



Handbook For Rowers and Parents

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Welcome to LPJ Chicago

LPJ Chicago (LPJ) will change the face of junior rowing with your participation. Congratulations on taking your first step towards athletic greatness!

The first couple of days of practice will be a trial run for both LPJ Chicago and yourself. We realize that this sport is not for everyone, so you will be able to have a trial period for your first few practices. During this trial period, you will learn the basics of the sport, experience a typical land workout, and discover how the LPJ Chicago team functions. At the end of the trial period, you must make a commitment to the team if you wish to continue rowing. Membership documents are available on our website.

The LPJ Chicago rowing year is divided into four seasons; fall, winter, spring and summer. Practices are held Monday through Friday from 4:15 to 6:30 pm. and Saturday mornings. The coaches will schedule Saturday practice time during the fall and spring seasons. The rowers go inside during the winter season and the practice times are slightly shorter than when practice is on the water. During the summer season, from mid-June to mid-July, first-year novice rowers are given the chance to transition into varsity rowing.

In rowing, attendance is paramount. We row in eight- or four-person boats that are unworkable with fewer rowers. Missing a practice can mean that up to eight other teammates can't practice (and no one likes to get stood up!). All rowers are expected to take responsibility by calling their coach as soon as possible if an emergency arises and they cannot make it to practice. **At LPJ Chicago, communication is between the coach and the rower.** Please don't intentionally schedule appointments during practice times, and most definitely not on regatta days.

During practice times, you are expected to work as hard as you can. Practice times are best utilized with one's mind focused on practice. Do your best to leave everything else behind. Pay attention to the coaching staff and focus on the changes they ask you to make. If you feel tired, keep going. People willing to sacrifice their comfort level for the greater good of the team are the people we want. If you get tired on a run, don't walk. If you get tired on a row, don't stop.

Finally, have fun. The members of our team are close; we practice, travel and win together as a team. The makeup of our team all but guarantees tight bonds and friendships, forged by hard work and mutual respect for what we do.

The LPJ Chicago motto says it all: “*Changing the face of junior rowing*”.

Sincerely,

The LPJ Chicago Coaching Staff
www.rowchicago.com

About LPJ Chicago

LPJ Chicago Programs

LPJ Chicago offers several rowing programs for different age groups: competitive high school age rowers, adult Masters, middle school students, and learn-to-row. This handbook focuses on the high school team.

The High School Team

LPJ Chicago is an independent high school rowing program that consists of intensive physical indoor and outdoor practice for two hours per day, six days per week throughout the school year. Rowers compete in six to eight regional and national regattas during the year. LPJ Chicago is committed to not only developing the physical strength of the rowers but to also enhancing their mental awareness regarding informed healthcare decisions. This approach includes the complete avoidance of alcohol, drugs and tobacco and maintenance of proper nutrition, not only before races but during the entire training season. Each athlete, and their parent/guardian, must read and sign a Code of Conduct. The Code of Conduct is on our website.

Competitive rowing is an incredible sport that cultivates successful and hardworking athletes. Rowing achieves the ultimate level of teamwork through the mental and physical strength of each participating individual. Often compared to marathon running or cross-country skiing, rowing is an endurance-based sport that demands cardio-vascular strength and mental focus. Competitive rowing demands the ultimate level of teamwork from each participating individual.

LPJ Chicago takes a comprehensive approach to the physical, mental and social well being of its athletes, and creates an environment that promotes physical exercise, teamwork, positive role models, and health awareness and education for high school students in the greater Chicago area.

Diversity

The LPJ Chicago rowing program supports diversity by enabling teenagers from varied socio-economics backgrounds to row. LPJ Chicago team members come from all races, religions and income levels. Over two-thirds attend Chicago Public Schools, over one-fourth are minority, and over one-half are girls.

Scholarships

Approximately one-third of LPJ Chicago rowers receive scholarship assistance. LPJ Chicago offers partial scholarships to families who qualify. LPJ Chicago is one of the leading providers of scholarships for high school-aged rowers. However, all scholarship rowers contribute some funds toward their rowing. Everyone contributes something.

Contacting the Coaches

At LPJ Chicago, communication is between the coach and the rower. Rowers are asked to contact their coach regarding their schedule. Parents should contact their rower's coach for training specific questions.

Vacation Days and School Absences

In rowing, attendance is paramount. Spring season is LPJ Chicago's most competitive season and since rowers come from a variety of schools with different spring break schedules, **rowers do not take time off for "spring break."** It is important to remember that although regattas are on the weekends, sometimes a day of class will be missed due to travel days.

Team Accomplishments

LPJ Chicago is a medal-winning, nationally ranked team, whose alumni row at an impressive number of colleges and universities around the country. Many have received rowing scholarships to further their educations. LPJ Chicago has consistently been one of the Midwest teams qualifying for the National Youth Championships. LPJ Chicago rowers have attended USRowing's Development and Selection camps and have represented the United States at the Junior World Championships.

College Scholarships

There are many opportunities for fast junior rowers to receive athletic scholarships to college. The alumni of LPJ Chicago have been recruited by a number of colleges and universities. There are more scholarships out there for junior women than there are for junior men. However, even if a junior rower is not scholarship material, sometimes just talking to the coach at the college of your choice can help you gain acceptance. Schools that don't have rowing programs still recognize that crew on a high school student's resume is testament to the applicant's character.

