

SARATOGA ROWING ASSOCIATION

Mail: PO Box 750, Saratoga Springs NY 12866

Location: 543 Union Ave, Saratoga Springs NY

MASTER'S ROWING PROGRAM – 2008

WHO IS ELIGIBLE?

Anyone 27 years of age or older, regardless of experience, is eligible for the SRA Master's Rowing Program. Younger adults are welcome to row, but may not be eligible for all competitive races.

SAFETY:

Safety is of the utmost importance and our primary concern. Rowing sessions will take place rain or shine; however, no on-water activity will take place either during, in anticipation of, and/or immediately after a thunderstorm(s), or at any time deemed unsafe. All coaching launches will carry U.S. Coast Guard approved PFD's (Personal Flotation Devices). All coaching launches are equipped with first aid kits and cellular phone communication. All participants shall be required to submit a completed standard US Rowing Release of Liability, as well as a medical release form and health history and emergency contact information form. All participants must be competent swimmers *without assistance*.

WHAT ARE THE PHYSICAL REQUIREMENTS?

I think for most of us the Olympic team is out of the picture, however, good general fitness is certainly important. Any questions or concerns you may have with your level of fitness and/or your ability to participate in this program should be thoroughly reviewed with your personal health care professional.

WHERE DO WE ROW?

We row from the SRA Boathouse located at 543 Union Avenue just east of the Route 9P bridge (next door to *Saratoga Boatworks Marina*). The boathouse is state of the art and one of the finest facilities of its' kind in the northeast. We row on the waters of Fish Creek and Saratoga Lake.

HOW DO I GET THERE?

From Saratoga Springs or Exit 14 of the Northway, proceed south on Route 9P (Union Avenue), Just prior to going over the Route 9P bridge take a left into the shared driveway of the SRA Boathouse and *Saratoga Boatworks Marina* and bear left into the SRA lot-park on the side of the boathouse whenever room permits.

DOES SRA HAVE A WEB SITE?

Yes – the website for SRA is www.saratogarowing.com. This site contains general information, news updates, e-mail contacts, and pertinent telephone numbers.

WHEN DO WE START ROWING?

We generally start the Masters Rowing Program in mid-May and row through the end of October. You will be notified by e-mail of the exact date and session time(s).

Rowers signed up for the Master's program can start as early as April in our morning sessions if the weather permits. Evening rowing sessions do not start until May 12th in 2008.

DO I NEED ROWING EXPERIENCE?

Rowers of all experience levels are welcome. Whether you've never taken a stroke or have rowed in the National Championships, we will offer programs and instruction applicable to all skill levels.

WHAT IS SWEEP ROWING AND SCULLING?

The Master's program will offer instruction and rowing opportunities for both sweep rowing (multi-seat shells, generally fours and eights, where each rower has one oar, either rowing starboard side or port side) or sculling (generally one person (single), two person (double), or four person (quad) shells, where each rower has two oars).

WHAT DO I WEAR?

Rowing sessions will be held rain or shine, and it is important you dress appropriately for the elements. Spring rowing can be cold. Ideally, your practice clothing should be warm, tight fitting, and preferably non-cotton. Technical clothing such as Coolmax, Under Armour, Drywick, polypropylene, spandex, are all good, non-cotton wicking fabrics suitable for cold weather rowing. Even in cold weather you will generate significant body heat; hence, layering your clothing will be greatly enhancing your comfort level. Loose fitting clothing should be avoided (such as hooded sweatshirts with pockets, as these interfere with the oar handles during the rowing stroke). We strongly recommend a “croakie” for eyeglasses should they be worn. Many rowers are prone to blisters, especially early in the season. While we have an ample supply of “Band-aids”, we do not supply adhesive tape. If you prefer the use of adhesive tape vs. “Band-aids”, please be sure to bring your own supply of tape to practice and carry the tape on board for periodic re-taping if necessary. The sun's rays can be potent and dangerous. Caps, sunscreen and dark glasses are highly recommended on sunny days – regardless of temperature. In cold weather you may want to wear pogies (rowing type gloves that allow you to actually hold the oar handle). Wool socks are also recommended as they retain heat even when wet.

WHAT DO I NEED TO BRING ON-BOARD?

First and foremost, bring an ample supply of water on-board. A Nalgene type container is recommended-please label it with your name. Proper hydration is extremely important both in cool and hot weather – if you become thirsty you are not properly hydrated!

Additionally, we recommend each rower apply a sunscreen to exposed skin prior to arrival. Keep your sunscreen on board to re-apply during the rowing session as necessary. The sun is very potent on the water, regardless of air temperature!

HOW DO WE COMMUNICATE?

We prefer to communicate via e-mail – it's fast, succinct, and in writing!

WHAT TIME OF THE DAY DO WE ROW?

We plan to offer a number of morning and evening sessions throughout the week. Our current schedule can be found online at <http://www.saratogarowing.com/masteradultrow.html>

WHAT IS THE FEE?

Our rowing program fee is \$450 plus a membership fee of \$35, and is based on a twelve-month cycle from the date of your membership purchase. Membership renewal is based on your individualized anniversary date. We also offer indoor training for up to 6 months during the months of Dec-May for the fee of \$200 (may change year to year). This fee is in addition to the rowing fee, but if you join SRA for indoor training in the winter, you may row on the water until the 1st official day of spring rowing (May 12th in 2008), and then you would join the Rowing portion of the program on May 12th.

IS THERE A TRIAL PERIOD?

Each potential member can participate in three rowing sessions (all three sessions must take place within two weeks from the date of your initial session) prior to committing to a membership. By then, it will be a no-brainer – you'll join! A waiver is needed prior to your first trial session. Find online at: <http://www.saratogarowing.com/forms.html> - click on the Master's Waiver form.

IF I WANT TO COMPETE, WHAT OPPORTUNITIES ARE THERE?

Our hope this season is to offer participation in a number of regattas for rowers who wish to compete. Popular regattas we may attend are the Head of the Mohawk (Schenectady, NY, 2.6 miles), Head of the Charles (Boston, MA, 3 miles), and the Head of the Fish Regatta (Saratoga Springs, NY, 2.5 miles). The competitive schedule will be finalized based on interest.

DO I NEED TO COMPETE? I REALLY JUST WANT TO LEARN & ROW!

Our programs will be structured to provide opportunities for recreational novice rowers right up to those who are chomping at the bit to compete – and everyone in between. Rowing is a terrific sport for any level rower!

WHAT IF I HAVE MORE QUESTIONS?

The best way to reach me (Coach Bob Tarrant) is through either one of these e-mail addresses info@saratogarowing.com or info@saratogarowingcenter.com. Or call the business manager at 587-6697.