



Deep Cove Rowing Club

Rower's Handbook
for
Juniors

Spring 2007

This booklet will provide rowers and their parents with information about the Deep Cove Rowing Club (DCRC). Included in this handbook are:

1. The mandate of the Deep Cove Rowing Club (*DCRC*)
2. DCRC's safety guideline
3. An overview of DCRC's seasonal programs
4. DCRC's regatta policies, schedule and levies
5. Rower's guide
6. Rower's regatta preparations
7. Deep Cove Rowing Club Uniforms
8. Guidelines and tips for parents

Every rower and parent should read this document to inform themselves of the practices of the club. If you have any comments or suggestions, please contact us at deepcoverowingclub@hotmail.com.

**Further information is available at our website:
www.deepcoverowingclub.com**

Deep Cove Rowing Club

The Deep Cove Rowing Club is a community-based organization dedicated to inspiring and providing for a lifelong passion for the sport of rowing. Deep Cove Rowing Club (DCRC) is a non-profit organization, managed by a local board of directors. It operates out of the District of North Vancouver Boathouse in Deep Cove, BC.. The Club has a subsidised lease on the boathouse and we sublet space to Collingwood School.

All rowers are members of DCRC and parents of rowers under 19 have voting privileges. The Board meets on every second Wednesday of the month at 7:30 pm in the Mahon Room of the Lonsdale/ Harry Jerome Recreation Centre.

DCRC sets the fees for all rowing programs.

To Register:

Step 1: Contact the Program Manager, Margaret Ebrecht by email at deepcoverrowingclub@hotmail.com to check for space availability.

Step 2: Program registration takes place in three ways:

- i) **at the Boathouse if you are paying by cheque on the designated registration day OR**
- ii) **by mail to DCRC to PO Box 32 #112-1151 Mount Seymour Rd. North Vancouver V7H 2Y4) There is an early bird discount of \$100 for annual fee payments by cheque received before November 30,2006. OR**
- iii) **Registration is also available through the North Vancouver Recreation Commission (www.northvanrec.com). There are no discounted rates for registration though the North Vancouver Recreation Commission.**

The fees are used to cover management and overhead, pay and train coaches, and purchase and maintain boats and other rowing equipment. No rowers will be allowed on the water until their fees and forms are received. The forms are available at the www.deepcoverrowingclub.com under the title bar Downloads, then click on Junior Waiver Forms.

The program costs for the spring competitive rowers include regatta fees to cover the cost of *entry fees* and for selected regattas outside the lower mainland. There are also additional fees for transportation and accommodation arranged by DCRC and these are not included in the program fees.

DCRC is responsible for providing coaching staff. Coaches are all hired by DCRC and report to the Board of Directors. DCRC contracts the North Vancouver Recreation commission for Human Resource services and they provide background checks on the staff.

Coaches are responsible for decisions concerning crew assignments, training schedules and racing. The Head Coach oversees all training plans and provides direction to the staff coaches.

Parents or rowers who have concerns about fee schedules, equipment or coaching should first discuss the matter with individual coaches or the Program Manager , Margaret Ebrecht (margaretebrecht@hotmail.com) If they have further concerns they should approach the executive of DCRC.

DCRC offers rowing programs for high school age rowers.

High school rowers train and compete with their school's team during the fall session. Rowers who do not belong to one of these schools but still want to train and compete during the fall session are organized as a Deep Cove RC composite team. Competition during this session is low key and consists of one or two regattas for Lower Mainland teams.

Competitive rowers are trained more vigorously. They do dryland training from November through to February. From Feb to August they train to improve their fitness and skill level and compete in selected regattas in the lower mainland, Vancouver Island and Washington State. A select group of these rowers may be interested in trying out for BC Summer Games, Royal Canadian Henley Regatta, Canada Games or National Junior Team. They must follow more rigorous training schedules and compete in some regattas and dry land competitions that are optional or unsuitable for some rowers.