LPJ Chicago Then and Now

History

In 1998, Friends of Lincoln Park Boat Club and the United States Olympic Committee joined forces to create a new high school rowing program for all high-school aged students in Chicago. The junior team, Lincoln Park Junior Rowing Club, is now known as LPJ Chicago and is run under the auspices of the Chicago Rowing Foundation (CRF), successor to Friends of Lincoln Park Boat Club (est. 1980). LPJ Chicago is an independent sweep rowing program and is not affiliated with any particular school. Athletes from any school in the Chicago area, public, parochial or private, can join the LPJ Chicago crew team.

In 2002, the State of Illinois Department of Economics and Community Affairs awarded the Chicago Rowing Foundation a grant to develop a boathouse specifically for LPJ Chicago. The boathouse project was a six-year effort to gain permanent river access with suitable equipment storage.

In 2005, the boathouse was officially opened. The facility is the first boathouse built in Chicago in more than 100 years, and the first ever-floating boathouse on the Chicago River. The floating boathouse is located in the back channel of the north branch of the Chicago River (North Avenue and Kingsbury).

The floating boathouse has allowed LPJ Chicago to row out of a permanent facility for the first time, giving the many young people who participate in the program a home to call their own, every day after school.

LPJ Chicago Organization

The Chicago Rowing Foundation (CRF), a not-for-profit organization, is the parent organization for LPJ Chicago. CRF board members include parents of rowers who are LPJ Chicago graduates and the Head Coach of LPJ Chicago, who is an honorary board member. CRF hires the Head Coach who in turn hires the rest of our excellent (yet modestly compensated) coaching staff. The Head Coach sets budgets, manages coaches, establishes race schedules and maintains our boathouse and fleet of boats, among many other things. CRF also helps organize the LPJ Chicago Booster Committee. The very active Booster Committee, composed of parents and former parents of LPJ Chicago rowers, helps to implement the team's plans. Volunteers help by chaperoning regattas, organizing and collecting membership materials, raising capital and, in general, promoting LPJ Chicago. Without the considerable support of the Booster Committee, LPJ Chicago would not be able to operate.

LPJ Chicago Boosters

All rower parents/guardians automatically become Boosters when their child joins the team. All Boosters are expected to volunteer their time, whether on the Booster Committee, as chaperones at regattas, or volunteer in any of the myriad tasks that are required to run a team of around 100 rowers. The Booster Committee is the group of Boosters who are actively involved in running the team; they see LPJ Chicago "from the inside." The Booster Committee meets once a month. If you are interested in serving on the Committee, please contact the Booster Committee Chairperson. The Boosters can help with membership, travel and general questions. Current contact information for the Booster Committee is on our website.

The Four Rowing Seasons

Fall Season

The fall season begins in August a week or two before Labor Day. Fall season runs from late August to Thanksgiving. Practices are every weekday from 4:15-6:30 pm and Saturday mornings (when not at a regatta). Attendance is paramount; if one rower is absent the whole boat cannot go out. Rowers are asked to contact their coach regarding their schedule. At LPJ Chicago, communication is between the coach and the rower.

A mandatory parent/guardian meeting will take place at the beginning of the fall season. During the fall season the coaches concentrate on rowing technique.

LPJ Chicago typically attends three to four regattas in the Midwest. In the past few years LPJ Chicago has traveled to Columbus, OH; Toledo, OH; Milwaukee, WI; Green Bay, WI and Rockford, IL. LPJ Chicago also locally races other Chicago teams such as New Trier, Loyola and St. Ignatius. The regatta schedule is communicated to families at the beginning of the season in a letter that accompanies the required registration forms. Regatta information is also on the LPJ Chicago website.

Winter Season

Winter season begins after a brief Thanksgiving break. Rowers go inside to practice at our indoor facility, 1415 N. Dayton. The athletes train by using a variety of “off water” training techniques, mainly on indoor rowing machines (ergometers, or “ergs”). Practice is every weekday and times are slightly shorter than practice on the water. In addition to erg workouts, LPJ Chicago incorporates weight training, running, stretching, and sport specific drills into the winter season.

Winter training is an important part of conditioning for spring season, which is the main competitive season. The erg scores compiled from the training are crucial to any collegiate acceptance. Of course, if a rower plays a winter sport that keeps him/her in shape, that is an acceptable alternative to winter training with LPJ Chicago. However, if you are not planning on participating in another competitive sport during the winter season, it is highly recommended that you row. The winter season ends in February with the novice rowers (and sometimes the varsity as well) attending an indoor rowing competition here in the city.

Spring Season

LPJ Chicago tries to be back on the water for spring season at the beginning of March (weather, of course, permitting!). Practice times are the same as in the fall. Since spring season is LPJ Chicago’s most competitive season, attendance is extremely important. Since LPJ Chicago rowers come from a variety of schools, rowers do not take time off for “spring break”.

Regattas during the spring season might typically include travel to Columbus, OH; Knoxville, TN; Crystal Lake, IL as well as to the Midwest Championships in Cincinnati, OH. In recent years LPJ Chicago squads have brought home many medals from Midwest. Qualifying varsity boats from Midwest can participate in the USRowing National Youth Championships in Knoxville at the beginning of June. This regatta is not part of the regular schedule and those who qualify to participate must pay a supplemental fee to cover the costs of attending.

