



## 2024 Program Handbook

### I. Introduction

Utah Crew offers rowing opportunities for Salt Lake area youth aged 13-18. Beginners, recreational rowers, and dedicated competitive racers will find a program to fit his or her needs at Utah Crew. Coaches strive to develop each athlete to his or her full potential within an environment of safety, fun, and increasing levels of challenge. There are no tryouts and no cuts. The only requirements are that participants demonstrate proficiency in swimming by passing the swim test and agree to follow the Utah Crew Code of Conduct (See page 4).

Utah Crew is a non-profit rowing club supported through program tuition and charitable donations from the community. Financial assistance is available for those who qualify.

### II. Programs

Racing: This program is for new and experienced junior rowers interested in a competitive atmosphere and preparation for college rowing. The racing team will attend two to four regattas in the fall and spring seasons. Select boats may participate in additional regattas and post season championships. Attendance at all practices and regattas is expected.

Recreational: Participants in the recreational rowing program will row three days per week and voluntarily attend local regattas. This program is appropriate for new rowers who are not ready to compete and would like to try rowing in a relaxed atmosphere, and for experienced rowers who are unable to commit to practicing five days per week.

Summer Programs: A high performance summer camp will be offered in preparation for racing at either US Rowing Summer Nationals or Canadian Henley. Recreational rowing and one week Learn to Row sessions will also be available during the summer.

### III. Cost

Racing Team: Program fees are determined seasonally based on actual program costs. (\$875 for 2024 Fall season)

\*\* Additional Racing Team expenses will also include approximately \$1000 estimated travel costs, plus airfare, per season.

Recreational Program: Program fees are determined seasonally based on actual program costs. (\$550 for Fall Season)

Winter Training: Cost TBD. There are three winter sessions of approximately three weeks each. Rowers may register for individual sessions or all three (Fees are discounted when registering all three sessions).

Summer Programs: Cost TBD.

Financial Assistance: Assistance covering program fees, racing uniforms and out of town travel expenses are available to those students who qualify for free or reduced price school lunch. To request assistance, please send an email request to [info@utahcrew.org](mailto:info@utahcrew.org) and a coach or other representative will contact you for follow up information and registration.

\*\*Please note that the price of registration for the Racing Team includes a \$100 volunteer fee that may be refunded at the end of the season. Parents may request the volunteer fee refund by submitting their request in writing at the end of the season to [info@utahcrew.org](mailto:info@utahcrew.org).

### IV. Registration and Payment

All registration and fee payment is online. Register for programs at: [www.UtahCrew.org](http://www.UtahCrew.org). We also accept payments off-line by check or via Zelle. Parents or Guardians must also read and agree to the Utah Crew Parental Acknowledgment and Consent Form, and Safety and Risk Management Policy Acknowledgement.

Adult participants (board, staff, volunteers, chaperones, etc.) must complete the Coach, Volunteer and Adult Registration & Compliance Screening found on the Utah Crew website.

### V. Practice Schedule

	M	W	Th	F	Sat
<u>Racing</u>	<u>4-6:15PM</u>	<u>4-6:15PM</u>	<u>4-6:15PM</u>	<u>4-6:15PM</u>	<u>8-11AM</u>

Recreational

4-6:15PM

4-6:15PM

4-6:15PM

## **VI. Practice location:**

California Avenue Rowing Center, 1760 W California Ave - Our primary practice site. In instances of low water conditions at the site, we will practice at one of the following locations:

Great Salt Lake Marina – Take I-80 west to the Saltair Exit 104. Turn right off the exit, turn left at the stop sign in front of Saltair. Follow the road to the fee station. Turn left after passing the fee station. The boats are stored at the far south end of the marina.

Utah State Fairpark – Wasatch Building at the Utah State Fairpark, 155 N 1000 W. During the Spring season we may also plan weekend trips to other local bodies of water for training if water levels on our home water preclude rowing.

## **VII. Attendance Policy**

Attendance at all practices and regattas is expected for participants on the racing team. Acceptable reasons for missing practice include illness, family emergencies, SAT/ACT/AP and similar exams, college visits, etc. Please make every effort to schedule doctor, dentist and similar appointments during non practice times. Rowers who miss practice an excessive number of practices or miss practice within two weeks of a regatta may be moved into a lower boat.

All Utah Crew participants must notify their coach 24 hours prior to the scheduled practice if unable to attend a practice.

## **VIII. Travel Regattas**

Travel regattas are a fun and exciting experience for our athletes. It is a chance for them to race some of the best youth rowers in the country and experience the festive and intense atmosphere of a major regatta. All travel regattas will have parent chaperones and coaches present. All travel will be coordinated including flights, airport pickups, meals, etc. Our main goals are for every trip to be both safe and fun. Feel free to contact us with any questions.

