



COMPETITIVE MASTERS ROWING PROGRAM HANDBOOK

***** If you still have questions after reading this handbook please reach out to your Captains/ Coxswains/ Coaches. *****

Thanks

Competitive masters Coaches

Contents

1. Overview	4
2. Membership expectations.....	4
2A. Competition	4
2B. Attendance.....	4
2C. Physical fitness	4
2D. Costs.....	5
3. Communications	5
3A. Regatta Sign Up.....	5
3B. Member-to-Team communication.....	5
3C. Files and photos	6
3D. Facebook.....	6
4. Who's Who.....	6
5. Safety.....	6
5A. Weather	6
5B. Incident on the Water	7
6. Practices	7
6A. Time	7
7. Regattas.....	7
8. Summer Sprint Season	8
9. Fall Head Race Season	9
10. Winter Training	9
11. Small boats/uncoached time on the water	9
11A. Traffic Pattern	9
11B. Boats	10
12. Coxwains	10
13. Volunteerism	10
14. Social Opportunities	10
14A. Third Thursday	10

1. Overview

The IRC Competitive masters Program welcomes dedicated adult rowers of all ages. The Competitive masters Program provides an outlet for rowers' goals by encouraging personal improvement and development in a fun but yet competitive team setting. The Competitive masters program practices three times a week ([See Section 5](#)) throughout the year, and competes throughout the Summer and Fall across the Midwest and Nationally (See [Section 7](#) and [Section 8](#)).

The Competitive masters Program training plan is designed to improve boat handling and speed, physical fitness and technique in order to compete at national and regional regattas. The IRC Competitive masters Program has traditionally emphasized sweep rowing, but incorporates sculling into practices and regattas when possible. IRC has dedicated competitive masters program coaches who are qualified sweep and sculling instructors.

Additional details about participation and expectations of all members of the Competitive masters Program are outlined in the below sections.

2. Membership expectations

2A. Competition

The Competitive masters Program is designed for experienced rowers who wish to compete in regional and national events. Those who have completed a Learn to Row class/ adult rowing program who are interested in competing should discuss their level of readiness with the Learn to Row coach/adult rowing program, as all rowers are expected to understand and be able to functionally apply the terminology and skills necessary to train for and to participate in competitive events prior to joining the Competitive masters Program.

2B. Attendance

Practices are held three times a week and there are several Summer and Fall regattas that require out of town/overnight travel. As the program is designed to be a fun yet competitive team setting, regular attendance is essential to the success of the team. While personal/work obligations are unavoidable, rowers will be expected to make up workouts as planned by the coaches to maintain their level of physical fitness in case of missed practices.

2C. Physical fitness

It cannot be expected that three practices a week will be sufficient for optimal performance. It is recommended that all Competitive masters Program participants engage in a variety of cardiovascular and strength training on the alternate days to maintain and improve their fitness. If guidance or recommendations are needed for these days, please talk to the Competitive masters coaches. At a minimum, it should be expected that Competitive masters should engage in no less than 30 minutes of high intensity cardiovascular work twice a week and at least one day a week of strength training, which

should include squats. For those without a base level of fitness, a higher level of off-day fitness activity is encouraged.

2D. Costs

To participate in the Competitive masters Program, one must be a member of the IRC in good standing. In addition to the IRC annual membership fee, there is an annual Competitive masters Program fee. The Competitive masters Program fee includes coaching at practices and regattas. These costs do not include regatta expenses (See Section 7) or Winter Training costs (see Section 10). Registration for an IRC annual membership and the Competitive masters Program can be done on the IRC website (www.indyrowing.org) under 'Members/Renew Now'. Scholarships are available for those in need. Scholarship application forms are available on the IRC website under 'Members/Forms'. These should be completed and submitted to the Director as soon as possible for review. Coxswains see section 11 for coxswain costs.

Visit the IRC website for current membership fees – 'Members/Membership Options'.

3. Communications

A key to a successful team is effective communication. The Competitive masters Program uses Team Snap (www.teamsnap.com) as the venue for all rowing-related communications. Email addresses and phone numbers of team members in Team Snap are to be used only for IRC-related purposes. Spamming and advertising is not permitted. After you have been granted access to Team Snap, please set your profile to include your telephone number, email and port/starboard/sculling preference (do this by clicking on the "roster" tab and then click on "edit my player info"). Telephone numbers are important for emergency communications especially during travel and should not be omitted. Email is the default notification of Team Snap. After updating your profile, go to "preferences" to determine how you wish to be informed of information that is posted in Team Snap. You can also set your preferences to receive reminders of practices and events.

