

Bainbridge Island Rowing

221 Winslow Way West #204

Bainbridge Island WA 98110

www.bainbridgerowing.org

206-842-2004

Spring 2012 Junior Rowing Program

This document was sent via email on Thursday, January 12, 2012 to all returning rowers from Fall 2011.

The spring rowing season is almost upon us and, along with that, we want to communicate to you the schedule for the registration process, the schedule for the season and other important information relevant to this spring rowing season. Please take the time to print and read through this information in its entirety to ensure you're aware of all pertinent information and know what is expected and what to expect. Included are the following sections:

Registration Process and Schedule

Varsity versus Novice Registration

Spring Regatta Schedule

Season and Multi-day Regatta fees

Number of Junior Rowers Limited to 100

Forms and Memberships

Uniforms

Volunteer Needs and Expectations

If You Have Questions

Registration Process and Schedule

Spring 2012 registration will open online beginning Sunday, January 15 and will close Friday, February 3, for Varsity rowers and Friday, February 10, for Novice rowers. The Spring BIR Junior program is open to all Bainbridge High School students (Grades 9 thru 12). Registration can be completed at www.bainbridgerowing.org by clicking on "LOG IN" in the upper left corner of the home page and following the instructions on the screen.

Following is an outline of important dates and deadlines within the Spring 2012 season registration process.

January 15 (Sunday): Online registration opens

February 1 (Wednesday): Information meeting for Varsity rowers and parents at The Senior Center at 7:00 p.m.

February 3 (Friday): Online registration closes for Varsity rowers

February 3 (Friday): Deadline for submission of scholarship applications for Varsity rowers and returning Novice rowers (information regarding scholarships is available on the "Links" page of the website and during the registration process)

February 5 (Sunday): Latest date for scholarship award notification for Varsity rowers and returning Novice rowers

February 6 (Monday): Practice begins for all Varsity rowers, Monday through Friday, 3:30 p.m. to 6:00 p.m. (**IMPORTANT:** For a rower to be allowed on the water, the Spring season fee must be paid in full or a payment plan set in place, and all required paperwork must be signed and submitted to BIR)

February 8 (Wednesday): Information meeting for Novice (returning and new) rowers and parents at The Senior Center at 7:00 p.m.

February 10 (Friday): Online registration closes for all Novice (returning and new) rowers

February 10 (Friday): Deadline for submission of scholarship applications for **new** Novice rowers (information regarding scholarships is available on the "Links" page of the website and during the registration process)

February 12 (Sunday): Latest date for scholarship award notification for **new** Novice rowers

February 13 (Monday): Practice begins for all Novice rowers, Monday through Friday, 3:30 p.m. to 6:00 p.m. (**IMPORTANT:** For a rower to be allowed on the water, the Spring season fee must be paid in full or a payment plan set in place, and all required paperwork must be signed and submitted to BIR)

February 19 (Sunday): Deadline for refund requests (all refunds requested by this date will be made in full less a \$50 processing fee; after this deadline, there will be no refunds given)

Varsity versus Novice Registration

Please note that, beginning with this registration process, Varsity boy, Varsity girl, Novice boy and Novice girl rowers will register separately. You will be asked to make this selection at the beginning of the online registration process. To clarify Varsity versus Novice:

- If you are a returning rower who in previous years completed a spring rowing season by competing in the Regional Championship Regatta at Vancouver Lake, you will register as a Varsity rower.
- If you are a returning rower who has not completed a spring rowing season as outlined above or if you are a new (beginning first-time) rower, you will register as a Novice rower.

