

Introduction

Welcome to Mt. Baker Junior Crew!

Our veteran crew athletes will tell you that rowing is a demanding, yet very rewarding sport. Our athletes hail from over 30 different area schools—ranging from North Seattle to Mercer Island, and as far away as Auburn!

Our crew program has a very proud history. Mt Baker Jr. Crew began when the Mt Baker Rowing and Sailing Center was founded in 1985. Since that time, Mt. Baker has become a nationally recognized competitive rowing program. Our girls' and boys' teams consistently qualify for and participate in national rowing events, and our crew athletes have been selected for junior national, senior national and Olympic teams.

While these achievements are impressive, please remember that all athletes are welcome—from beginner to experienced. Each and every participant will be encouraged and can find support and success as a member of Mt. Baker Crew. All abilities and levels of experience have an opportunity to learn to row and compete. In addition to teaching rowing fundamentals and encouraging young people to achieve their best, we hope our athletes gain a love of rowing as a life-long activity that will enrich their lives long after they leave Mt. Baker.

Mt. Baker Crew is sponsored by Seattle Parks and Recreation and the Mt. Baker Boating Advisory Council. The City provides the office staff, maintenance of the facility, and accepts the responsibility of liability for all activities here. The Mt. Baker Boating Advisory Council, a non-profit 501 (c)3 organization, provides coaches, boats, equipment, and supplies. The volunteers who make up the Council are dedicated to the success of the Mt. Baker Rowing and Sailing Center. Most recently, the Boating Advisory Council has successfully completed a major phase of our facility expansion. We believe this is the only the beginning of more good things to come at Mt. Baker, and we are glad you are with us.

Enjoy your experiences with the Mt. Baker Crew!

Helping your Athlete

Helping your athlete

Rowing requires a tremendous commitment from each athlete, but it also requires commitment from each parent/guardian. There are many ways that you can help your athlete. The following are specific areas where you can help your athlete succeed.

Transportation

At the beginning of the season help your athlete arrange for carpools, unless they are already driving. There is an email list available at the Parent Information Meeting (generally the second Wednesday of each season) to aide in the arrangements. Also, it is always important to have a back-up plan ready for getting to crew and getting home, in case of emergencies.

Start and End Times

We do our best to make sure that practice starts on time and ends on time. If for some reason, your athlete can not be at practice on-time, please call 206-386-1913 before the start of practice, so that the coaches can make appropriate adjustments. Any variations to the practice time will be communicated via the Mt. Baker brochure, email, website and coaches.

Absences

The coaches plan for and expect everyone to be at practice every day. If your athlete is not able to attend practice, please have your athlete notify their coach for any pre-planned absences, or call 206-386-1913, for any unexpected absences. Your rower's success in crew can depend on attendance, which is something to keep in mind when planning family vacations. Crew practice will still be held on most school and holiday breaks during the fall and spring seasons. Absences may affect Varsity Letter criteria.

Nutrition

Rowing is a very challenging sport and requires proper nutritional intake in order to keep up with the program demands. With nearly 80% of the human body being made up of water, it is very important to make sure your athlete is drinking enough water. You may also want to supplement water with an electrolyte substitute, such as Gatorade or Powerade. Encourage your athlete to carry a water bottle to both school and practice.

Breakfast, lunch, dinner, and snacks are vital to generate the energy they will need to perform well at school and at crew. They should eat a balance of protein, carbohydrates, and fats. For more specific information, please visit: www.eatsmart.org or have your athlete ask their coach for handouts on nutrition.

Clothing

The best clothing for rowing and land workouts is soft, stretchy, and fairly form fitting. Loose, baggy clothing is not recommended. Polypro, Coolmax, and similar fabrics are best because they can help retain body heat even when wet, they also dry quickly. Good running shoes and socks are needed every day and should be replaced every 4 to 6 months depending on use. Athletes should also bring extra clothes to practice in case they get wet and need dry clothes to change into.