Summer Season

From mid-June to mid-July LPJ Chicago offers summer rowing. Summer rowing is a chance for first-year novice rowers to transition into varsity rowing with their teammates. LPJ Chicago attends two regattas during summer season, the Grand Regatta in Grand Rapids, MI and the Chicago Sprints, in the Lincoln Park Lagoon.

LPJ Chicago Team Composition

What is a “Junior” Rower?

LPJ Chicago is a competitive team that focuses its training towards successful competition. ‘Junior’ just refers to all high school-aged rowers.

Who is a Typical Rower?

Rowers are very dedicated to their sport! It’s not uncommon for novice rowers to fall in love with the sport very quickly. Athletes come from many schools across the city and suburbs to row for LPJ Chicago. We have had rowers from Lincoln Park, Walter Payton, Whitney Young, Jones, Lane Tech, Gordon Tech, Von Steuben, Northside Prep, Latin, Lab, Parker, Oak Park-River Forest, Highland Park, Evanston Township, Glenbrook North, Arlington Heights and Lake Forest High Schools. LPJ Chicago has rowers from public, private and parochial schools in Chicago and surrounding suburbs. If you do not go to a school that is listed on one of our current rosters, don’t worry. Anyone can row for LPJ Chicago even if they don’t have others from their school to row with. That is why LPJ Chicago started its program in the fall of 1998-- to help people like you access the sport. Don’t be shy! Come on out and meet a bunch of kids from all over the Chicago area.

Coxswains

Crew also has an important position called the coxswain, a naturally light person who motivates the rowers, executes racing strategy and steers the racing shells. There are collegiate scholarships available for good junior coxswains.

Squads

Most junior rowing teams, like LPJ Chicago, have four main squads; varsity boys, varsity girls, novice boys and novice girls.

Varsity Rowing

Regardless of what season you started rowing (fall, winter, spring), the next school year you are considered to be a varsity rower. The varsity squad enters both junior varsity and varsity events. Varsity events are first boat races and the junior varsity boats can race in second, third and fourth boat events.

Novice Rowing

The United States Rowing Association states that rowers are considered to be novices for one year after they start racing. LPJ Chicago starts novices each season and builds a team throughout the school year. Regardless of when you started rowing, the next school year you are considered to be a varsity rower. Novices have started rowing as late as the spring of their senior year and have learned fast enough to be awarded a collegiate scholarship the very next fall. It is never too late to start rowing but preferably you start as soon as you get to high school, or even in eighth grade. Beginning rowers will spend about a week learning the basics on indoor rowing machines before going on the water. Once on the water there are just a few weeks before the team starts racing.

Tryout and Cut Policies

We rarely cut kids because most novices that come out are good matches for the sport. Currently, we don't have formal tryouts. Typically, new rowers row with the team during a trial period for a few days before deciding on whether rowing is right for them. It's during that time that the coaches will let anyone know whether or not rowing is a good sport for them. To row, each rower must be dedicated, hard working and have a positive attitude.

Recruiting for LPJ Chicago

Chances are you were recruited by one of the LPJ Chicago team coaches. Recruiting for LPJ Chicago is a major part of our program and critical to our success. We visit a number of area high schools during the year with indoor rowing machines and videos. If you are interested in getting students from your school involved please contact the LPJ Chicago Head Coach.

Membership Information

Attendance

In rowing, attendance is paramount. We row in eight or four-person boats that are unworkable with fewer rowers. Rowers are asked to present their coach with a list of days they cannot attend practices at the beginning of each season. All rowers are expected to take responsibility by calling the coach as soon as possible if an emergency arises and they cannot make it to practices. Please don't intentionally schedule appointments during practice times, and most definitely not on regatta days. Missing a practice affects all the rowers in an athlete's boat. By the time rowers start rowing on the varsity level they rarely miss practices. REMEMBER at LPJ Chicago, communication is between the coach and the rower.

Membership Dues

LPJ Chicago is a non-profit club supported by its membership dues and sponsorship. The fees collected by LPJ go towards the daily operations of the team, including coaches' salaries, out-of-pocket expenses for travel, race entry fees and repairs to and maintenance of equipment. Total fees for a rower participating in all four seasons are approximately \$3000 for the year.

Sponsorship and Fundraising

The fees collected each season cover only part of the costs associated with rowing. Expenses for new equipment such as racing shells, oars, and launches must be covered by fundraising and sponsorship. Families are asked to participate in fundraising activities such as our annual Ergathon held in January.

Registration

Each season, rowers must complete a registration packet, which is available on the LPJ Chicago website. This includes rower/parent contact information, medical information and consent form, parent volunteer form, code of conduct contract, USRowing release of liability, and regatta waivers. Fees are due at the start of the season. Payment plans can be arranged if needed.

Scholarships

LPJ Chicago offers partial scholarships to families who qualify based on economic need. Approximately one-third of LPJ Chicago rowers qualify for scholarship assistance. We believe LPJ Chicago is the only competitive junior team in the country with such an aggressive scholarship program. These are need-based scholarships and families must complete a Scholarship Request Form in order to be considered eligible for a scholarship. Every family is expected to contribute as much as it can to support its rower.