Spring Regatta Schedule

The regattas scheduled for the spring 2012 season are as follows:

February 26 (Sunday) - **Ergapalooza** (erging competition at the BIR boat yard)

March 17 (Saturday) - **Green Lake Regatta** (Novice rowers only)

March 25 (Sunday) - **All-Island Regatta on Vashon Island**

April 13 thru 15 (Friday thru Sunday) - **Covered Bridge Regatta in Eugene** (additional fee for participation as outlined below)

April 27 thru 29 (Friday thru Sunday) - **Brentwood Regatta on Vancouver Island** (limited Varsity and Novice) (additional fee for participation as outlined below)

May 5 (Saturday) - **Opening Day on Lake Washington/Union** (limited Varsity pending invitation)

May 17 thru 20 (Thursday thru Sunday) - **N. W. Junior Regional Championship Regatta on Vancouver Lake** (additional fee for participation as outlined below)

Date yet to be determined - **Scrimmage w/ Lakeside School**

Additional regattas this season, with limited participation are as follows:

March 31 thru April 1 (Saturday thru Sunday) - **San Diego Crew Classic** (selected Varsity girls 8+ only)

June 7 thru 10 (Thursday thru Sunday) - **U. S. Youth National Regatta in Oakridge, Tennessee** (selected boats qualifying at the N. W. Junior Regional Championship Regatta)

Season and Multi-day Regatta fees

The base fee for the Spring 2012 season is \$450 and includes several single-day regattas. This fee reflects an increase from prior years in an effort to better cover the real costs of a quality rowing program supporting 100 Junior rowers. It should be noted that, although rowing is considered a school sport during the spring season, BIR receives *no* funding from the school district.

The reasons for the fee increase this Spring include the addition of a fifth full-time coach, increased costs to transport the boats and trailer to regattas, equipment maintenance costs, and an effort to more

adequately cover the true cost of operating this program. By sufficiently covering the cost of operating this program through registration fees, BIR is better able to direct other financial resources towards maintaining a quality inventory of boats and other ancillary equipment, as well as to work towards the goal of building a boat house. More information about the season fee and financial goals of BIR will be discussed at the information meetings as scheduled above.

Please be aware that a late payment fee of \$50 will be assessed if the Spring season fee is not paid in full or a payment plan set in place by the relevant closing date of registration. Also, a rower will not be allowed on the water until payment or payment plans have been made and all required paperwork is signed and submitted to BIR.

Several multi-day regattas require an additional fee for participation due to equipment transportation, lodging and meal costs. These regattas and the additional fees are as follows:

Covered Bridge Regatta in Eugene: \$100 (to be paid during a regatta-specific registration process)

Brentwood Regatta on Vancouver Island: \$275 (to be paid during a regatta-specific registration process)

N. W. Junior Regional Championship Regatta on Vancouver Lake: \$250 (this regatta is the official close to the Spring season and it is expected that all rowers participate; the registration process for this regatta will open simultaneously with the Spring season registration and remain open until two weeks prior to the event; you may register and pay the additional fee for this regatta now or at any time prior to the close of registration therefor)

Number of Junior Rowers Limited to 100

As established during the Fall 2011 season, because of the growing popularity of rowing as a high school sport and our inability to boat more participants than we can safely coach and have seats or oars for, the number of Junior rowers participating in any season is capped at 100.

The ideal goal for participation would be 30 Varsity boys, 30 Varsity girls, 20 Novice boys, and 20 Novice girls. If the registration numbers for any given group do not reach these goals, then those spots may be shifted to another group. For example, if the number of Varsity girls registering were only 25 rather than 30, then the Novice girls' program would be open to 25 rather than 20.

Capping the number of Junior participants at 100 may mean that the BIR coaches will have to limit the number of rowers in any given group, resulting in a qualification process that would be done by the Coaches within two weeks of the first day of practice. After this qualification process, any individual not selected for the Junior team would receive a full refund and be placed on a waiting list in the event a qualifying rower cannot complete the season.

Although the Coaches and Board of BIR wish this to remain a sport open to all interested high school students, it is simply not a safe program for more than 100 Junior rowers. Should registration exceed

100 and it becomes necessary to move forward with this qualification process, we encourage those not selected for the team to work on fitness levels, particularly erging, and to try again the following season.