There is also a wide variety of Mt. Baker Crew gear that is available for purchase. The following items are "on hand" in the Mt. Baker office and may be ordered anytime, for pick-up on Thursday afternoon: Coolmax long sleeve, boys and girls varsity racing tank, short or long sleeved t-shirts, pins, keychains, stickers, and MB lanyards. The following items are special order only, placed at the beginning of the season, to arrive before the first regatta: sweatshirts, sweatpants, unisuits, vests, and blankets. The following are "team uniforms":

Experienced Girls:	Blue MB tank w/ white sides, blue shorts
Experienced Boys:	Blue MB tank w/ white stripes, blue shorts
Novice Boys/Girls:	Blue MB t-shirt, blue shorts

Events

Please refer to our current schedule of Events on the Junior Crew page of mbrsc.com.

Volunteering

The junior crew program depends heavily on volunteers. There are plenty of volunteer opportunities available to everyone. Volunteer opportunities include helping with food prep at regattas, chaperoning an away event, assisting with special events, or even getting involved with the Boating Advisory Council. Please contact us as to how you can help at mount.baker@seattle.gov. Thank you!

Communication Guidelines

It is the goal of Mt. Baker to promote respectful, open honest communication in our quest to provide a positive and empowering experience for all of our young athletes. The following guidelines and expectations are designed to acknowledge the role of each athlete, parent, and administrator and help us work together to achieve our goal.

Athlete Guidelines and Expectations

We encourage all participants to be their own best advocate. If a Mt. Baker junior rower has a question, concern or problem with his/her place or participation on the team s/he will follow a three-step process in an attempt to resolve any issue or conflict.

Ask the head coach, and/or assistant coach if appropriate, for a time to discuss the issue one-on-one.

If the question/problem/concern is not solved, a second one-on-one should be requested.

If participant is not satisfied after two one-on-one meetings with coach(es), a discussion/meeting that includes parents and/or program administrator can be arranged.

Parents/guardians should encourage their athletes to participate in this process of communication. Athletes' concerns, questions, and problems should not be discussed between the parent and coach without the permission or knowledge of the athlete.

Parent/Guardian Guidelines and Expectations

Demonstrate good sporting behavior, understanding that respect for all participants, coaches, officials, volunteers, other teams, and spectators is essential for amateur competition and fair play.

Allow athletes to experience the successes and disappointments of participating in a competitive sport; they are character-building benefits of participation in sports.

Encourage athletes to participate fully in the program, including:

- Respect for all participants
- Commitment to work toward team goals as well as individual goals
- Attendance at all regularly scheduled practices and activities
- Direct communication with coaches
- Written communication about planned absences from any scheduled practice or regatta at the beginning of the season or no later than four weeks in advance (for regattas)
- Timely drop-off and pick-up of athlete or carpool

Fundraising

Mount Baker Junior Crew plays a huge role in sustaining and purchasing equipment at the Mount Baker Rowing and Sailing Center which is a Seattle Parks and Recreation facility. The Mount Baker Boating Advisory Council, a volunteer 501©3 non-profit organization, is in partnership with the City for program operations only. Updating our equipment with new purchases and servicing our fleet of rowing shells, oars, cox boxes is **not** covered by your seasonal practice fees. **Fundraising** events and direct contributions assist us in updating our equipment and maintaining our equipment to a high standard.

Annual Appeal: Summer/Fall Ask:

The Boating Advisory Council has launched the Mount Baker Rowing and Sailing Center Annual Appeal. All participants in Baker programs as well as supportive community members should receive a solicitation letter. If The Council is very grateful for a gift of any amount.

Spring Row-a-thon: March

This event is held at Mount Baker in March. We appeal to our community and family for support for the junior crew travel expenses, awards events and equipment.

Please get involved and help in any way you can!

mount.baker@seattle.gov OR you may contact any Boating Advisory Council member (contact information gladly provided upon request).

Other Ways to give back to Baker

Serve on one of the Council's committees to help improve and develop new programs; address equipment and facilities issues; and raise money for programs and equipment. Let the Boathouse Manager know if you are interested.

Make a tax-deductible gift to the Mount Baker Rowing and Sailing Center through the Mount Baker Boating Advisory Council, a 501©3 nonprofit organization licensed in the State of Washington.