Practice Clothes

Most athletic gear works fine as long as it is not *too baggy*. Gym shoes are required. Layering your clothes is best so that you are ready for any kind of weather. We row rain or shine and all rowers are expected to dress appropriately. We row on the water late into the fall and early in the spring; layering usually works best for those colder weather practices. Also, please bring a bottle of water even on cool days when there isn't much sun.

Weather

We row rain or shine. Only during lightning storms or freezing weather do we not row on the water. This is at the discretion of the Head Coach. On questionable weather days please call your coach to find out if practice will be on the water or will be moved to our indoor erg location. As a rule, you should just head to the boathouse and get further instructions there.

Safety

The sport of rowing has a long history of safety and so does LPJ Chicago. We are serious about safety and follow a comprehensive plan in accordance with guidelines set by the United States Rowing Association (rowing's governing body). LPJ Chicago coaches follow USRowing's rules as well as applying their own judgment and experience.

Water safety: When rowers train on the water, coaches accompany the team in safety launches (motorized skiffs). The launches are equipped with safety gear (including a personal floatation device for each rower in the rowing shell) as well as a marine radio and a cell phone. No LPJ Chicago rower is allowed on the water without the direct supervision of a coach in a safety launch.

Regatta safety: Rowers are not allowed to drive oneself to or from any away regattas. Parents/guardians need to arrange for transportation for their child when the regatta is for the day and not overnight. LPJ Chicago transports rowers to and from overnight regattas in charter buses. Notice needs to be given to LPJ Chicago in the event a parent/guardian will drive rowers to or from the regatta site or if the rower will drive with another parent. Information and forms will be provided prior to each regatta.

Swimming Ability

You do not need to be a great swimmer to row but basic swimming skills are required. It is possible that a boat could capsize, and the rowers must have the ability to swim to safety or tread water until help arrives. The rower's parent/guardian will be asked to verify the rower's swimming ability in the registration forms.

Travel and Racing Information

Travel and Racing

A major part of what we do is race. Yes, even novice rowers race and compete in events specifically designed for novices. All rowers on the team are expected to attend each race. After all, that is what the team trains for! When a rower is training for a particular season it is assumed that he or she can make it to the races on the schedule. Please consult the regatta schedule and make sure the coaches know immediately if for some reason you can't make a race. A regatta schedule will be posted on our website about a month prior to each season.

Regatta Costs

Membership fees cover the cost of the team's travel to regattas. LPJ Chicago travels as a group, typically by charter bus. We always travel as economically as possible to keep down the travel cost per rower. For some of the closer, or local regattas, parents are asked to carpool rowers to limit our travel expenses. Travel arrangements are made for the entire team and per rower regatta costs are calculated prior to each season and included in the season's fees. We do not charge per race, so refunds will not be made if you are unable to row in a particular regatta.

Regatta Itinerary

Trip information will be distributed the week prior to each regatta. This information will contain departure and return times, what to bring, where we are going, where we are staying. Times of departure vary with each regatta. Usually, the link to the regatta's website will be found on our LPJ Chicago website. These race sites may contain information on the race schedule, as well as directions, parking, etc. It is extremely important that you are ready to leave on time! We cannot hold the bus for a tardy individual. IMPORTANT: Rowers are not allowed to drive oneself to or from any away regatta.

Rowing Website Links

Regatta Central: www.regattacentral.com

Row 2K: www.row2k.com

USRowing: www.usrowing.org

Chaperones & Volunteers

When we travel, rowers will be accompanied by parent chaperones. Chaperones are the ruling authority for the trip. Rowers who are rude, uncooperative, or disrespectful towards these individuals will be reported to the coaches, and dealt with on an individual basis. Don't push your luck, or the chaperones' patience!

Regattas are all-day affairs beginning very early in the morning. As a result, the LPJ Chicago team usually drives to the site the day before the regatta and stays overnight. The day of the regatta there are tents and food tables to set up, food to prepare and put out and plenty of other tasks to occupy the Boosters. Volunteers are needed and appreciated. If you are a parent interested in volunteering as a chaperone or in any capacity, please contact the Booster Volunteer Coordinator – we are always looking for volunteers!

Uniforms

Novice rowers wear LPJ Chicago racing tee-shirts that can be worn with any black spandex shorts that you provide. The cost of the novice racing tee is included in your membership dues. The required varsity team uniform can cost up to \$70 but will last for several years. The rest of the LPJ Chicago team gear - jackets, hats, long-sleeve tees - is available to the varsity athletes for purchase but is not required.

Packing for Overnight Races

Some items to bring to over night races are: LPJ Chicago uniform, sleeping bag and pillow (sometimes), toiletries, cell phone (to let your family know how the races went and when you will arrive back in Chicago), regatta tee-shirt, money (for lunches and dinners while traveling), sunscreen, sunglasses, hat, lip balm w/sunscreen, rain gear, extra change of clothes, extra pairs of socks, sandals (sometimes crews have to wade in to launch boats), jacket, fleece, sweatpants. Warm layers (including hat and gloves) and rain gear are especially important—fall and spring weather in the Midwest is notoriously unpredictable.

Please do not bring anything of great value such as expensive iPods or cameras. We don't want you to worry about these items while you are racing. Chaperones are not responsible for your personal items.