3A. Regatta Sign Up

All members must note their planned regatta attendance on IRC website no later than the deadline communicated by the coaches. All Competitive masters rowers are expected to meet those deadlines and no changes are permitted following that deadline to facilitate the planning for race lineups and practices leading up to regattas.

3B. Member-to-Team communication

There are several ways to use Team Snap to communicate with the team. Click on the "messages" tab in Team Snap. There are two options that are commonly used for the team: Email and Posts. You must select an option prior to composing your message. Posts allow for there to be a record of the communications and are useful for reference and is the default preference for team-related communications, as it ensures that all Competitive masters will receive the communication and allows

for notification of responses (if not sent via email). If it is a one-time communication that does not need to be referenced in the future, you may use email. Email also allows you to select a subset of Competitive masters Members if you do not wish to communicate with the entire team (e.g. if you wish to discuss an additional practice time with your boat lineup or the group attending a specific event or regatta).

3C. Files and photos

Documents (e.g. regatta logistics, fees) and photographs related to the Competitive masters are stored within the “Photos & Files” tab. You must select photos to see the photographs of regattas and other events. Selecting “files” will open the area where documents are stored.

3D. Facebook

The IRC Competitive masters has a private, closed group on Facebook. If you have a facebook account and wish to be added, please ask another Competitive masters member who is your ‘friend’ on facebook to add you to the group. This group is a fun place to post non-urgent updates, photos, stories and other rowing(ish)-related things and another way to get to know your teammates.

4. Who’s Who

The Executive Director of IRC is Andrew Purdie

The Competitive masters Coaches include: Courtney Chan, Jen Kaido, Mackenzie Dafferner

The Captains are:. TBD

Coxswains: Ken Kavanagh, Mackenzie Dafferner, ...

If you have a question or concern at any time, first contact your team captains/ Coxswains. If they are unable to address your concern they may go to the coaches. The coaches may choose to escalate the concern to Andrew if it is not addressed.

In addition to the Competitive masters roles, IRC is a not for profit (501(c)(3)) and there is an active Board. Board members are listed on the IRC website and are nominated. Additional details about governance are available on the IRC website (www.indyrowing.org).

5. Safety

5A. Weather

- You must wait to row 30 minutes after last hearing thunder to avoid lighting strikes
- Smaller boats are advised not to row when winds are over 15 mph
- The water temperature plus air temperature should equal:
 - 80 degrees for Varsity/experienced/big boats to be on the water
 - 90 degrees for Novice/small boat rowers; in order to avoid hypothermia
- In hot/humid weather, hydrate generously and frequently.

- Signs of heat exhaustion include: dizziness, headache, muscle cramps, and nausea

5B. Incident on the Water

- Be aware of distress signals—Calmly wave arms/shirt in the air
- Stay with the boat—Never attempt to swim to shore. If you are out alone and cannot get back into the boat, swim to shore with your boat

Additional information regarding safety and incident procedures are posted on the IRC website under Policies and on the bulletin board located by the BH Manager office. Please familiarize yourself with these safety procedures.

6. Practices

6A. Time

Competitive masters practice times will be clearly communicated at the beginning of the season and will be updated, as needed, on the IRC website. It is expected that rowers are fully warmed up and ready to row by the start of practice.

In case of inclement weather, rowers should arrive at the boathouse at the designated time for an indoor workout unless there is a specific instruction from the coaches to do otherwise. All notifications of any change to practice will be communicated via Team Snap.

7. Regattas

Those Competitive masters rowers who wish to participate in competition races must register for regattas on IRC website by the deadline set by coaches ([See Section 3B](#)). Racing is **highly encouraged**, though not mandatory. Lineups and regatta details are entered at regattacentral.com and should be reviewed prior to the regatta date. All Competitive masters Rowers should ensure that their US Rowing membership is paid (if applicable), current and active prior to participating in regattas (visit www.usrowing.org).