There are three age categories in junior rowing throughout the world. Rowers in the years they turn 17 and 18 are considered Junior A. Rowers in the years they turn 15 and 16 are Junior B. Rowers who are 14 and under are Junior C. Rowers in the latter category will generally train and race with Junior Bs, since there are very few Junior C events at regattas.

DCRC Local Safety Guideline (updated Spring 2007)

All registrants and their parents must review the following Safety Policy and sign on the following page before the rower can participate in any 'on water' activity.

- 1) All registrants **must** be able to tread water for a minimum of 10 minutes and by signing this form acknowledge that this is true.
- 2) Training sessions will begin promptly, at the scheduled time. Coaches may decide not to boat rowers who arrive late. Coaches will not be responsible for onshore supervision of late arrivals.
- 3) The boathouse and washroom will be unlocked prior to rowers leaving the shore and will remain unlocked for the duration of the training sessions. A minimum of 4 warming blankets will be available in the boathouse at all times.
- 4) Each coxswain or bow person if there is no coxswain **must have a whistle or other sound signalling device** attached to their person or insure that there is a sound signalling device in the shell prior to leaving the shore.
- 5) During low light/low visibility conditions, each rower must wear an operating **flashing light** on the head or upper body. Rowers are responsible for providing their own lights and should bring them to every training session.
- 6) Rowers must not proceed beyond the end of the Government Wharf in Deep Cove until accompanied by their assigned coach.
- 7) All rowers must be accompanied on the water by a coach, or approved substitute, in a coach boat. Rowers on the water must stay in visual contact with the coach boat at all times. Where the rowers are not within 500 metres of the coach boat, shells must carry a life jacket at each seat and a whistle for each rower.
- 8) Boats should stay in groups of two or more. If a partner's boat capsizes, the 'buddy' boat should ensure the capsized rower/s are safe (back in the boat or on shore) before going for help. The international distress signal is waving both arms over the head. Rowers should also use whistles and their flashing lights to signal that assistance is required.
- 9) In the event that a capsized crew must return to shore, the crew must be accompanied by a coach. All other crews under the supervision of that coach must also return to shore.
- 10) Rowers should familiarize themselves with docks and low bank waterfront landings in the training or racing area. In the event of a storm or other unsafe conditions, rowers should immediately proceed to a safe landing area to get themselves out of the water.
- 11) Each regular club coach must hold valid First Aid Certification—St. John's Ambulance Safety Oriented First Aid or its equivalent, and a Canadian Yachting Association Pleasure Craft Operator Certificate or its equivalent. Casual part-time coaches must have valid Canadian Yachting Association Pleasure Craft Operator Certificate or its equivalent and a valid first aid certificate is recommended.
- 12) Each coach boat must be equipped with:
 - a) a minimum of 9 lifejackets plus lifejackets for each passenger in the coach boat. The coach must wear a life jacket and a motor "kill switch" must be attached to the jacket and the motor.

- b) a minimum of 3 warming blankets
 - c) a First Aid Kit
 - d) a buoyant heaving line of not less than 15 metres
 - e) a minimum of 3 emergency flares (Canadian approved of Type A, B or C)
 - f) a sound-signalling device
 - g) a bailer
 - h) one manual propelling device (e.g., paddle)
 - i) navigational lights that meet the applicable standards set out in the Canadian Coast Guard's Collision Regulations
- 13) At least one of the supervising coaches must carry an operable cellular phone while rowers are on the water.
- 14) .Each coach boat will supervise a maximum of 9 junior rowers in a maximum of 3 rowing shells. Each coach will supervise a maximum of 14 experienced adult rowers in a maximum of 4 rowing shells.
- 15) Coaches are responsible for determining whether conditions are too dangerous to row due to darkness, fog, high winds, ice, cold water, storms, or any other conditions which they determine may be of danger to the rowers. No rower shall be forced to row against his/her better judgment should conditions be questionable.
- 16) No morning rowing shall commence before 5:45 a.m. during the period of February 15 to November 20. No morning rowing shall commence before 7:00 a.m. during the period of November 21 to February 14.
- 17) Rowing shall not take place in foggy conditions if visibility falls below 1000 meters.

