



**Conibear Rowing Club  
Rower's Handbook**

# CONTENTS

Conibear Mission and Goals .....	2
Conibear Organization .....	3
Officer Positions.....	3
Communications .....	3
Team Meetings .....	3
Dues.....	3
Practice Schedule.....	4
Conibear Team Uniforms .....	5
Racing Uniforms .....	5
Other Team Items .....	5
Order Form .....	6
Regatta Participation.....	7
Regatta Clothing Requirements .....	7
Regatta Sign-up.....	7
Regatta Preparation .....	8
How Boats are Assigned .....	8
Practice Expectations .....	10
Practice Clothing Requirements .....	10
Boathouse Guidelines .....	10
Things Beginning Rowers Don't Know.....	11
Coaches Corner .....	12
Appendix – Updated Yearly.....	13
Executive Committee.....	13
Current Fee Structure.....	13
Communications Contacts.....	14

# Conibear Rowing Club

"The purpose of this organization shall be to promote programs devoted to the development of Masters rowing through athletic competition and physical fitness and to support the sport of rowing in the Northwest through active participation in the United States Rowing Association (USRA)."

Conibear Rowing Club is a competitive rowing club for master's women participating in sculling and sweep rowing. We have a commitment to offer a positive rowing experience for all women. While Conibear is enthusiastic and competitive, we acknowledge that women have family, work and other interests that demand time and energy. We want rowing to be an on-going, positive element of our member's lives. We understand that there may be times when the commitment or participation level will vary and we encourage everyone to participate as much as possible, at whatever level possible.

The Conibear coaches will endeavor to select and train competitive crews, keeping these overall goals as the priority and focus of the experience.

The overall goal for Conibear Rowing Club is to allow each athlete to develop her potential through rowing. Conibear recognizes and values the opportunity to enhance:

*self-esteem*

*team work*

*rowing skills*

*fitness and strength*

*recreation activity*

*competition experience*

*a positive image of active, strong women*

# Conibear Organization

## Officer Positions

President  
Vice President  
Secretary  
Treasurer (2 year term)

To nominate or volunteer for the officer positions at Conibear please contact the Past President or one of the current officers (please see appendix for active executive committee list) by November of the current year. The Past President chairs a nomination committee that identifies a slate of nominees for the Club member to vote on at the last meeting of the calendar year. Conibear Officer Terms run from January - December.

## Communications

Website - General information + roster information for Conibear Members only  
[www.conibearrowing.org](http://www.conibearrowing.org)

Yahoo Group – Team roster and e-mail list serve for members only.  
[Conibear@yahoogroups.com](mailto:Conibear@yahoogroups.com)

Facebook Page – Sharing the experience and event information.  
[www.facebook.com/](http://www.facebook.com/)

## Team Meetings

Team members and coaches meet at least four times a year to discuss team business and planning. Meetings are usually scheduled for a weekday evening. Information about upcoming regattas, outreach events, finances, and other team activities are discussed.

## Dues

Conibear membership dues (please see appendix for current fee structure) are due by April 30th of the current year. Payment options can be arranged with the treasurer in case of special circumstances. These dues cover, but are not limited to, club operations, club membership and insurance expenses, regatta entry fees and expenses for priority events.

Monthly practice fees (please see appendix for current fee structure) are paid to the “Conibear Rowing Club” and cover coach’s fees, Park Department use fees, and boathouse equipment maintenance fees. Prorated fees are available for members who will not be able to attend all practice sessions during the month.

US Rowing requires a signed waiver (<http://www.seattle.gov/PARKS/BOATS/mtbaker/USRow.pdf>) and dues ([www.usrowing.com](http://www.usrowing.com)) by each individual on a yearly basis. US Rowing individual

membership (please see appendix for current fee structure) is required for all active Conibear rowers as a requirement for our Club organization membership in US Rowing and frequently required for participation in major regattas.

### **Practice Schedule**

Winter Conditioning 6:00 – 7:30 a.m. M, W, F January thru Mid-February

Regular Practice 5:30 – 7:30 a.m. M, W, F Mid-February – November

# Conibear Team Uniforms

## Racing Uniform

Navy Shorts or Tights and  
Racing Tank Top with Conibear Chevron Design (Navy blue and Yellow)  
or  
Conibear Chevron Racing Unisuit (one piece)

## Other Optional Team Items Available for Purchase

Conibear Tech Shirt (half zipper optional) (Navy and Yellow)  
Practice Seamless Tank (Navy/Yellow)  
Practice Seamless Uni (Navy/Yellow)  
Conibear Sequel JL Jacket, in three styles:  
    Original  
    Swing  
    Release

All items available from JL Design  
Contact Alec Mills 1-800-831-3305 x204 to order  
Sizing available at [www.jlracing.com](http://www.jlracing.com)

