

2018 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.

We Launch out of Genesee Waterways Center (GWC) 149 Elmwood Ave, Rochester, NY 14611

Session	Dates	Important dates to remember
Session 1 * 7 weeks	April 24 – June 7 Tuesdays and Thursdays	Saturday May 5th New Boat Dedication Tuesday May 8th Board Meeting after rowing Sunday May 13th BCCR Row Saturday May 26th Pittsford Regatta
Session 2	June 19 – August 16	No row June 14th Mark's party No row July 3 & 7
Session 3	August 21-October 11	Sunday September 30th Lift Bridge Saturday & Sunday October 6th & 7th HOG Tuesday October 9th Clean up Thursday October 11th End of Season Party

***Tuesday, April 24** and **Thursday, April 26** there will be 2018 rowing season information meetings with the coaches and program committee. Please plan to attend one of these meetings.

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. (Apple users: to view links click ctrl + link)

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

USRowing 2018 Membership and Waiver

ALL rowers must be members of US Rowing. This requirement is not within our control. There is a yearly fee of \$9.75. Join or renew here: <https://membership.usrowing.org/> Once on this page click **Members** and follow instruction.

Make sure Naiades Oncology Rowing is one of your membership associations... **Club number is WGY4M**

next

Complete the USRowing 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 2018, 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 registration, health form and waiver forms are available on the Naiades web site. Complete online (when available) 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.

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Cost

Session One

One night per week	7 rows	\$84.00
Two nights per week	14 rows	\$168.00

Session Two & Three

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

Payment methods:

1. Check made out to **Naiades Oncology Rowing** and collected by Linda Graney at the beginning of each session
2. Mailed before the start of the session to: Naiades Oncology Rowing, P.O. Box 22661, Rochester, NY 14692.
3. Online via PayPal

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 programs. It can be used for all or part of a session or number of nights. [Scholarship form](#)

Weather/Cancellations

Athletes will be notified if practice is cancelled by text/email and/or phone and there will be a note on Google sheets. 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. All new rowers are expected to start with this program and then join the Naiades crew once cleared to do so by the LTR coach.

Ready Row

Tuesday and/or Thursday evening(s)

The goal of this program is to challenge you physically, mentally and as a team member.

Emphasis will be on building strength and endurance, improving technique, timing and set of the boat.

Competitive Masters Row Program

There needs to be consistent rower availability and commitment to 2-3 days a week training, when that occurs the programing & regatta committee will develop the program.

Regattas

All Naiades rowers are encouraged to participate in a regatta. It is a great experience. the Regatta Committee will work with the coaches to make participation satisfying for all.

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 24th and Thursday the 26th.

When you first open the sheet please update your contact information on the *Contacts List* tab of the sheet. .