I have read, understand, and agree to abide by the DCRC Safety Guidelines.

Rower's signature Date

Parent's signature (If under 19)

Parent's signature (If under 19)

DCRC Annual Rowing Plan

Fall Session (early September to early November)—High School League

Athletes from schools fielding teams in the high school league row for their respective schools. Athletes from schools not fielding teams row for the DCRC junior club program.

The emphasis is on fun and technique acquisition for novices, and on technique development and base fitness for returning athletes. The more experienced competitive athletes will follow a more intense training program to prepare them to meet goals of moving on to higher level competition the following season.

There will be some competition, in the form of local high school league regattas. The vision for the future is to hold a series of regattas including local, regional and provincial championships.

Winter Session (mid-November to mid-February)

This program consists of weekday dryland training (at a local gym) and/or rowing ergometer sessions at the boathouse and periodic weekend rowing sessions if weather permits. All athletes train as members of the DCRC junior program.

The emphasis is on development of proper dryland training techniques and fitness. This program is an excellent opportunity for those who wish to excel in the Spring and Summer to make major fitness and strength gains.

There is some competition, consisting primarily of ergometer races which are held in January and February.

Spring Session (mid-February to end of May)

This is the major competitive season. All athletes train and race as DCRC junior program. Selection of top crews is based on performance in some combination of ergometer testing, seat racing, technical proficiency, crew compatibility, coachability, attendance, etc. All athletes will be boated for regattas in which the entire Club participates, usually in at least two races per regatta. Athletes will be expected to attend regattas on several weekends from the middle of April through the end of May (see the regatta schedule included in this handbook).

The emphasis is on preparing to race fast and to be competitive at regattas. However, we still want everyone to have fun and to develop their technique.

Summer Session (early June to late August)

Training and skill development continues for the experienced athletes and learn to row programs are offered to newcomers. There may be both competitive and recreational programs running concurrently, depending on enrollment.

The emphasis for some athletes may include trials for BC Games, Royal Canadian Henley, CanAmMex national junior development team program, Canada Cup, or World Junior Championships. Inclusion in these programs will be based on meeting criteria specified for each event by Rowing BC and Rowing Canada.

Other athletes will continue to develop technique while maintaining a desirable level of fitness. The coach will take into consideration personal goals and performance and will aim to provide programs to accommodate these.

Regattas

A schedule of regattas that may be attended by DCRC rowers in the Spring Sessions is included after the Regatta policy of the Club. The schedule indicates the regattas for which DCRC will be arranging car pools and accommodations. It also indicates the regatta levies that each rower will be expected to pay to cover the cost of transportation and accommodation for those regattas.

Should the rower not attend a scheduled regatta, they will not be charged. Rowers must advise their coaches if they are not able to attend a regatta four weeks in advance to allow for appropriate planning.

The Regatta levy fees cover the cost of transportation and accommodation only. Rowers are responsible for providing their own food at all regattas. At some regattas the levy will include some drinks and snacks that DCRC will arrange, but these are meant mainly to provide additional fluids to prevent dehydration.

For overnight, out of town regattas involving the full club, the Rowing Club may use car pools or the services of a school bus to transport rowers. If a bus is used additional cars with parent drivers are needed to shuttle rowers to and from the hotel & competition. The parent drivers act as chaperones for the duration of the weekend. While the ferry costs for chaperones and their vehicles are covered by the Club, chaperones are responsible for the cost of their hotel accommodation and meals.

Accommodations for overnight regattas (for rowers, coaches & chaperones) are reserved by the Club. In most cases, 4 rowers will share a motel room. Drivers/Chaperones will stay with rowers in the motels, and will pay their own accommodation costs. The club participants may stay on site at the Shawingan Lake regatta (in a classroom). Most other regattas are one-day events and therefore do not require accommodations.

Other parents who wish to attend overnight regattas must make their own arrangements for accommodation. As Brentwood and Shawnigan are popular events, we recommend that you book early.

Items covered by the regatta levies and the philosophies behind them are explained in more detail in the Regatta Policies section.