**See order form on next page.**

# Order Form

(Prices may vary from this April 2009 list. Please remember there will be tax and shipping/handling charges too)

Item	Size	Cost	Qty	Total
Racing Uni (one-piece) Chevron design		\$ 74.95		
Racing Top w/ chevron design		\$ 47.95		
Navy Trou with Drywick		\$ 34.95		
Navy Tights		\$ 39.95		
Conibear Tech Shirt		\$ 34.00		
Conibear Tech Shirt + zip		\$ 40.00		
Practice Seamless Uni (one-piece)		\$ 72.00		
Practice Seamless Top		\$ 34.95		
Conibear JL Sequel Jacket				
Original (includes Conibear artwork, waterproof Hytrel Shell, Drywick or Polypro Stretch side panels, lined with lightweight mesh, venting back panel, key/credit card pocket)		\$ 108.00		
Mesh-Lined Hood		\$ 26.00		
Muff Pocket w/zipper		\$ 22.00		
H2O pocket		\$ 7.50		
Reflective Tape		\$ 9.00		
Chest pocket		\$ 12.00		
Full zipper		\$ 15.00		
Back Zippered Pocket		\$ 14.00		
Hytrel Side Panels		N/C		
Swing (includes Conibear artwork, waterproof Hytrel Shell, Drywick or Polypro Stretch side panels, lined with lightweight mesh, venting back panel, key/credit card pocket and fleece)		\$ 130.00		
Mesh-Lined Hood		\$ 26.00		
Fleece-Lined Hood		\$ 28.00		
Muff Pocket w/zipper		\$ 22.00		
Back Zippered Pocket		\$ 14.00		
Reflective Tape		\$ 9.00		
Chest pocket		\$ 12.00		
Full zipper		\$ 15.00		
H2O pocket		\$ 7.50		
Hytrel Side Panels		N/C		
Release (includes Conibear artwork, waterproof Hytrel Shell, lined with lightweight mesh, venting back panel, Hood is included, side panels are Hytrel, H2O pocket, chest pocket replaces key pocket and 1-inch Scotchlite Reflective Tape on black flap)		\$ 146.00		
Fleece Lining		\$ 22.00		
Muff Pocket w/zipper		\$ 22.00		
Upgrade Hood to Fleece		\$ 5.00		
Back Zippered Pocket		\$ 14.00		
Full zipper		\$ 15.00		
Drywick Side Panels		N/C		
TOTAL				\$ -

# Regatta Participation

*"Teamwork divides the task and multiplies the success" - Unknown*

## Regatta Clothing Requirements

Rowers are required to wear the "team uniform" at all regattas/competitions (big or small). Major regatta may enforce team uniform consistency rules, while smaller events are usually more casual. If due to the weather a shirt under our racing tops is appropriate then the boat captain can decide whether it is white or navy. In extreme weather, prepare for extra clothes to keep warm and dry, both on and off the race course.

Rower should always plan to wear a team uniform for racing and bring additional clothes for before and after the race. Some suggestions follow:

### *One Day Regatta*

Team Uniform  
Change of clothes  
Change of shoes  
Rain Gear  
Hat  
Water bottle + personal snack  
Flashlight/Head lamp  
Blanket  
Sunscreen  
Poggies or gloves for low temps

### *Two Day Regatta*

Team Uniform (x2)  
2 changes of clothes  
Warm-up outfit  
Change of Shoes/socks  
Rain Gear  
Hat  
Water Bottle + personal snack  
Flashlight/Head lamp  
Blanket

Sunscreen  
Extra socks  
Tape for Hands  
Small Chair  
Poggies or gloves for low temps

## Regatta Sign-up

- A sign-up sheet is developed for each racing season and on a clipboard at our board. Check your calendar and confirm your participation as soon as possible.
- Try to change any initial "?" to a "yes" or "no" quickly so the coaches know who is available for the event and plans can be made for entries and travel logistics.
- If you are signed up for a competition it is important that you attend every (or as many as possible) practices so that your boat gets the practice it needs before the event. This is a team sport - your attendance at practice is important. Boat line ups are put together at practice.
- Rowers are encouraged to indicate their interest/willingness to participate in events (even if they are not sure if they are "ready"). This helps coaches know about goals and dreams!
- Many regattas days extend before and after the racing schedule due to trailer loading and unloading duties.



## Regatta Preparation

### Day before Regatta

- Details of the Regatta will change but ask for directions to the event and timeline for the beginning of the day.
- The boat trailer is often loaded the Friday before the competition (this is considered part of practice). Even if you are not racing your attendance is need for loading the trailer faster. More hands means a faster load time and more time on the water for practice.
- Sometimes we need volunteers who can stay after Practice is over to assist in getting everything loaded.