Race Day Information for Parents

Qualifications for Racing

LPJ Chicago makes every effort to race all of its rowers. Because rowing is done in 8's and 4's it can make things difficult when there are odd numbers of rowers on a squad. This is one reason why the coaches like to enter each squad in multiple events (e.g., a novice boys 8 and a novice boys 4). If there are an odd number of rowers on a squad then the coaches will attempt to make sure that each rower races in at least one of the events. Sometimes there are a few rowers who don't race.

Regatta Information

Regattas are generally much like daylong outdoor swim meets. Each regatta follows a similar schedule but each venue has its own schedule. The final race schedules are posted to competing teams a few days before the event. It's only then that we have a good idea of when each rower will race. However, because rowing is an outdoor sport, delays in the event schedule are very likely. It is for that reason that we encourage rowers not to plan something important on race days. When we travel, our return times to Chicago are only estimates and the rowers will call from the bus when they are about an hour from the city. If we are going to be late returning home, we will certainly have the rowers call.

Many of the regattas we race in have event information online. If you are looking for an estimated time for your rower's race, go to our regatta schedule. We will have links to each regatta when available. Ask if your rower is rowing in a 4 or an 8; novice, varsity or JV and you can find race information at the regatta website.

A Rower's Race Day

Start to Finish

A one-day race starts very early, around 6 or 7 am. Most often the team eats breakfast at the hotel. If not, the chaperones provide breakfast at the racecourse. Then the rowers gather at the boat trailer to unload, rig and prepare the equipment as well as meet with their coach. At this point the chaperones and Boosters are setting up the tent and laying out the snacks and drinks. The Head Coach usually sends rowers to help prepare the tent area but only when the trailer is unloaded and the boats are all rigged. When the squads meet with their coaches they learn of their race times, plans, etc. and are told when to meet the coaches back by their boats prior to racing. Most rowers will race twice on race day depending on the length of the race, the regatta schedule, and equipment demand. The general rule of thumb is for rowers to meet at their boat 1 hour prior to their race start time. If there is time they are encouraged to go back to the tent to relax and refuel before the race. Coxswains are in charge of keeping their particular squads together.

When the squad meets, last minute items are taken care of and the rowers and their coaches have a pre-race boat meeting. Then the rowers take their oars

down and launch their boat. After the race, the crew docks and has a post-race boat meeting.

At the end of the regatta, the entire LPJ Chicago team helps de-rig the boats and load them on the trailer and helps the chaperones and Boosters pack up the tent area. This process should take no longer than an hour after the final event.

Race Day Tips for Rowers...Good Luck!

1.) Eat your pre-race meal at least two hours before race time. Race day jitters may make your body slow to digest food. The pre-race meal should be high in carbs, low in fat, and about 500 calories. Try oatmeal, toast and juice for breakfast. If you are racing early in the morning, eat a really big dinner and a light breakfast, or you may not have 2 hours to digest. If you are still unsure about what to eat, ask your coach.

2.) Do not experiment with new foods or energy drinks on race day! Try the new stuff during the week, during practice.

3.) STAY HYDRATED! The coaches can't say this often enough. Drink lots of water the day before the race, and up to 2 hours prior to racing.

Top 10 Things to Know About Rowing

1. Rowers are probably the world's best athletes

The sport demands endurance, strength, and an ability to tolerate the pain that rowers' muscles experience in the last 500 meters of the race.

2. It's in the legs

Rowing only looks like an upper body sport. Although upper body strength is important, the drive that moves the boat comes from strong legs. Rowing is one of the few athletic activities that uses all of the body's major muscle groups.

3. Meters not miles

The standard length of a rowing race is 2000 meters - about a mile and a quarter. Rowers refer to the parts of the race in 500-meter sections.

4. Sweep (like a broom) and sculling (with a "c")

There are two basic types of rowing - sweep rowing, where the athlete holds one oar with both hands, and sculling, where the athlete has two oars, one in each hand.

5. Think even numbers

Sweep rowers come in 2's (pairs), 4's (fours) and 8's (eights). An LPJ Chicago rower is a sweep rower in a 4+ or 8+ shell with a coxswain.

6. It only looks easy

Great rowing looks graceful and fluid, but don't be fooled. Pulling oars in unison smoothly and effectively through the water while balancing a boat that may be as narrow as 11" across with 10' - 12' oars is very difficult work.

7. High tech version of age-old equipment

Although wooden boats were the norm for many years, most of today's rowing boats - called shells - are strong, lightweight carbon fiber. The smallest boat on the water is a single scull, only 27-30' long, a foot wide and approximately 30 pounds. The largest is the eight at 60'. Today's oars - not paddles - are also incredibly lightweight.

8. SPM not MPH

Rowers speak in terms of "rating" or strokes per minute (SPM); literally the number of strokes completed in a minute's time. The stroke rate at the start of a race is high - 38-45, and then "settles" to a cadence typically in the 30's. The boats sprint to the finish, taking the rate up once again. The coxswain may call a Power 10 - a demand for the crew's best, strongest strokes. Although the number of strokes a boat is capable of rowing per minute is indicative of speed and talent, the boat getting the most distance out of every stroke ("pulling hardest") will probably win the race.

9. Timing is everything

Spring rowing competitions are typically conducted on six lanes on the water. They follow a double elimination format in a system designed to identify the fastest six crews for the final race in each category. Heats are first, followed by a

repechage (French for second-chance) races. There are no style points for rowing - the bow that crosses the line first is the winner.

