



## **Manchester Rowing Alliance Handbook**

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### **Code of Conduct**

- Team members are expected to be present at all practices, regattas, fundraisers, and special events unless they have an excused absence.
- The possession or use of tobacco, alcoholic beverages, or illegal drugs is prohibited anytime, anywhere. Any misconduct will be presented to the MRA Disciplinary Committee.
- Upon evidence of possession or use of any of the above the rower may be immediately removed from the practices and regattas until further notice. Drug, alcohol, and tobacco use can result in dismissal from the team. No refunds will be given.
- Team initiations, hazing, and bullying are strictly prohibited. Any athlete participating in such behavior or who has awareness of such behavior without reporting it will be subject to permanent removal from the team. No refund will be given.
- We have a zero tolerance policy for any behavior/comments/social media that does not encourage or contribute to a positive team

environment and sportsmanship. This includes ANY kind of purposeful harm (physical, sexual, or emotional) via ANY medium. The rower will be removed from the team at the discretion of the MRA Disciplinary Committee. No refund will be given. MRA reserves the right to remove and refuse re-entry to the club.

- Any inappropriate or unacceptable behavior will be presented to the MRA Disciplinary Committee. We understand that these provisions will be enforced and failure to sign this document will not prevent its sanctions from being applied.

## **2. Attendance and Expectations**

Rowers are expected to attend all practices. If you are in school, you are expected to attend practice. It is your responsibility to toggle out on iCrew 24 hours in advance of any absence. Regatta absences are to be reported at the start of the season.

- Excused absences from school qualify as excused absences from practice and regattas ONLY if you have notified the coaches ahead of time. Examples of excused absences include: illness from school, religious holidays, school required attendance activities (band, art show, field trips), and bereavement.
- The regatta schedule is given out at the start of the season. All rowers are expected to attend all regattas, regardless of whether boated or not. If, for some reason you are not able to attend a regatta (excused or unexcused), it is your responsibility to notify Coach Brenda at the start of the season.
- If a rower has an unexcused absence at practice in the week prior to a regatta, that rower will not race that week. The rower, however, is expected to attend the regatta as they are part of our team.
- An unexcused absence from a regatta will likely result in not racing in the next regatta. Failure to attend a regatta affects the rest of the team and could cause the teammates in their boat to scratch. A conference will be held with the coaches to determine what role you will have on the team for the rest of the season. There will be NO REFUNDS of tuition.
- Come to practice prepared to row, run, and work to make the team faster on and off the water. When a rower arrives is it expected that he/she will begin preparation for practice including warming up, moving oars, and any other activity to be prepared to row. You will be

appropriately equipped, attired, and ready to contribute to your team.

### 3. Registration

To register with MRA:

- 1) Go to <http://www.ManchesterRowing.org>
- 2) If you are a returning rower, fill out the application. At this time there is no application for a new rower.
- 3) Complete the registration and payment for the season. Financial aid is available for some rowers confidentially on request to Coach Brenda at [bbalenger@gmail.com](mailto:bbalenger@gmail.com). No one should miss rowing because they can't afford the programming fee.
- 4) Download a swim test form and complete (this needs to be done only one time for Novices, not every season.)
- 5) Order your personal MRA uniform from Sew Sporty here: <https://row.sewsporty.com/collections/manchester-rowing-alliance>. You can race either in a unisuit or in a tank top and either rowing shorts or tights. There are a number of other items that are completely optional.
- 6) Become a US Rowing Member here: <http://www.usrowing.org/membership/>. The Basic Membership at \$9.75 is adequate for most regattas. All rowers competing in US Rowing sanctioned regattas must be Championship Members. Make certain that you associate with the team Manchester Rowing Alliance when you are becoming a member.
- 7) US Rowing waivers are based on the calendar year and may need to be signed again online for all rowers prior to the start of the season <http://www.usrowing.org/sign-a-waiver/>.
- 8) Download and connect to iCrew, an application that will be used for attendance, lineups, and equipment tracking. Each parent and rower should have individual iCrew accounts. <https://www.icrew.club/signup.php?crewOrg=MRA&crewOrgID=94b4aba9-be7c-8f1e-9ee2-a750571218aa>
- 9) A physical MUST be filled out and signed by a doctor and turned in by the first day of practice. A physical within the past 12 months will be accepted. There is a physical form on MRA website if you need one.
- 10) Sign the Manchester WaterWorks waiver. It can be found at [www.ManchesterRowing.org](http://www.ManchesterRowing.org).

