (scan/email)

Emergency Contacts

Department	Name	Number
Park Rangers		317-327-3811
IRC Director	Jen Floyd	315-225-1722
IRC Boathouse		317-991-1829

IRC Boathouse Manager	Mike Burroughs	317-430-4291
Eagle Creek Park Manager	Brittany Davis	317-726-6109
IRC Safety Advisor	Sandra Kay	317-840-2021

Adult Programs

IRC offers rowing programs to youth and adults of the Indianapolis community. Our intention is to serve the membership while introducing rowing to potential members of the rowing center.

There are additional expenses that are directly related to each program. These include:

- Coaching stipends
- Gas for the coaches launch(es)
- Insurance to cover the Rowing Center owned equipment being used
- Equipment maintenance expenses to repair/maintain equipment being used
- Depreciation of equipment, so that we can replace current equipment

You **must be an annual member of IRC** to participate in the following programs. Current fees and practice times can be found on the IRC website.

According to USRowing, “A Master is a competitor who has attained or will attain the age of 21 during the current calendar year.”

Masters Sweep Program

This program is for any rower interested in competing during the current calendar year in a sweep boat. There are requirements to meet before joining the program. Those requirements can be found on the IRC website. Sweep rowing will be the *primary* discipline of rowing at practice and regattas.

Masters Sculling Program

This program is for any rower interested in competing during the current calendar year in a sculling boat. There are requirements to meet before joining the program. These can be found on the IRC website. Sculling will be the *primary* discipline of rowing in practice and regattas.

Masters Sweep and Sculling Program

This program is for someone that wants to receive coaching and compete in BOTH sweep and sculling boats.

Adult Rowing Program

This program is for a rower who:

- cannot commit to the Masters Sweep or Sculling Program;
- does not have the specific requirements for Masters Sweep or Sculling;
- is looking to row recreationally;
- recently took a learn to row class

- needs to row for one year before moving into the masters programs

Coxing for Membership

IRC is always looking for coxswains for their Masters and Adult Rowing Programs. Full time, dedicated coxswains will have their IRC Annual Membership fee waived, along with the Program Fee. A Coxswain application must be completed during registration on the IRC website. New coxswains will spend a year with the Adult Rowing Program to gain experience. Experienced coxswains can begin in the Masters Sweep Program.

Collegiate Programs

Currently, Butler and IUPUI have rowing teams that practice out of the IRC boathouse. Their teams have designated equipment and practice times, so that they will not interfere with the IRC scheduled programs and classes.

OAAR Summer Rowing

O(open) and AA (21-26 years) Rowing is a program for current collegiate rowers or those looking to compete in Competitive Open events over the summer. Practices run June, July and August, Monday through Friday, with the intention and goal of competing at the USRowing Club National Championships.

Corporate Programs

Team Building

IRC offers team building workshops for local businesses and organizations. These workshops cover classroom work and on the water rowing, over 1-2 days. Contact the Executive Director for more information.

Corporate Learn to Row

IRC can provide your business or organization a learn to row class for your employees, with the opportunity to race at our summer or fall regatta for a true test of their skill! Contact the Executive Director for more information.

Youth Programs

Any middle or high school student looking for a new competitive sport should consider rowing. The IRC Junior Rowing Program currently has 80+ rowers from all over the greater Indianapolis Metropolitan area. Our youth rowers have the opportunity to train and compete year round. New rowers are always welcome each season.

Spring/Fall – These two seasons are the busiest time of year for the Junior rowers. They typically travel to 4-5 regattas each season.

Winter – Indoor winter training is done at The Riviera Club in Broad Ripple. Winter begins mid-November and runs through mid-March. Juniors compete in the Indianapolis Indoor Rowing Championships in January.

Summer – The Summer season is a time for the rowers to continue rowing, focusing on small boats and technique. The rowers typically attend one regatta.

The **Novice Junior Summer Rowing** program is a 3 week class for new rowers. There is a session in June and another one in July.