Coaches will make their decisions based on some or all of the following criteria:

- **Raw and/or weight adjusted ergometer scores** (2000 meters for the spring season, 20 minutes for the fall season),
- **Running times** (1 mile in the spring, 2.5 miles in the fall),
- **Technical ability** in the boat,
- **Body size** (a balance of larger and smaller body sizes is needed to have the right proportion of rowers and coxswains), and
- In regard to **Coxwains**, ability, temperament, capacity to project voice, and authority.

Coaches will answer questions about this qualification process at the information meetings scheduled for February 1 and 8.

As we approach this Spring season, we encourage returning rowers to get in some erg training, and all interested athletes to run on a regular basis. Though great rowers are not necessarily fast runners, running is an important training tool and a good indication of fitness level.

Forms and Memberships

Because rowing is recognized as an official BHS school sport during Spring season, additional paperwork is required. In addition to the BIR required forms obtained from the website during the registration process (**BIR Medical History and Authorization Form** and, for new rowers, **BIR Float Test Form**), the additional BHS school sport required forms are:

1. **Physical Exam** (Note that physicals are good for 2 years and must be valid through the entire season) (if a prior physical is still valid, the date of the exam must be filled in and a parent signature included)
2. **Verification of Insurance**
3. **Medical Emergency Form**
4. **Athletic Eligibility Form**
5. **Parent Consent Form/Waiver of Accident Plan**
6. **Code of Conduct Acknowledgement Form**
7. **Concussion Form**

If a rower **has** already participated in a school sport during the 2011/12 academic year, the only forms required are

1. **Physical Exam,**
2. **Verification of Insurance, and**
3. **Medical Emergency Form.**

If a rower **has not** already participated in a school sport this academic year, the additional forms required are

4. **Athletic Eligibility Form,**
5. **Parent Consent Form/Waiver of Accident Plan,**
6. **Code of Conduct Acknowledgement Form, and**
7. **Concussion Form.**

The **BIR Medical History and Authorization Form** is generated automatically during registration and a copy attached to the confirmation email you will receive upon completion of registration. Print a copy to sign and return to BIR. During the registration process, you will also see a link to the **BIR Float Test Form** and to the BHS school sport forms listed above. All completed and signed forms must be submitted to BIR, Attention: Alison Hawley, 221 Winslow Way West, # 204, Bainbridge Island, WA 98110 prior to the first practice or rowers will not be allowed on the water.

Additionally, in order to row at the N. W. Junior Regional Championship Regatta, all rowers must be current members of U. S. Rowing. The annual membership fee for a Junior rower is \$45. You may join or renew your membership, and sign your online USRowing waiver for 2012, at <http://www.usrowing.org/join.aspx>.

Uniforms

All rowers are required to have a uniform for the spring season. The uniform consists of the following:

1. A long-sleeved tech shirt, and
2. A BIR unisuit OR a BIR tank top and BIR rowing trou OR a BIR tank top and plain black rowing trou

Uniforms are ordered from a dedicated BIR page on the JL Racing website. Details and a link to the JL site will be available on the BIR website sometime in February and you will also be notified via email when the site is live.

Although new uniforms will incorporate the new BIR logo, anyone who already has a uniform **is not** required to order a new one.

Volunteer Needs and Expectations

The BIR Junior program cannot be fully supported nor function successfully solely through seasonal fees. BIR is an all-volunteer organization and parent volunteers, in particular, are a key ingredient towards the success of the Junior program. If you are interested in becoming part of the Parent Leadership Group or have areas of experience or expertise that may be of use to BIR, please let us know either during registration or by email at <mailto:BIRJuniors@gmail.com>.

Consider taking on a key role now and having the opportunity to be directly involved in the planning, decisions and success of the BIR Junior program. Throughout the season, we will also ask for volunteers

to chaperone, drive, prepare meals and contribute food for each of the regattas. Everyone needs to contribute in some way to make the program successful.

If You Have Questions

A lot of information is included in this email regarding the BIR Junior program. If you have any questions prior to the scheduled information meetings, please reply to this email and I will do my best to help you or forward your question(s) along to the appropriate person.

Diana Christoffersen, Coordinator/Communications

BIR Parent Leadership Group

<mailto:BIRJuniors@gmail.com>