**It is mandatory that all forms, registrations, and payments be completed by the first day of practice. If all the above is not completed, signed, and submitted, rowers will not be allowed to participate. This will be enforced and no exceptions will be made.**

#### **4. Rowing Gear, Equipment, and Clothing**

- Wrenches are required. You will need a 10 mm and a 7/16 inch, which can be purchased at any hardware store. Consider spending a few extra dollars on ratcheted wrenches.
- Reusable water bottles. Do not bring disposable bottled water to practice.
- High visibility shirts in the colors of lime-green, orange, or pink must be worn to all water practices. This is a safety mandate to keep our boats visible on the water to other boaters.
- Practices may have warm up time that may include running, so appropriate footwear is required.
- Socks must be worn in the boat.
- When in the boat, all clothing must be form-fitting. Loose clothing can get caught in the seat tracks, potentially causing injury to the rower or damage to the boat. Spandex, compression shorts, biking shorts, or tights are all appropriate gear. Basketball shorts, sweatpants, and hoodies are all examples of loose clothing that **SHOULD NOT BE WORN**. They may be worn while on land for layering, but not in the boat.
- Layers, warm hats or visors, sunglasses, outer shells, and pogies are all welcomed in the boat. Cell phones, money, keys, and other valuable items should not be taken into the boat. String bags are a convenient way to carry your water bottle and socks.

#### Not required but highly recommended:

- Athletic tape for blisters
- An extra set of clothing, including socks.
- Team clothing with MRA logo (great for regattas).
- Coxswains may require additional layering due to the stationary position they have in the boat. Watches and waterproof clothing are recommended.

## 5. Regattas

- You are given the regatta schedule ahead of time. Please do not schedule any other activities on a regatta day. Rowers are expected to attend both days of a two day regatta. All rowers are expected to attend regattas that land on a holiday (such as Mother's Day).
- Layering is allowed but anything that is visible under a uniform should be black.
- Regattas usually begin around 6 am, and they can go late into the day.
- Regatta hosts DO make changes all the way up to the day of the regatta. Check your email for updates including the morning of the regatta to see if there are changes.
- Directions and addresses are posted on the Regatta Central website for regattas that are registered with US Rowing. Parking is always offered, and there is often a fee. Rowers are responsible for their own transportation to and from regattas. Regatta information can be found here: <https://www.regattacentral.com/>.
- HereNow.com provides results at some races: <https://www.herenow.com/#/home>.
- Everyone is expected to be present at the stated meeting time, and stay until the end of the regatta, regardless of their race time. The team will be dismissed together.
- There is a chance that not all rowers will be able to race at every regatta. If you are not boated, you will still be expected to attend and be a part of the team.
- Rowers are responsible for knowing the timing of their race, when they need to meet as a boat, warm up, and get hands on.
- Rowers are expected to help with oars, rigging and derigging, collecting shoes, and loading the trailer. Rowers should return to the rigging area after resting and eating.