Outreach Programs

Adaptive Rowing

In rowing, there are gender-separated races, lightweight divisions, and masters events, and now there is also an adaptive category for rowers with physical disabilities. Adaptive rowing refers to both the equipment adaptations for rowers with disabilities and the sport as a whole. (Lewis, 2011)

IRC began its Adaptive Rowing Program in 2011. With two generous Grants from the Christopher & Dana Reeve Foundation, IRC has an adaptive single and an adaptive double for its rowers.

Adaptive Rowing is a summer program, with 1-2 practices during the week. IRC also offers rowing for ambulatory athletes which takes place in the barge.

RowIndy

IRC provides rowing programs to disadvantaged, urban youth within IPS schools. Interested schools are identified, coaches are recruited, and rowing practices begin in April out at the boathouse. The rowers compete at the Indy High School Sprints in May (on the water). RowIndy also runs over the summer with rowing camps for Youth Groups from all over the city.

Classes

Learn to Row

The Indianapolis Rowing Center offers Learn to Row classes for the adult community of Indianapolis. Youth rowers interested in learning how to row can join the Novice Junior Program at the beginning of any season.

Learn to Row classes are a total of six hours long, and are primarily sweep rowing in the eight person boat. After a learn to row class, rowers can join the Adult Rowing Program for free for a month! After the “trial” month, rowers can decide to join for the remainder of the summer or year.

Coaching Staff

Name	Program	Title	Email
Mike Burroughs	Juniors	Head Coach	mike@indyrowing.org
Courtney Chan	Masters Sweep	Head Coach	chancesf@yahoo.com
Kevin Connolly	Adult Rowing	Coach	kevinconnolly2@gmail.com
Stephen Eckstein	Butler	Head Coach	Stephen@pdacoolstuff.com
Trevor Farnsworth	IUPUI	Head Coach	Farnsworth.trevor@gmail.com
Jen Floyd	Sculling / LTR	Coach	jen@indyrowing.org
Joe Gallagher	Juniors	Coach	jegallagher@hotmail.com
Sue Gath	Adult Rowing	Coach	sue.gath@yahoo.com
Chris Gibson	Adult Rowing	Coach	gibsonchris5@gmail.com
Emmanuel Pagan	Juniors/Butler	Varsity Coach	e.pagan@live.com
Eric Stoll	Juniors	Novice Coach	estoll@sbcglobal.net
Emma Tokar	Juniors	Novice Coach	emma.tokar@envigo.com
Greg Wilson	Juniors	Novice Coach	Lampy_the_gnome@icloud.com

Communication

Email

IRC's main source of communication with its members is email. Make sure the email you give during registration is one that you routinely check. If you would prefer to receive important announcements via mail, contact the Executive Director.

Monday Minute

The Director sends out weekly emails to the membership, juniors, junior parents, Board members, and class participants. These emails contain updates on classes and programs, upcoming event information, member highlights/announcements and other important information.

Social Media

IRC also shares information, updates, photos and articles through its social media outlets. Follow/Like Us so that you can stay up to date! Feel free to tag IRC in any of your posts.

Facebook – Indianapolis Rowing Center

Twitter - @indyrowing

Instagram - @indyrowing

Calendar

For a complete list of classes, programs, events and volunteer opportunities, check out the CALENDAR on the IRC website.

Contact Us

Boathouse

7350 Eagle Beach Drive
Indianapolis, IN 46254 (NO MAIL DELIVERY)
317-991-1829

Mailing Address

PO Box 53223
Indianapolis, IN 46253

For large packages, use:
7840 W. 56th St.
Indianapolis, IN 46254

Boathouse Manager

Mike Burroughs
mike@indyrowing.org
317-430-4291 (mobile)

Executive Director

Jen Floyd
jen@indyrowing.org
315-225-1722 (mobile)
317-327-7100 (office)

Website

www.indyrowing.org