### Day of Regatta

- **Arrival time is 2 hours prior to first race if unloading a trailer.**
- **Arrival time is a minimum of 90 minutes prior to first race.**
- Upon arrival at the Regatta please check in with coach and boat captain.
- Be prepared for all kinds of weather. Be self-contained (refer back to Regatta clothing requirements) don't assume anyone else will have things that you need.
- Be aware of what time "hands on" is for your boat. Boat Captains will have this information.
- **Races:**
  - **60 minutes before your race be completely ready "to go".**
  - Clothes and water near boat – completed bathroom break.
  - Final prep with Coach and directions will be given.
- **In between events:**
  - Stay near team area to help with cheering and equipment. Work as a team.
  - "Many hands make light work".
- **Towards end of Regatta or Race:**
  - After each race de-rigging and equipment break down is necessary.
  - Move equipment to trailer...
  - ...then you can rest.
- Plan on returning to the Mt. Baker Boathouse after the event to empty the trailer.
- The day is over when the trailer is completely unloaded and equipment is put away.

## How boats are put together for a Regatta

- **The team goal is for everyone to have a positive experience and to compete in a positive environment.**
- Some boat lineup considerations (in no particular order) based on the pool of athletes the coaches have for each race.
  - Age (which is averaged for the age you turn this year – does not include coxswain's age)
  - Technique
  - Fitness
  - Power
  - Depends on Regatta as to how many boats we can or are allowed to race.
  - Rower's interest to row in a specific event (especially for small boats).

- Coaches' discretion based on the fact that they are looking out for everyone to have an opportunity to participate, learn, and compete.
- Conibear is fortunate to have a huge diversity in athletes. Coaches use a variety of ongoing measures -- on the water, on the ergometers, and with the other factors listed above -- to determine boat lineups.

**Remember: You are earning your spot everyday at practice.**

# Practice Expectations

*"Coming together is a beginning, keeping together is progress, working together is success"*  
– Henry Ford

## Practice Clothing Requirements

The best clothing for rowing and land workouts is soft, stretchy and fairly form fitting clothes i.e. bike, dance, rowing or similar clothing. Loose fitting clothing is not recommended because they could get caught in the equipment. Polypro or Coolmax and similar fabrics are best since they retain body heat even when they are wet and dry easily.

In the spring, fall and winter, you will need long tights or fleece, and tops that can be peeled off in layers as you warm up socks or clean Aqua socks are needed to keep your feet comfortable in the shoes in the boat (Muddy shoes are never worn in the boats! We take them off and leave them on the dock) and a warm hat.

Hat, sunglasses, sunscreen and lightweight shirt are essential in summer

Water bottle is essential regardless of season.

## Boathouse Guidelines

- Be at practice on time 5:30 a.m. Attendance and punctuality are critical in rowing.
- Move name over for attendance on the white board.
- Fill water bottle as necessary.
- 10 minute warm up whatever you want (power walking or running with a buddy or erging).
- 5:40 a.m. starts stretching/exercises, announcements and the plan for the day.
- Fast execution of the "Plan for the Day" is essential to maximize time on the water.
- Look at white board for boat and seat.

## Launching Boats

- Take oars to dock. Last chance for bathroom.
- Move to your boat.
- Wait for coxswain (coxswain should stand at stern) and wait for instructions. If you are in a "blind boat", bow person takes charge as coxswain.
- Safely walk down on dock (coxswain at stern of boat).
- STARBOARD rowers get oars – PORTS open oarlocks.
- Rowers get in boat.
- Coxswain gets in boat.
- ASAP count off and walk the boat off the dock (don't worry about adjusting your footboard – that happens during warm up by twos/fours).
- Back by pairs when clear of dock.
- Follow coxswains commands.

## Returning Boats

- Dock boat
- Count off when you are ready to disembark – starting at the bow.
- Coxswain out.
- Rowers out on the command “one foot back and up”.
- Step off boat onto dock then oars across.
- PORTS to return oars (then return to boat) – STARBOARDS to close oarlocks.
- Listen for coxswain commands for the boat to be put away.

## Things Beginner Rowers Don't Know

- Do not walk with head inside of rigger frame.
- Rowers group at the ends of the boat for carrying out and in of boathouse. Line up with someone of like height.
- Around the boathouse – never step over a boat. Walk around the ends.
- Carry oars blade in front, hand in center of oar. Keep oar balanced.
- Oars are stacked/stored blades down and handles up on bulk head before brought to boats.
- Look for foot sticker when getting in and out of the boat. That is the only place in the boat that will support your weight.
- Types of Boats:

1X – Single (2 oars)	4X – Quad (8 oars)
2X – Double (4 oars)	4+ - Four (with cox) (4 sweep oars)
2+ - Pair (2 sweep oars)	8+ - Eight (with cox) (8 sweep oars)
- Masters Age Categories:

A=27-35	B=36-42
C=43-49	D=50-54
E=55-59	F=60-64
G=65-69	H=70+

# Coaches Corner

Here are a few things to remember about our coaches and the amazing job they do coaching and training us to be the best rowers we can be.....