DCRC Regatta Policy

The fundamental philosophies of the following policy are that:

- regattas should be safe, enjoyable, team-building experiences
 - regatta travel and accommodation expenses for a particular regatta should be the responsibility of the participants who attend that regatta.
1. All rowers attending the regattas are expected to be at the regatta site whenever DCRC rowers are competing, to assist where required and to provide encouragement to their fellow crews.
 2. All rowers should be on their best behaviour and dressed in DCRC colours.
 3. Rowers are responsible for their own transportation to and from regattas held in the Lower Mainland. Coaches will advise rowers of arrival times.
 4. Rowers will travel in car pools arranged by DCRC for regattas outside the Lower Mainland. If the numbers are sufficient, a bus may be hired, but usually only if it is cost effective (as when a bus is hired, we have to pay for a driver to stay at the regatta with the crew 24/7 for three days). Parents are expected to take their turn at driving and assisting in chaperoning the rowers. Drivers are also responsible for transporting rowers and/or coaches between the motel and regatta site throughout the day. If traveling to the regatta involves paying ferry fares, DCRC will repay the drivers all ferry fares for their vehicle and driver as well as their rowing related passengers (rowers and/or coaches only). Non-rowing or non-coaching passengers must pay their own ferry cost. To receive the full ferry subsidy, the vehicle must be able to carry at least 4 passengers (ie rowers or coaches). Vehicles with less than four passengers will be partially subsidized. Drivers are to pay the fares and keep their receipts, submitting them to the regatta co-ordinator for repayment. This process will take some time as repayment will be by cheque from the DCRC regatta account. Some parents choose to donate their reimbursement to the club to be used for enhancements to the Junior Program.
 5. For some regattas outside the Lower Mainland, DCRC will book rooms for rowers at a motel near the regatta site. Most parent drivers and coaches will stay at the same motel to act as chaperones, with a minimum of one chaperone for every ten rowers. Chaperone parents are responsible for their own accommodation cost.

6. For some regattas away from the Lower Mainland, DCRC will arrange deposits and payments for the motel rooms. The normal occupancy will be 4 rowers, 2 coaches or 2 driver/chaperones per room. The occupancy will be adjusted so that males and females will not share rooms.
7. For all regattas, rowers are expected to bring their own lunches and snacks to eat on site. Please make an effort to keep the regatta site clean.
8. For regattas away from the Lower Mainland, rowers are also expected to bring food or money for breakfast and supper. Cooking facilities will not be available.
9. Drugs and alcohol are forbidden for rowers at all regattas. This includes during travel to and from regattas and while in hotel rooms. Offenders will not be given a second chance but will be disqualified and sent home at their own expense.
10. The accommodation and transportation costs for rowers will be recouped by DCRC through regatta levies. These must be paid before the regatta by a cheque for the full amount. The amount of the regatta levies vary from regatta to regatta depending upon transportation costs, the cost of accommodation and the length of the stay. Any questions concerning regatta levies should be addressed to the club treasurer or the regatta coordinator.

Spring 2007 Regatta Schedule

Date	Regatta	Location	Who	Carpool to be arranged	Regatta Levy
January 20	Beat the Beast Erg	St. Georges School	Contact Kelsey		no
February 4	Monster Erg	Victoria	Contact Kelsey	Yes	TBD
Mar 3-4	Elk Lake Spring Regatta	Victoria	To be determined	Yes	TBD
April 27-29	Brentwood Invitational *leave early Fri am	Mill Bay	Full Club	Yes	TBD
May 12-13	Shawnigan Lake Regatta *leave Fri morning (10:00 am)	Shawnigan Lake	Full Club	Yes	TBD
May 26-27	Delta Deas Scholastic	Delta	Full Club	No	TBD

Typically, the rowing team leaves for the Brentwood and Shawnigan Lake regattas during the day on the Friday of the regatta weekend.