Earning a Mt. Baker Varsity Letter

A Mt. Baker letter (MB varsity letter with oar) will be awarded to each first time spring season varsity rower who meet the following criteria during the Fall and Spring season. Chevrons will be given to athletes who received their letter in a previous season.

Criteria for Earning a Letter

Attends a minimum of 88% of the scheduled practices (max. of 10 absences – Spring Season)

AND

Participates in the team fundraisers:

AND

Rows in at least three (3) experienced-team races at three separate regattas during the spring racing season

OR Place in top three in a Youth Invitation qualifying event at NW Regional Championships

OR Meet requirements agreed upon, at the beginning of the season, between coach and athlete. Requirements must be documented.

Other Awards in Youth Rowing

The following awards will be determined by the coaches:

'Most Improved' (Varsity) and 'Best Rookie' (Novice)

The following awards for both boys and girls will be determined by a vote of the rowers:

'Most Inspirational' and 'Team Captains' for next year.

Certificates of Participation will be awarded to all rowers who participated throughout most of the season

Stars will be awarded to varsity athletes selected 'Most Improved', 'Most Inspirational', and 'Captain'

All of the above are announced at the end of year Awards Event.

Regattas

Athletes are well cared for at regattas, thanks to our Parent volunteer team. Each athlete needs to be prepared for any kind of weather, and it is strongly recommended that you label all of their clothing. There will be a designated area that will be “home” for the day or days (for overnight regattas), as well as chaperones and parent volunteers at the food tent that is in the same “home” area. We cannot be held responsible for lost or stolen items, although that has not been a big problem in the past. Athletes will not be required to purchase any food or supplies on their own, although they may wish to purchase a regatta t-shirt, which run \$15 to \$25 depending on the regatta.

Food and Meals at Regattas

Food and/or snacks are available at both away and local regattas. At some all-day regattas, a team of volunteer parents prepare and provide meals, water and beverages. We also provide water and other beverages (hot and cold) throughout the day. Please let us know if there are specific dietary concerns or special diets required by any athlete, we will try to meet them all to best of our ability. There are several choices for each meal. Vegetarian diets are always represented. The cost for food is included in the regatta fee that is collected prior to each regatta. We will also send information regarding food availability via email prior to each regatta.³

What to Bring to Regattas

Expect some down time during regattas. The athletes spend a big portion of the regatta warming up and preparing to race, while their actual race is comparably quite short. Just like the athletes, come prepared for the weather. Wearing clothing that identifies you as a Mt. Baker fan brings you close to the team and helps keep general morale strong. Folding chairs can sometimes be much needed support during long regattas.

What to Bring to Regatta (two bag maximum includes sleeping bag)

Overnight:

- Racing Tank/Uniform
- 2 Changes of clothes
- Sweatshirt
- Sweatpants
- Rain gear
- Shorts
- Extra socks
- Sleeping Bag
- Air mattress or pad
- Pillow
- Bath & hand towel
- Toothbrush/paste
- Shampoo
- Soap
- Sunscreen
- Hat
- Water Bottle

One Day:

- Racing Tank/Uniform
- Change of clothes
- Rain Gear
- Water Bottle
- Blanket
- Tape for hands
- Sunscreen

Hat

Guide to Watching Regattas

Regattas often do not favor the spectator. Knowledge about the sport and how the races run helps to make the regatta experience even more enjoyable. There are two main types of races: “head races” and “sprint races.” If there are more than three crews planning to race, it is referred to as a “regatta.”

Types of Races

Head Races take place in the fall. The distance is usually between 3 and 5 miles, and can take 15 to 40 minutes to complete. Crews start one at a time and the winner is determined by time. There is often a turn and/or winding course so the coxswain’s steering ability is a determining factor in the outcome.

Sprint Races take place in the spring and summer and are 1000, 1500, or 2000 meters in distance. The official race distance for junior championship events for all levels of competition are 2000 meters or 2 kilometers. A 2k race takes between 6 to 9 minutes depending on wind and water conditions, type of boat, and speed of the crew.

Lane assignments: In sprint races, lane 1 is typically closest to the Finish Line tent. Lane 6 is furthest away.