## 6. How to be a Supportive Parent to Your Student-Athlete

- The best way to support your rower is to support your child, the team, and the coaches. Being critical of coaching decisions at home undercuts the team.
- Please read the following letter to sports parents who are doing it right by Becky Carlson: <https://www.linkedin.com/pulse/open-letter-sports-parents-whos-doing-right-becky-carlson/>

- Practices are not a conference or question time for parents. Practices are specifically set up for coaching and supervising rowers. When parents come to ask a quick question or discuss a matter, our attention is taken away from the whole team. We are happy to meet with you and your student-athlete at a time other than at practice, and will make an appointment with you and your rower, or set a time to speak on the telephone to discuss your questions and concerns.
- Spectators and family members are not allowed in the rigging areas, launch areas, or docks. This creates safety and liability issues as well as a potential to damage boats and equipment. We love your eagerness to help, but please respect the team's space. All rigging is the responsibility of team members and not the parents.
- Please exhibit positive and sportsmanlike behavior at all times.
- All are welcome to come to the tents for food and to get warm or find some shade.
- The best 6 words you can say to your rower regarding their sport are "I love to watch you row."
- The coaching staff do not want to be surprised at the end of the season that your student-athlete has had a problem with the team, coaches, or their experiences for an extended period of time. Encourage your rower to come to the coaches with their concerns, and to advocate for themselves. If they do not get a resolution for their issue, please set up a time to meet with a member of the coaching staff.

## **7. Volunteering and Fundraising**

Fundraising is required by all rowers.

Volunteering is essential to the survival of the rowing team. We have events, fundraisers, boat moving, and other jobs. Please help with all fundraising events when possible.

Monies made from fundraisers are used to lower costs for tuition, purchase equipment and items needed for the team, and to defray the costs of regattas.

The following are the committees and the point of contact for each. Please feel free to contact any one of them to see where you can help.

### **Head for the Parent Group, Team Apparel:**

Tami Baker

603.361.3638

[\\_lexbell2000@gmail.com](mailto:_lexbell2000@gmail.com)

### **Hospitality/Regatta Food Tent:**

Lisa Powers 603.674.6659 [lpowers@orchardnh.org](mailto:lpowers@orchardnh.org)

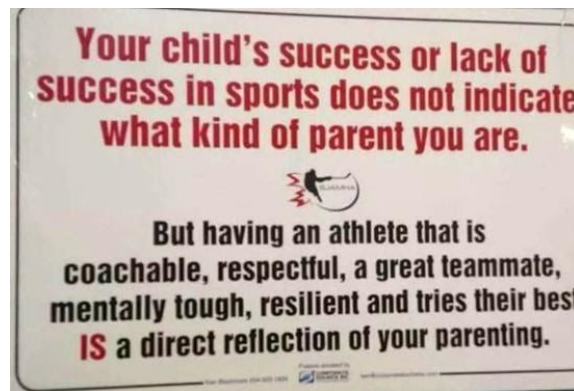
Jessica Deschamps 978.771.8209 [djjjjid@comcast.net](mailto:djjjjid@comcast.net)

### **Fundraising:**

Karen LaPlante: 603.818.6437 [klaplante6@yahoo.com](mailto:klaplante6@yahoo.com)

Erika Desena 603.568.6837 [momteacheraunt@gmail.com](mailto:momteacheraunt@gmail.com)

**Volunteer Coordinator:** Erin Helf [Erinhelf@hotmail.com](mailto:Erinhelf@hotmail.com)



### **8. Links**

Manchester Rowing Alliance: [www.ManchesterRowing.com](http://www.ManchesterRowing.com)

iCrew:

<https://www.icrew.club/signup.php?crewOrg=MRA&crewOrgID=94b4aba9-be7c-8f1e-9ee2-a750571218aa>

USRowing membership: <http://www.usrowing.org/membership/>

USRowing waiver: <http://www.usrowing.org/sign-a-waiver/>

Etsy: [https://www.etsy.com/shop/CoachCoxandCrew?ref=search\\_shop\\_redirect](https://www.etsy.com/shop/CoachCoxandCrew?ref=search_shop_redirect)

Regatta Central: <https://www.regattacentral.com/>.

HereNow: <https://www.herenow.com/#/home>

SewSporty: <https://row.sewsporty.com/collections/manchester-rowing-alliance>

Please sign and return this page agreeing to the handbook rules on or before the first practice.

I am able to commit to the season and comply with the handbook and Code of Conduct as outlined above.

Student Signature\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_

Date\_\_\_\_\_