Please note that the Regatta levy fees cover the cost of transportation and accommodation only. Rowers are responsible for providing their own food at all regattas. For overnight, out of town regattas involving the full club, the Rowing Club may use the services of a school bus to transport rowers. However, additional cars, with parent drivers are needed to shuttle rowers to and from the hotel & competition, as well as act as chaperones for the duration of the weekend. While the ferry costs for chaperones are covered by the Club, chaperones are responsible for the cost of their hotel accommodation. Accommodations for overnight regattas (for rowers, coaches & chaperones) are reserved by the Club. Other parents who wish to attend must make their own arrangements for accommodation. As Brentwood and Shawnigan are popular events, we recommend that you book early.

Rower's Guide

Rowing is a team sport. You may train as a crew, but you are part of a team-the Deep Cove Rowing Club. As part of this team, each rower is expected to pitch in and do what needs to be done. That means assisting with loading and unloading boats, blades, and other gear and carrying equipment to the launch site or back to the staging area. This is not the job of coaches and parents!

Rowers are expected to support their fellow rowers. It's great when you are going to the water or coming off a race to get vocal and physical support from other members of your team, but they need your support too. ALL rowers are expected to remain at the regatta site, even when not racing, to provide support to their team members. It is especially disheartening when rowers arrive late, leave early or disappear during the regatta. This causes stress for the coaches and chaperones and deprives their teammates of much needed support.

Rowing is competitive, but it also emphasizes sportsmanship and courteous behaviour. Although you should compete hard during a race, take time at the end to complement a strong performance by a competitor or to provide encouragement to athletes who had a substandard performance. Verbal abuse of a competitor or official is absolutely unacceptable. Your coaches will instruct you on when and how to make a protest and when there are valid reasons for one.

Similarly, rude behaviour on shore or while travelling to regatta sites will not be tolerated. Respect your coaches, teammates, other athletes and spectators; they are all there to participate in the competition but also to have an enjoyable outing. If you have a problem with a teammate or coach try to talk them privately and rationally. Be positive and try to see the situation from their side as well as yours.

Rowing is logistically challenging. It often involves moving a lot of bulky equipment from one competition or training site to another. This is further complicated because many of our regatta sites are on Vancouver Island and require ferry travel to get there and back. Before leaving for regattas and upon return, the boats and a lot of gear must be loaded onto and later removed from the trailer. Boats must be de-rigged before they can be loaded, and then re-rigged after unloading. The more people who are there to help with this work, and the more wrenches there are to tighten the rigging, the better. Coaches will designate crews who are responsible for particular tasks. **IT IS IMPORTANT THAT EVERYONE WHO IS ASKED SHOWS UP AND ACTIVELY PARTICIPATES.** Failure to help with off-water tasks may result in suspension of rowers.

Rowing is about being ready to compete. Sleep and good nutrition are key elements of an effective training program and are critical to regatta performance. Coaches will be talking to you about these points but ultimately it is up to each rower to take charge of his or her own behavior. This is particularly true at regattas; you cannot rely on coaches or chaperones to make sure you eat properly or get adequate rest. Respect your teammates-you may have finished your races or may not have a race until late the next day, but at least some of your team's crews will have an early start-don't interfere with their attempt to get a good night's sleep.

Rower's Regatta Preparation

Each regatta is a little different in terms of cost, duration, location and available services. Rowers need to consider these differences when planning their food and clothing requirements. The list provided here is a useful guideline, but we recommend that rowers who have not attended a particular regatta before talk to experienced rowers to get advice about what items can reasonably be added or dropped.

Be sure to look at the Regatta Costs section to see approximately how much money you can expect to spend for each regatta. We've assumed that most rowers will be concerned with costs, and have therefore suggested that rowers bring food items from home. Rowers who decide not to bring their own food should be aware that food selection is very limited at some regatta sites, and the food is relatively expensive. DCRC will provide snacks at some regattas, but this food is not meant to replace proper meals. These snacks are primarily intended to prevent dehydration and are not intended to be the main source of energy or provide balanced nutrition.