Best Place to Watch Races

The most exciting place to watch is usually at the finish line. In a head race, it can be fun to watch the crews navigate a turn, but in general, because the crews are not right next to each other, any place along the race course is fine. In sprint races, most spectators are not aware of the angle from which they are viewing the finish line, and are often confused when they hear that the official results are different from what they saw. You will be able to identify Mt. Baker by the oars, they are white with two blue stripes, or by the uniform your athlete is wearing.

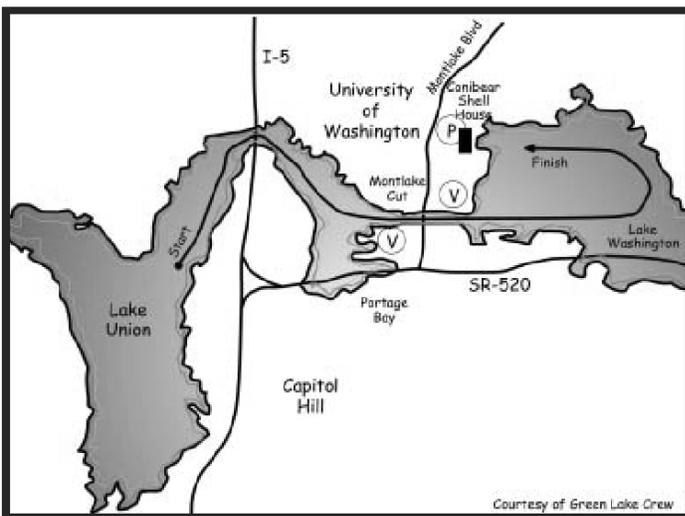
Regatta Sites

BRENTWOOD REGATTA—Spring



Brentwood College School hosts this prestigious regatta. For directions, motels and results, please check out their website at www.regatta.brentwood.bc.ca.

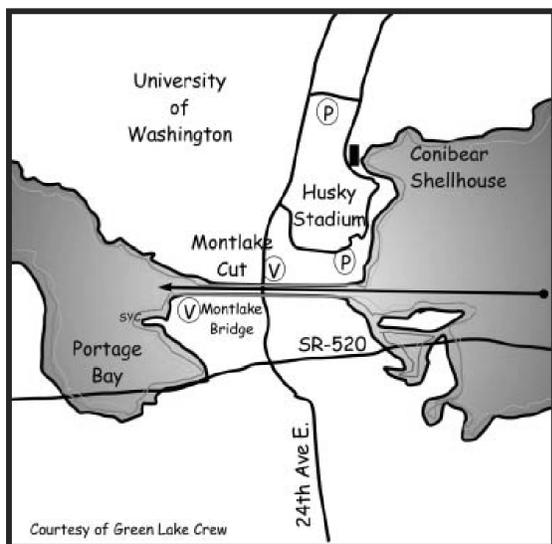
HEAD OF THE LAKE—Fall



Mt. Baker Crew's trailer is usually parked by the University of Washington's Conibear Shellhouse, this is also

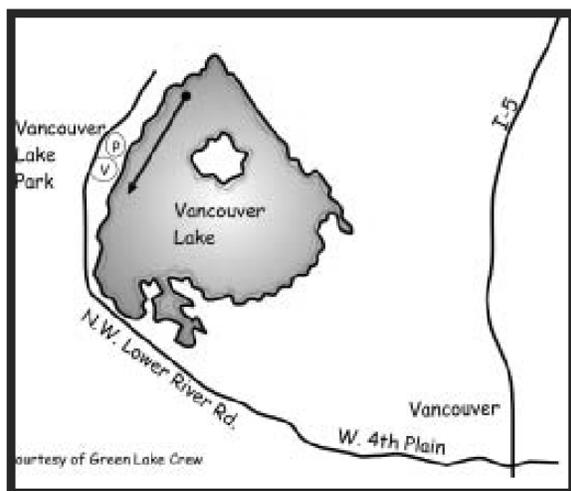
where our athletes will launch out of and return to. The most convenient parking for athletes and parents/guardians is at the UW E1 parking lot.