All rowers need to electronically sign their USRowing Waiver, prior to racing. The USRowing Waiver only needs to be signed once a year, so complete this before your first regatta. Go to <https://rosters.usrowing.org>. Under 'Athletes', enter U7B9H into the Club Code box. Follow instructions to sign your waiver.

Additional details of the team travel and logistics will be communicated via Team Snap. A regatta packet will be posted in the Team Snap "Files" folder prior to the event that will contain team-specific details of the event and expectations (eg. arrival times, organized team meals, etc).

All rowers, whether participating in the regatta or not, are expected to help with boat loading and unloading prior to and after the event at the boathouse. All rowers attending the regatta are expected to help with boat unloading/loading and rigging/de-rigging at the event at the times determined by the coaches.

Regatta fees are not included in the Competitive masters Program fee. Regatta fees will include your race entry fees, travel for the coaches/coxswains, equipment/boat travel and other logistical details to make the race possible. In addition, each rower is responsible for his/her own travel expenses, including transportation, food and lodging. Generally, hotels will be reserved by the team with roommates of the same gender. If you are traveling on your own or with other companions, please communicate this to your team captains or to the team member making hotel arrangements. Carpooling is encouraged and is the responsibility of each team member to organize (**Team Snap** communications and pre/post practice times are useful to find others who may wish to share a ride).

IRC Coxswains:

- Lodging—\$20/night for hotel
- Transportation—IRC will provide transportation to regatta through carpooling with other Competitive masters rowers. Reimbursement for cost of gas to regatta with receipts (receipts MUST be submitted to Jen)
- IRC Membership—Waived
- IRC Competitive masters Program Membership—Waived
- Coxswains are responsible for their own food

Non-IRC Coxswains:

- Lodging—\$20/night for hotel
- Transportation—IRC to pay coxswain \$0.25/mile to travel to Indy to carpool or travel to the regatta site
- IRC Membership—Not required
- IRC Competitive masters Program Membership—Not required
- Coxswains are responsible for their own food

8. Summer Sprint Season

The Sprint season training begins in the Spring following winter training. Competitive masters events are generally a 1000 meter sprint. The coaches will communicate the start sequence and general race strategy that is to be employed for the sprint races. The Sprint Season concludes in August.

Practices during this season will focus on speed, power, strength and technique.

9. Fall Head Race Season

In August through November, the Competitive masters participate in Head Racing. These events are generally 5000meter events and require more attention to steering and negotiation around other boats, as there are no lanes and boats begin at staggered times without one set start.

Practices during this season will focus on endurance, power, strength and technique.

10. Winter Training

The IRC Boathouse is not winterized, so a location is rented for the winter to use as our indoor training facility. These rental costs are paid for through winter training fee to the Juniors, Competitive masters and Adult Rowers. The cost of winter training is not included in the Competitive masters Program fee and is variable depending on the rental cost of the winter training location. In general, Winter Training is designed to increase strength and endurance and to improve overall fitness. Practices are held at the same times/days as on-water practices, with the location to be communicated to the team no later than November of each year. The Winter Training season generally lasts November through March, depending on the weather and if the water+air temperature is acceptable for on-water practices.

11. Small boats/un-coached time on the water

Small boats must be signed out and back in in the log book located in the center of the boathouse between the two boat bays. Scullers who wish to go out on their own without a coach must first pass a flip test. Contact Andrew Purdie to schedule your flip test. Only experienced rowers should go out without a coach, and all rules of the boathouse, including safety policies, apply during uncoached times (eg. getting off the water in case of storm/lightening, water/air temperature and wind must all be attended to). It is highly recommended that rowers use the 'buddy system' when going out on the water (eg. 2 singles going out together, rowing a double/pair with another rower). Inexperienced coxswains should not take boats out even with experienced rowers for an un-coached practice. Please see the safety rules fore more information.

11A. Traffic Pattern

Please familiarize yourself with the traffic pattern during spring/summer when the racing lanes are installed, as well as the fall season when the lanes are removed.

Rowers out in small boats or un-coached times on the water should be aware of the other boats on the water. Larger boats out without a coach should be courteous toward smaller sculling boats on the docks and on the water.