When packing your regatta supplies keep in mind that:

1. A dry, warm and well-fed rower is much more likely to be effective and enjoy the regatta.
2. Personal effects that are kept in a bag are much less likely to be lost, stolen or damaged.
3. A large garbage bag is a great way to keep your wet dirty gear together and separate from your dry stuff.

Regatta Clothing and Equipment

- 7/16 wrench
- warm clothes and rain gear
- 2 complete changes of rowing clothes
- toque/gloves
- thick socks
- sandals
- sunglasses/sunscreen
- warm blanket or old sleeping bag
- Health Care Card or number
- cooler and freezer pack (ziplock bags for ice the next day)
- plastic tarp (to cover rowers/gear when raining)
- something to sit on
- plastic bags for wet clothing

Food

- enough food for breakfast, lunch and snacks for each day of the regatta.
Suggested items:
 - bagels and cream cheese or peanut butter
 - muffins and crackers
 - carrot or celery sticks
 - apples, oranges and other fruit
 - power bars or other energy bars
 - juice boxes
 - other healthy snack foods (e.g., trail mix)
- water bottle—dehydration can be a serious problem; each rower must provide their own water bottle for health reasons
- money for dinners, hot drinks and additional snacks if desired

Entertainment

- frisbee
- deck of cards
- magazines or books

Please do not bring valuable items with you to regattas. Rowers are strongly discouraged from bringing ipods because they may miss important announcements.

Deep Cove Rowing Club Uniforms

The Deep Cove Rowing Club has a full line of racing and training gear available in our club colours complete with our club logo. DCRC's colours are navy and white with a touch of red.

Uniforms for the Deep Cove Rowing Club are all made to order by Row West, a company specializing in high quality training and racing gear specifically designed for rowers. Jennifer Bigler is the local sales representative for Row West and she takes care of all the uniform orders for DCRC. Jenn can be contacted at 604-914-1918 or email – jennbigler@shaw.ca.

Information about our uniforms and order forms can be found on the following site:

<http://www.rowwest.com/deepcove>

The minimum requirement for Junior rowers is a DCRC Singlet and a pair of black shorts or tights. (Any snug fitting stretchy black shorts or tights are fine). Other Deep Cove Rowing Club uniform items shown on the website are optional. The long sleeve is recommended for cooler weather, and the vest and pogies are ideal for cold weather training.

If you are not sure of your size, note the sizing chart located at the bottom of the website.

Please review the above website and print off the order form. Complete the order form and fax to Jennifer Bigler, or give to your coach. Orders must be prepaid. Spring order deadline is March 25.

It is a Rowing Canada rule that all rowers race in their club uniforms. Although your club uniform is primarily for racing we encourage you to wear your DCRC gear for training as well. The Deep Cove uniform is very durable and made of quick dry fabric to keep you comfortable in all weather.

The design for the DCRC club uniform changed in the summer of 2005. The new uniform as you can see on the above website incorporates the red maple leaf into the design. The addition of the maple leaf became important as Deep Cove rowers are competing at more International Regattas.

If you have an old style DCRC uniform with the diagonal stripes you do NOT need to purchase a new uniform. The colours in the uniforms are the same and the designs are complimentary.

Other items such as DCRC Hoodies and Sweat Pants are also available for order. Please call Jennifer at 604-924-1918 for details.

Guidelines and Tips for Parents

This section explains some of the items contained in the DCRC Regatta Policy and expands upon some points made in the Rower's Guide and Rower's Regatta Preparation sections. Although high school age rowers are nearing adulthood and are often very mature, it is still important that parents ensure that they are properly prepared for practices and regattas.

Punctuality and reliability are extremely important. Rowers should notify their coach or their crew captain if they are going to miss a training session. Coaches cannot efficiently plan training when attendance is sporadic, and the more a crew works together the more effective they become. A crew cannot go out onto the water until the entire crew is there. A late rower cuts into everyone's training time. Spring is the most serious regatta season and rowers may have to compete for seats in some boats. Rowers who are chronically late or absent may be bumped from a particular boat or dropped from racing completely.