HUSKY INVITE & OPENING DAY—Spring



The course is 2000 meters starting in Lake Washington and finishing at the west end of the Montlake Cut. Usually the best viewing for both Fall and Spring races is on the Montlake Bridge

NW REGIONALS at Vancouver Lake, Washington—Spring



Directions: I-5 South

Exit at Fourth Plain Blvd., West

Stay straight on Fourth Plain Blvd.

Continue on to NW Lower River Rd

Travel straight through all intersections

NW Lower River Road veers sharp left

Go Straight

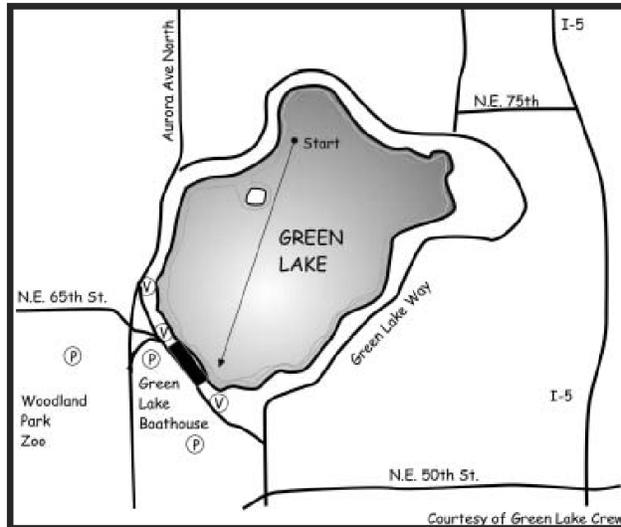
Park entrance on Right.

The Vancouver Lake Park is where we launch from as well as the best place to view racing.

Race Course Maps and Directions

The following maps have been generously shared with Mt. Baker Crew by Green Lake Crew. We thank them for their hard work in putting them together. Below each map, we have put some brief directions, course description and/or website for more race information.

GREEN LAKE—Frostbite, Spring Regatta, & Summer Extravaganza



The Mt. Baker trailer is usually parked between the Aqua Theater and the Pitch and Putt golf course on the southeast corner of Green Lake. Parking is difficult and illegally parked cars are often ticketed or towed.

Please allow extra time to find legal parking and walk to the course.

All races are 1000 meters and viewing is great from just about anywhere around the lake.

Helpful Websites

www.mbrsc.org – Includes Mount Baker Calendar of events, forms, archives, etc.

www.seattle.gov/parks/boats/Mtbaker.htm - Seattle Parks, Mt. Baker Rowing and Sailing Center website.

This site has information about the rowing seasons, brochures and registration forms are available, as well other pertinent information.

www.usrowing.org - This is the website for the national governing body of rowing in the United States. It has information for all levels of rowing available on the site.

- Viewers guide: <http://www.usrowing.org/viewers-guide/>
- Watching tips: <http://www.usrowing.org/race-watching-tips/>
- Glossary of Rowing Terms: <http://www.usrowing.org/glossary-of-rowing-terms/>

www.usrowingjrs.org - This website provides information on USRowing's Jr. National team. It contains the ID/Selection and Development camp schedules, as well as other informative information.

www.row2k.com - This website contains links and information all about rowing. It is updated almost daily and many of the regatta results will be posted on this site.

www.greenlakecrew.org - Green Lake Crew website. This site contains information about Green Lake as well as containing a large photo library of all NW crews and regattas.

www.cityofseattle.net/parks - The Seattle Parks and Recreation home page. Register online through "SPARC" for many classes throughout Seattle Parks. There is information about all of the Parks and Recreation parks and activities.

www.rownw.com - A Northwest regional website containing information regatta calendar, club and organization links, and other useful information.

www.pocockrowing.org - The Pocock Rowing Foundation posts local rowing press releases and has links to local newspaper articles that cover rowing. Also has many interesting pages on the history of rowing, especially it's impact in the Seattle area.

www.jlracing.com - JL provides technical gear worn by our juniors and masters rowers through our special order process.

www.regattacentral.com - Many of our regattas are managed through this site. Dates, schedules and results are available here.