Conibear coaches endeavor to select and train competitive crews, keeping the overall Club goals as the priority and focus of the experience.

- Coaches try to keep the whole picture in mind. An athlete has a picture of themselves and their friends. Trust that the coaches are looking out for your best interest.
- Coaches start from the mission statement and are always working towards our success in competition. They are charged with balancing a desire for us to be a competitive club on the race course, with a team that provides every member with opportunities to participate and grow.
- Coaches recognize that there are different levels of athletes in Conibear. They include:
  - Athletes who are driven and intensely competitive
  - Athletes who want to better themselves as a rower
  - Athletes who just want to participate

These levels may change for an individual rower throughout their rowing career, or even throughout a single calendar year. Coaches strive to work with rowers, to provide appropriate and challenging opportunities that fit!

- Do not be afraid to ask the coaches “why you are where you are?” You need to know what you need to do to get better. Best communication for this is e-mail:
  - Sara Lopez [lopezsl@myuw.net](mailto:lopezsl@myuw.net)
  - Eleanor McElvaine [emcrew@myuw.net](mailto:emcrew@myuw.net)

And it IS about that balance, so keep in mind two statements from your coaches:

**“We are committed to providing a structure for practice and competition, but it is Conibear members’ participation, dedication, team spirit, and support of the Club mission that makes it an experience we all value and grow from!”**

**“Teams that put the most into practices get the most medals at races.”**

# 2011 Appendix

## Executive Committee

President – Kristi Skanderup ([kristis@cablespeed.com](mailto:kristis@cablespeed.com))  
Vice President – Karen Johnson ([j\\_nerak@hotmail.com](mailto:j_nerak@hotmail.com))  
Treasurer (2 year term) – Merida Scully ([meridascully@gmail.com](mailto:meridascully@gmail.com))  
Secretary – Polly Meyer ([polly.b.meyer@gmail.com](mailto:polly.b.meyer@gmail.com))

## Current Fee Structure for Active Rowers

- Conibear annual membership dues (\$215) are due by April 30th.
- Monthly practice fees are paid to "Conibear Rowing Club" or "CRC" and cover coach's fees, Park Department use fees, and boathouse equipment maintenance fees.

Payment options are as follows:

- Pay by the month:
  - 3 practices a week **\$126**
  - 2 practices a week **\$98**
  - 1 practice a week **\$84**

*Please note that if you are coming somewhere in between 1 and 2, or 2 and 3, practices a week, we cannot pro-rate the fees. You will need to choose whether to pay for an extra practice or two, or come to the practices you have paid for.*

- Pay for the season:
  - Feb / March / April **\$300**
  - May / June **\$240**
  - July / Aug **\$240**
  - Sept / Oct / Nov **\$240**

*We have divided the spring season into two payments because it is twice as long as the summer or fall.*

- Pay for the whole year:
  - Feb through Nov **\$969**

- Our rowers are valuable! We have set up a "Recession Relief Fund" to help out rowers who might find practice costs financially difficult to manage. Please don't hesitate to contact Sara ([lopezsl@myuw.net](mailto:lopezsl@myuw.net)) or Merida ([meridascully@gmail.com](mailto:meridascully@gmail.com)) if you have questions. Also, if a rower pays for a practice and does not attend we can use that money as a donation to the RRF. It will be donated in your name and at the end of the year you will get a letter of receipt, which can be used as a tax deduction, just like any other donation.
- US Rowing individual membership (**\$65** for 2011) is required for all active Conibear rowers as a requirement for our Club organization membership in US Rowing and frequently required for participation in major regattas.

## Communications Contacts

Website – Polly Meyer ([polly.b.meyer@gmail.com](mailto:polly.b.meyer@gmail.com))

General information for the public, and roster information for members only.

[www.conibearowing.org](http://www.conibearowing.org)

Yahoo Group – Nancy George ([thegeorgester@gmail.com](mailto:thegeorgester@gmail.com))

Team Roster and e-mail list serve for members only.

[Conibear@yahoogroups.com](mailto:Conibear@yahoogroups.com)

Facebook Page – Tara Morgan ([tmorgan@bust.com](mailto:tmorgan@bust.com))

Sharing the experience and event information.

[www.facebook.com](http://www.facebook.com)