Every rower is expected to contribute to the team's efforts. The Rower's Guide discusses the importance of team support and helping with loading, unloading and rigging of boats. Parents should read this section and, if still unclear about what is expected, talk to DCRC executive members or coaches. A rower who does not help with regatta logistics or who behaves badly at regattas may be excluded from participation in subsequent regattas.

Parents are encouraged to attend regattas. Carpools are normally arranged for regattas away from the Lower Mainland. Carpool driving participation is voluntary but is critical to team attendance at regattas. DCRC encourages all parents to drive to at least one regatta away from the Lower Mainland. A volunteer sign-up sheet is attached to the registration package for the spring session, please fill it in. Carpools and chaperones will be finalized by telephone or e-mail about 3 to 5 days prior to the regatta. Familiarize yourself with the regatta schedule and try to determine in advance whether you will be able to drive and how many rowers you can transport. .

Parents wishing to see their children row should realize that race schedules are often not available to coaches until the day of the race. Thus, they may not be able to tell you in advance when your rower will race. Furthermore, depending upon weather conditions and other factors, race schedules can be delayed or advanced significantly. It is not uncommon for races to be delayed by one or two hours. In some instances races may be delayed to the following day or even cancelled completely if conditions are unsuitable. Race schedules are sometimes accelerated if conditions are good but bad weather is anticipated. An extreme example of this occurred a few years ago at Brentwood when races that were scheduled for early Saturday morning were moved ahead and held on Friday night. Our coaches have little or no control over scheduling.

Get involved in your rower's preparations. Yes, most rowers are capable of doing this on their own, but please help them check their food and gear against the list of recommended items. Being unprepared can make the regatta experience unpleasant. Theft is not usually a problem at regattas but it does happen. Personal stereos are distracting, can get broken and are awfully antisocial.

Encourage your rower to communicate with coaches and chaperones.

Coaches and chaperones will make every attempt to help rowers who are having a problem and your rower should be encouraged to approach them, if necessary. On the other hand, they are not there to baby sit or to clean up after the rowers.

Regattas do involve extra costs. Please make sure you read the Regatta Costs section so you are not surprised. Refer to the Regatta Schedule, and make sure your rower delivers the appropriate amount of money (by cheques payable to Deep Cove Rowing Club) to Sylvie Trigg by the designated deadline. DCRC does not pay for or arrange meals. When DCRC provides snacks, they are not meant to be the rower's primary food source. Most rowers either eat food they have brought from home or go out to nearby restaurants with groups of other rowers.

Parents also need to be equipped for regattas. Regattas can be great experiences for parents, but you need to come equipped and be prepared to spend several hours in the outdoors in variable weather conditions. Parents will require many of the same items included on the rower's list in the Rower's Regatta Preparation section. You should also consider the following items:

- binoculars
- folding chairs
- umbrella
- books

Parents have a role at regattas. Parents are definitely welcome to help and to provide encouragement to the rowers. However, please try not to interfere with the coaches' communications with the rowers.

Normally rowing etiquette dictates that rowers carry their boat to and from races. Other rowers are usually available to help with oars and other gear, but parental assistance is sometimes required as well. When boats are docking, the coach will normally direct the crew into an available site. If parents crowd the shoreline or shout instructions it can complicate the process.

Immediately after a race the coaches like to talk to the rowers about their performance. Please give them some quiet time together. If a parent has a concern or criticism of something that has gone on at a regatta, it is best to approach the coach, the head coach, or a DCRC executive privately and discuss the matter away from the rowers. Confrontation is almost always counter-productive and can affect far more people than need be involved in the situation. Finally, try to remember that although the rowers may at times appear to be on

the water for a long time in light clothing, they usually train this way. The use of wool hats can reduce heat loss in cold weather. The primary concern of coaches and race officials is the health and safety of the rowers. Racing will be suspended if they feel rowers are in danger.

Questions and comments can be addressed to the Junior Coach, Kelsey McDaniel or the Program Manager, Margaret Ebrecht at deepcoverowclub@hotmail.com or the boathouse phone at (604) 929-4510.