11B. Boats

Be aware of which boats you take out on your own and make sure to log your use in the log book located in the middle of the boathouse. If you are unsure, please check with captains, coaches, and Jen. **You must complete a flip test prior to taking boats out on your own.**

12. Coxswain's

The coxswain is the captain of the boat and responsible for relaying messages from the coaching staff as well as leading the rowers through the workout prescribed by the coaches. Coxswains should be knowledgeable of the rowing terminology used, traffic pattern, and race strategies indicated by the coaches. Coxswains will need to maintain a current US Rowing membership to be eligible for US Rowing affiliated regattas. Additional information is available for coxswains to learn more about their role. Coxswains are encouraged to maintain open dialogue with coaching staff to learn about rowing and being an effective part of the team.

13. Volunteerism

An expectation for each member of IRC is volunteerism. Competitive masters are asked to volunteer at regattas, Learn to Row programs, clean up days, and in fundraising. Opportunities to volunteer will be communicated via Team Snap.

14. Social Opportunities

The Competitive masters are a social group! Often individuals volunteer to host end of season parties, holiday parties, or events just to enjoy the company of the group.

14A. Second Tuesday

An important aspect of Competitive masters rowing is the fun and camaraderie. While team travel to regattas is one such opportunity for fun, the Competitive masters do set aside the second Tuesday of each month for a post-practice outing. These are generally held at a local restaurant close to the boathouse that we can attend in workout attire. Location/change of location is communicated the day of the event at practice.

Home - NetSuite (Aprimo) x New Tab x Personnel Sheet x Indianapolis Rowing Center x 2016 Masters sweep require... x (2 unread) - chances@yahoo... x

https://rc21.wildapricot.org/resources/Documents/Masters%20regatta%20fees/2016%20Masters%20sweep%20requirements-OTW%20warmup.pdf

1 of 2

100%

Rowers Requirements for Moving into Masters Sweep

1. Have all the requirements of adult rowing, LTR, membership are up to date(safety, flip test, emergency contacts)
2. Know other parts of the stroke (release, catch, drive, recovery) and most rowing terminology (hands away, body prep) as well as comparable terminology
3. How and when to "blend" in while sitting out.
4. Parts of the boat (bow, stern, port starboard), positions in the boat (bow pair, stroke pair)
5. Where certain pause drill can happen. Arms away, arms and body, half slide, finish, etc
6. How to "**correctly**" set up a boat when not rowing
7. Which hand feathers, which is the inside, outside hand
8. The concept of "rush/ ratio"
9. Most of the coxswain commands "ie the command "in 2..." How to blend in"
10. How to correctly spin--backing, rowing, alternating,
11. How to correctly move foot stretchers, spacers, and when to that
12. How to correctly move a boat, in out of the boathouse and on the water
13. Why we do a racing start. what a racing start is
14. Be able to row at 24 at some pressure for 10 Minutes without "large" technical mistakes
15. "Way enough= Stop and listen" . "Let it run"= ie Hands away blades off the water and feathered till cox'n says blades down
16. Coaching Assessment (TBD)

Coxswain Requirements for Moving into Masters Sweep

Home - NetSuite (Aprimo) x New Tab x Personnel Sheet x Indianapolis Rowing Center x 2016 Masters sweep require... x (2 unread) - chances@yahoo... x

https://rc21.wildapricot.org/resources/Documents/Masters%20regatta%20fees/2016%20Masters%20sweep%20requirements-OTW%20warmup.pdf

1 of 2

100%

Coxswain Requirements for Moving into Masters Sweep

1. Know the traffic pattern
2. Coxswain Application on file
3. Know the safety procedures
4. Understand the parts of the stroke, catch, drive finish, release, recovery, hands away, top half
5. Parts of the boat (bow, stern, port starboard), positions in the boat (bow pair, stroke pair)
6. Correct commands for how to spin a boat (by 8+'s)
7. Steer "fairly" straight, know how to correct it
8. Understand the basic coxswain commands (refer to coxswain packet)
9. Understand when and how to relay/ re-inforce coaches instructions / commands
10. Implement drills
 - a. Pause drills -Arms away, arms and body, half slide, finish, etc
 - b. Outside hands only, switch hands
 - c. Add a pair. 5 and glide, etc
11. General Expectations
 - a. Always keep the boats together (take pauses, shorten pauses, increase pressure, decrease pressure) unless we are in a race piece
 - b. Never start behind unless directed by a coach
 - c. Always raise your hand if given direction from a coach, to verify that the coaches instructions were heard