

# 2017 Rowing Season



The Naiades Oncology Rowing program is committed to serving the physical and emotional needs of cancer survivors. Through our shared rowing experience, we find a means to maintain wellness for our bodies, and courage and determination for our spirit. We find healing on the water through the power of our commitment, and we hope to provide inspiration to all of those who face the challenges of cancer.

**Genesee Waterways Center (GWC) 149 Elmwood Ave, Rochester, NY 14611**

## Session Dates

Session 1	April 18 – June 8*	No row May 29
Session 2	June 19 – August 17	No row July 3 - 7
Session 3	August 21-October 13	No row September 4

**Tuesday April 18th and Thursday the 20th there will be a beginning of the season informational meeting with the coaches and program committee at 5:30pm at the boathouse followed by a row on the water.**

## Safety First

All athletes, coaches and coxswains are required to view the USRowing safety video and complete the required waivers at the start of each season.

Safety link <http://archive.usrowing.org/safety/safetyvide>

## **US Rowing 2017 Waiver**

Beginning in 2017, ALL rowers must be members of US Rowing. This requirement is not within our control. There is a yearly fee of \$7.50. Join or renew here: <https://membership.usrowing.org/>

Make sure Naiades Oncology Rowing is your membership association... **Club number is WGY4M**

Complete the US Rowing online waiver (you must join US Rowing first, if you're not already a member). This waiver needs to be completed once per calendar year, so if you've already done so for GWC/RBC in 2017, you can skip this step.

1. Click [here](#).
2. On the left side of the page (where options for Individuals are shown), click **Members**.
3. From the drop-down list, click **Sign Waiver**, then follow the instructions.
4. *(Note that there is a four-question quiz, but it's meant to be educational. No one sees or does anything with your answers, so no worries about wrong answers!)*

**Naiades forms:** Naiades contact, health and emergency information forms are available on the Naiades web page. Print and complete the forms and bring them to your first row date.

**You will not be allowed on the water until forms are received.**

## Cost (All Sessions)

One night per week	8 rows	\$96.00
Two nights per week	16 rows	\$192.00
Three nights per week	24 rows	\$288.00

Payments are made to **Naiades Oncology Rowing** and collected by Linda Graney at the beginning of each session, or may be mailed before the start of the session to: Naiades Oncology Rowing, P.O. Box 22661, Rochester, NY 14692.

Don't let finance be a barrier to you rowing. The Board of Directors has established the [Row It Forward Financial Support Scholarship Program](#) for those who need financial assistance to participate in Naiades

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programs. It can be used for all or part of a session or number of nights.

<http://www.naiadesoncologyrowing.com/index.php>

## Weather/Cancellations

Athletes will be notified if practice is cancelled by text/email and/or phone. If you don't hear of a cancellation, assume practice is still on. If possible, these cancellations will be made up on a different night. Otherwise, credit will be applied to a future rowing session.

## Program Descriptions

### Learn to Row

Naiades is partnering with GWC to provide a Learn to Row program in the spring. If interested, visit <https://geneseewaterways.org/learn-to-row-in-rochester/>. If you are a Naiades rower you will be reimbursed a partial amount. Naiades will also offer a Learn to Row in the summer (date to be determined)

### Ready Row

Tuesday and/or Thursday evening(s)

Emphasis will be on building endurance and improving technique, timing and set of the boat. Pre row ERG warm-up will be discussed at the preseason meetings.

### Competitive Row

Monday evening plus an additional row night, preferably Thursday.

Program will be discussed in more detail at the pre-season meetings.

Coach Mark and Coach Liz have developed a framework for the Competitive Program and will establish basic endurance and technique requirements for the competitive team.

- Participants must be able carry his/her fair share of the boat. An eight weighs from 200-215 lbs. This means that everyone must be able to maintain the support of just over 25 lbs above their head and to lower same, with control, into the water. At times, while carrying the boat on the ramp, the weight distribution will be greater for some.
- In order to ensure fitness and enjoyable boat performance each rower must commit to practice two times per week. Current plan per Programming Committee is for Monday to be a Competitive night *only* with Thursday being the second designated evening for competitive rowers during general Thursday practice time. Rowers are also encouraged to row on Tuesday or to try to organize their own additional periodic practices and erg time.
- Participants must commit, in advance, to be available for all planned regattas. Currently, assume Pittsford Regatta (May 27-28) and Fall regattas at Fairport (TBD) and Head of the Genesee (Oct. 7-8). Other regattas to be determined.
- Participants must commit to participate in all sessions.

## Regattas

*All Naiades rowers are encouraged to participate in regattas.* You do not need to be part of the competitive program to participate in a regatta! The eligibility framework for competitive row is being established for those who can commit to a continued higher level of intensity and competition. It is anticipated that additional rowers will be available as appropriate substitutes.

## Scheduling and the Naiades Google Sheet

You will receive, via email, the link to Naiades Google scheduling sheet. Your name will be on the sheet for your registered day(s). We will discuss scheduling and how to use the sheets at the pre-season information meetings Tuesday the 18th and Thursday the 20th.