10. Teamwork is number one

Rowing isn't a great choice for athletes looking for MVP status. It is, however, teamwork's best teacher and the ultimate team sport. No individual team member hits the homerun or makes the 3-pointer, touchdown or goal to win the game. The boat goes over the finish line only once, with everyone in it. It is the crew made up of individuals willing to sacrifice their goals for the team, the athletes determined to match their desire, their talent and their oar blade with the rower in front of them that will be on the medals stand together.

Appendices

Appendix A: Chicago Rowing Foundation Mission Statement

The mission of the Chicago Rowing Foundation, founded in 1988 as the Friends of Lincoln Park Boat Club, is to promote junior rowing, to make a positive difference in the lives of youth and to train new high school rowers in the art of sweep rowing, thereby changing the face of junior rowing.

Appendix B: LPJ Chicago Mission Statement

The Mission of LPJ Chicago is to promote sweep rowing through education, training, discipline and outreach to diverse students throughout the Chicago area, thereby changing the face of junior rowing. Through team discipline and team commitment, LPJ Chicago trains high school rowers in the art of sweep rowing while assisting them in achieving their highest potential.

Appendix C: Booster Mission, Guidelines and Responsibilities

MISSION

The LPJ Chicago Parent Booster Committee is the official parent body of the LPJ Chicago rowing team. The Booster Committee functions to support the rowers and the coaches. Parent involvement is an integral part of supporting the team as well as supporting the art of high school sweep rowing.

WHO IS A BOOSTER?

Every parent and/or guardian of a rower or coxswain on the LPJ Chicago rowing team is a Booster.

BOOSTER COMMITTEE

The Booster Committee meets one evening each month from September through June. Meetings during the months of July and August are scheduled as needed.

BOOSTER COMMITTEE POSITIONS AND TERM

Chairperson; Vice-Chairperson; Secretary; Treasurer; Membership Coordinator; Squad Leaders; Travel Coordinator; Regatta Coordinator; Volunteer Coordinator; Spirit Wear Coordinator; Fund-raising Coordinator; Chicago Rowing Foundation representatives, Coaches. The term for each committee position will run for 12 months beginning September 1st and ending the following August 31st.

BOOSTER COMMITTEE DUTIES AND RESPONSIBILITIES:

1. Help coordinate and attend the New Parent Orientation and Parent Get Together. This event, held early in the fall season, brings together parents of new rowers and returning rowers along with the coaches and CRF representatives for the dissemination of information, social networking and building team spirit.
2. The Annual LPJ Chicago Ergathon Fundraiser is held every winter season. The rowers raise money by erging for 24 hours over a two-day period. This event brings together all LPJ Chicago members to help support the financial needs of the team and to help promote the art of high school sweep rowing. Booster members chaperone this event and support the rowers' physical and financial efforts.
3. The Annual Year End Banquet celebrates the rowers' efforts over the course of the rowing year. The senior rowers are acknowledged and awards are given to rowers for their accomplishments. The Booster Committee is responsible for all communication, invitations, decorations, set up, tear down, food, beverage and equipment for the event.
4. All Booster Committee members must coordinate with the Treasurer and must receive authority from the Treasurer before setting or quoting any monetary amounts, prices or figures to the parents/guardians regarding dues or expenses.

5. In general, the Booster Committee members are responsible for membership materials and forms, collection of fees, regatta duties, and communication to families while supporting the coaching staff and the rowers.

6. Booster members do not have the authority to do any of the following acts without the approval of the Head Coach and Treasurer: enter into any contractual agreement on behalf of LPJ Chicago or the Chicago Rowing Foundation; make, change or cancel travel reservations; or change or add new expenses to the established budget for the season.

Appendix D: LPJ Chicago Booster Committee Positions

Chairperson & Vice-Chairpersons: Call the Booster meetings to order and maintain control and direct the proceedings of all Booster meetings. Maintain monthly meeting agenda. Maintain ongoing communication with family members. Appoint Squad Leaders for each LPJ Chicago squad in order to disseminate information. Recruit and manage LPJ Chicago parent volunteers. Oversee, all volunteer positions. Coordinate with Treasurer to define budget. Both positions need approval by the Head Coach.

Secretary: Maintain minutes of monthly Booster meetings and disseminate the minutes to the Booster chairpersons, the Booster Committee members and coaches in accordance with the rules for not-for-profit organizations.

Treasurer: Collect and deposit fees for each LPJ Chicago season. Maintain contact with Membership Coordinator and LPJ Chicago coaches regarding delinquent accounts. Act as liaison to parents regarding questions about LPJ Chicago fees. Work with the Head Coach and the Chicago Rowing Foundation President to develop a budget prior to each season. Maintain and provide the LPJ Chicago balance sheet and the Profit & Loss YTD Comparison to the Head Coach, the CRF President, and the Booster Committee members as needed. Report on budget at monthly Booster meeting. Maintain LPJ Chicago accounts.

Membership Coordinator: Prepare each season's membership packet. Organize in-person and on-line registration. Be available to parents/guardians to guide them through the registration process and forms. Prepare and collect forms, which will include Rower Information Sheet and LPJ Chicago Waiver. Collect dues to be deposited by LPJ Chicago Treasurer. Create and maintain current rower folders, team rosters and mailing lists/labels, as well as an alumni database. Maintain contact with coaches regarding whether forms, payment or scholarship requests are completed or received in a timely manner. Prepare emergency contact files including all necessary forms and information to be taken by chaperones to each event and to be taken to each regatta.