## **IX. Crew Selection, Erg Testing, and Select Regattas**

Crew Selection: Utah Crew strives to field the most competitive boats in each race, while allowing all members of the racing team to participate. Decisions about crew personnel are based on many factors. Weight adjusted erg scores give a general idea of how individual rowers compare. Seat racing, speed of a lineup during practice, how well the rowers in a boat mesh together, ages of the athletes and the schedule of events at a particular regatta, are all considered when making boat assignments.

Athletes may be switched out of a boat if it is the coaches' opinion that absences, illness or injury close to a scheduled regatta may impact the boat's race performance by limiting the crew's opportunity to practice together. The coaches have final discretion on boat assignments.

Erg Testing: Athletes on the racing team will have erg tests approximately once a month. The purpose of erg testing is threefold: to train athletes on how to pace themselves for optimal performance during a race, to track an athlete's improvement over time, and to compare athlete performance with their peers. Decades of experience has shown that weight adjustment of erg scores gives a better estimate of an athlete's speed on the water than raw erg scores. Utah Crew recommends that athletes try to improve their erg scores by increasing strength by gaining muscle mass and improving fitness rather than by weight loss.

Select Regattas: Occasionally Utah Crew will take only select crews to a regatta. These are events where participation is limited by the regatta directors to specific boat classes or qualifying crews only. For example, the San Diego Crew Classic only has quadruple sculls and eights events. Entries for Youth Nationals must qualify by being in the top four finishers in the Grand Final in an event at the Southwest Regional Championships. In these cases only some of our athletes will be able to participate. These athletes will be chosen using the above selection criteria as circumstances permit.

## **X. Code of Conduct**

Teamwork is of the utmost importance in the sport of rowing. All athletes are expected to:

- Be respectful of teammates, coaches and chaperones at all times.
- Be supportive of teammates. Bullying, teasing or marginalization of any team members will not be tolerated.
- Conduct themselves with the highest levels of sportsmanship at all regattas, being gracious in both victory and defeat.
- Older teammates must model appropriate behavior, keeping in mind that younger teammates will learn from their example.
- Be respectful of themselves by eating healthily, getting plenty of sleep, keeping up with schoolwork, and staying away from alcohol, drugs and tobacco.
- Be respectful of equipment, being careful to pay attention when moving oars and equipment to avoid damage, keeping equipment free of dirt and grime, making sure equipment is properly secured at the end of practice.

- Assist in getting out and putting away equipment and launches, rigging and derigging boats and loading and unloading trailer.
- Notify coaches if unable to attend practice.

## **XI. Clothing/footwear**

Practice: wear athletic clothing that is close fitting but comfortable. Baggy shorts may get caught in the seats; oarhandles may get caught in baggy shirts. Wear layers of synthetic or wool clothing (not cotton) for cold weather. Bring rain gear when there is a chance of rain. Always have socks and running shoes available.

Coxswains should have waterproof (not water resistant) rain gear, waterproof footwear, and plenty of warm layers.

Racing Uniform: Unisuit, long sleeve red tech shirt with black strip on sleeve

Utah Crew Store: The racing uniform and optional Utah Crew gear will be available for purchase at cost through the Utah Crew store at the beginning of Spring and Fall racing seasons.

## **XII. Parent Involvement**

Making Utah Crew run smoothly takes a team effort. Please help out in one of the following ways:

Driver/Chaperone @ Away Event

- Drive van roundtrip to destination or chaperone airline flight
- Provide transportation and supervision at destination

Board Member

- Meet 2nd Monday of each month from 7:30-9:00 pm
- Need more members generally
- Need to train replacements for upcoming retirees

Home Event Volunteer

- Perform official duties during events hosted by Utah Crew (e.g., registration, timer, flag person, etc.)
- Home Events (2) – Salt Lake Indoor Rowing Championships (Feb), Brine Shrimp Sprints (May)

Event Support

- Help organize travel, lodging, food, etc. for away events
- Help organize throughout the year (e.g., Season End Parties, Away Events, etc.)

### **XIII. Utah Crew Board**

Board meetings are held the second Monday of every month at 7:30 PM. All parents are invited to attend.

### **XIV. Contact Information**

The Head Coach should be the first point of contact for most inquiries.

Head Coach - Linda Iqbal, Lsiqbal@aol.com, 484-620-4088

Varsity Coach - Ahsan Iqbal, Slrcrow@aol.com, 610-348-1556

President - Stacey Mahan - stacey.mahan@gmail.com, 602-400-6863

Vice President - open

Treasurer - Shane Brogan, shane.brogan72@gmail.com, 801-205-1007

Assistant Treasurer - open

Secretary - Beth Parker, parker.beth@gmail.com, 801-783-6422

Events Coordinator - Amanda Maughan, pamaughanfamily@gmail.com, 801-657-8753

Travel Coordinator - Allison Goodworth, goodworth1@icloud.com, 617-335-6252

Marketing and Fundraising - open

Team Snap Coordinator - Kalise Child, kalisechild@gmail.com, 801-913-0914

Webmaster - Jan Nielsen, jan.sture.nielsen@gmail.com, 801-539-1640