Squad Leaders: One Squad Leader is appointed to represent each of the four squads of the LPJ Chicago rowing team. The Booster Chairperson will communicate to the squad leaders and then the squad leaders will communicate with the parents/guardians. Communication will be by email or phone calls. The parents/guardian can contact their Squad Leader with any questions, concerns or other needs. The Squad Leader will respond to all matters as quickly as possible.

Travel Coordinator: Arrange for transportation and hotel accommodations to and from all overnight regattas. Provide travel information to web master. Maintain contact with parents/guardians regarding any questions, concerns or

information regarding regatta travel plans. Coordinate with Treasurer to define travel budget. Insure LPJ Chicago's tax-exempt status is recognized when arranging lodging and vehicle rental.

Regatta Coordinator: Organize, manage and coordinate equipment, food and chaperones for all regattas. Coordinate all efforts with Team Shoppers and Volunteer Coordinator. Oversee transport of regatta supplies and tents to and from regatta site and storage facility. Coordinate with Treasurer to define regatta expense budget.

Volunteer Coordinator: Arrange for volunteers to set up and tear down regatta tent and supplies at regatta locations. Arrange and oversee volunteers to serve and cook food at regatta sites. Insure that chaperones are chosen and present on the bus, at the hotel, at the regatta site and at the return site.

Banquet Coordinator: Organize, manage and coordinate equipment, food and volunteers for the annual banquet held at the end of May. Secure location, plan menu, plan decorations and oversee any uniform/merchandise sales. Communicate banquet details to rowers and families via email. Coordinate with Treasurer to define banquet expense budget.

Team Shoppers: Oversee the shopping of food and supplies for all regattas. Coordinate with Regatta Coordinator regarding team needs. Coordinate with Treasurer to define regatta food budget. Insure LPJ Chicago's tax-exempt status is recognized when purchasing food and supplies.

Spirit Wear Coordinator: Arrange for products and clothing to prominently display the LPJ Chicago logo on them. These items will be sold to LPJ Chicago members or to the public at regattas or through the LPJ Chicago website.

Fund-raising Coordinator: Pursue all avenues for financial or in-kind donations. Organize and coordinate the New Parent Orientation and Parent Meeting with the Booster Chairperson. Coordinate and organize the LPJ Chicago Annual Ergathon Fundraiser. Arrange for public relations of LPJ Chicago fundraisers and events. Coordinate with coaches regarding fund-raising ideas. Work on grants and related projects.

Foundation Representatives: Members of the Board of Directors of the Chicago Rowing Foundation act as liaisons between LPJ Chicago and its parent organization, Chicago Rowing Foundation. They also provide historical information and perspective to the Booster members.

Coaches: The Head Coach and the coaches of both the Girls and Boys Varsity teams attend the Booster Committee meetings. Coaches keep the Boosters advised of rower regatta results and team status.

Appendix E: Booster Member, Chaperone & Volunteer Rules

All parents are members of the Booster Committee. The Booster Committee functions to support the rowers and the coaches. Parent involvement is an integral part of supporting the team as well as supporting the art of high school sweep rowing.

Volunteers are parents who help at the regattas and at team events. They provide set-up and breakdown for the tents, purchasing and preparing food for the rowers and coaches and guidance to the rowers.

Chaperones are parent volunteers who provide guidance and safety for the rowers at regattas or team functions. In order to provide a safe and supportive environment for the all rowers during away events, chaperones accompany and supervise the athletes on the bus and while at the lodgings. Therefore, chaperones must do the following:

- Be present at all times that the LPJ Chicago rowers are on the bus or at the hotel;
- Act immediately in order to resolve any inappropriate behavior by any LPJ Chicago rower;
- Inform the coaches immediately of any violation of the Code of Conduct of any and all LPJ Chicago rowers.

The following Rules apply to all Booster Members, Chaperones and Volunteers while in the presence of rowers:

- Don't use alcohol;
- Don't use any illegal drugs;
- Don't possess or use any weapon or dangerous instrument;
- Don't engage in unsportsmanlike conduct or act in a reckless manner;
- Don't use profanity or any inappropriate language;
- Don't strike, humiliate, ridicule, threaten, or degrade any athlete;
- Don't touch an athlete in a sexual or other inappropriate manner.

Appendix F: Code of Conduct

Rowing is a team sport. LPJ Chicago (LPJ) gives high school students who want to row the opportunity to join a competitive and award winning sweep rowing team. With the privilege to join LPJ Chicago, comes the responsibility of appropriate behavior and conduct. All rowers/coxswains (“athlete”) are required to abide by a set of principles and rules (“rules”) which are binding and have consequences, if broken.

EACH Athlete must read and sign this Code of Conduct carefully and keep a copy for your review.

RULES TO DO:

1. **DO** give 100% at practice everyday;
2. **DO** inform the coach of any absences (e.g. doctor’s appointment, college visit, standardized test);
3. **DO** follow the instructions of coaches and regatta chaperones during trips and at regattas;
4. **DO** check in with the return chaperone before leaving the bus when returning from regatta;
5. **DO** wear a seat belt in vehicles with seat belts, as a passenger for LPJ;
6. **DO** maintain a passing grade average in all classes;
7. **DO** maintain a healthy lifestyle;
8. **Row hard and have fun!**

DO NOT RULES:

1. **DO NOT** have excessive absences;
2. **DO NOT** drive oneself to or from any away regatta;
3. **DO NOT** leave regatta hotel or area without approval of chaperone;
4. **DO NOT** be out of your assigned regatta room after lights out or in the room of a member of the opposite sex at any time;
5. **DO NOT** engage in inappropriate sexual behavior at any team function;
6. **DO NOT** use inappropriate or disrespectful language;
7. **DO NOT** taunt, harass or bully teammates;
8. **DO NOT** engage in unsportsmanlike conduct;
9. **DO NOT** participate in any theft and/or damage to any property while at team function. Athletes will be held financially responsible;
10. **DO NOT** possess or use any weapon at the boat house or a team function;
11. **DO NOT** use tobacco or any tobacco product;
12. **DO NOT** possess, distribute or use alcohol, chemicals, controlled substances, anabolic steroids or any form of illegal performance-enhancing drugs. This behavior is strictly prohibited and will result in the coaching staff taking immediate disciplinary action, whether or not the athlete is engaged in a team function at the time of the behavior.

CONSEQUENCES

Coaches will investigate thoroughly any and all factual information regarding violations of these rules. If any of the above “DO NOT” rules are deemed to be broken then a decision will be made, on a case-by-case basis, to determine the consequence of the breach of conduct. Any **major** disciplinary decision related to a significant violation or breach of conduct will be reviewed with the athlete and their parent/guardian along with the coaching staff.

<p>Major disciplinary action will include but is not limited to:</p> <ul style="list-style-type: none"> • Loss of on-water privileges for a specified time • Loss of race privileges • Suspension from the team for a period of time • Dismissal from the team for the remainder of the season • Expulsion from the team 	<p>Minor disciplinary action will include but is not limited to:</p> <ul style="list-style-type: none"> • Verbal warning • Extra workout/alternative workout • Make-up practice • Written/verbal apology
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The athlete and the parent/guardian waive their right to a refund of fees during the dismissal period. Re-acceptance to the team will be on a case-by-case basis.

These rules are applicable while the athlete is at a team function, including but not limited to, at the boathouse, at regattas or on all away trips, which includes on buses, in hotels, at restaurants and at the regatta site. However, LPJ Chicago has a policy of “**zero tolerance**” regarding substance abuse. Therefore, “DO NOT RULE #12” is applicable whether a breach of conduct by the athlete occurs at a team function or not; whether the athlete is a host or just a guest; whether the athlete merely remains present at events, activities or locations and therefore is in close proximity to where illegal distribution of alcohol, drugs or other performance-enhancing substances are present or used.

This Code of Conduct is not open to negotiation.

As an athlete on the LPJ Chicago rowing team, I have read and understand the above rules and consequences and I accept and agree to act in accordance with the LPJ Chicago Athlete Code of Conduct.

Print Athlete’s First Name

Print Athlete’s Last Name

Athlete’s Signature

Date

As parent/guardian of an athlete on the LPJ Chicago rowing team, I have read and understand the above rules and consequences and I have discussed this Code of Conduct with my athlete.

Print Parent/Guardian Name [if athlete is under 18]

Signature of Parent/Guardian

Date

Appendix G: Directions to Practice Sites

River Site - Kingsbury St at North Ave

Via CTA

Red Line at North & Clybourn stop; walk 2-3 blocks west to Kingsbury; turn left on Kingsbury. The launch site is on the Chicago River directly west of the parking lot for Old Navy.

From Lake Shore Drive

Exit at North Ave, travel west and turn left (south) onto LaSalle, followed by a quick right at light onto North Ave. Continue west on North Ave to Kingsbury. The boathouse is on the Chicago River just west of the parking lot at Old Navy, Turn left (south) onto Kingsbury. DO NOT PARK in the Old Navy lot, you will be towed. Street parking is available. Free parking is available at the parking lot at 1622 N. Kingsbury on the first or second levels only.

From I-90/94

Exit at North Ave, travel east on North Ave; Turn right (south) onto Kingsbury St. The boathouse is on the Chicago River just west of the parking lot at Old Navy. Turn left (south) onto Kingsbury. DO NOT PARK in the Old Navy lot, you will be towed. Street parking is available. Free parking is available at 1622 N. Kingsbury on the first or second levels only.

ERG Site – 1415 N. Dayton

Via CTA

Red Line at North & Clybourn stop; Walk west ½ block to Dayton St. Turn left and walk 3 blocks south to 1415 N Dayton. The LPJ Chicago indoor facility is on the first floor. Ring bell.

From Lake Shore Drive

Exit at North Ave, travel west and turn left (south) onto LaSalle, followed by a quick right at light onto North Ave. Continue west on North Ave to Dayton St. Turn left (south) on Dayton and travel 3 blocks to 1415 N. Dayton. Street parking is available. The LPJ Chicago indoor facility is on the first floor. Ring bell.

From I-90/94

Exit at North Ave, travel east on North Ave; Turn right (south) onto Dayton St, and travel 3 blocks to 1415 N. Dayton. Street parking is available. The LPJ Chicago indoor facility is on the first floor. Ring bell.