

Q. I'VE ROWED BEFORE. WHERE DO I FIT IN?

Your level of skill & fitness will determine which group will be the best fit. To evaluate your skill level, you'll want to talk to the coach of the crew you would like to join.

Q. WHAT SHOULD I WEAR/BRING TO PRACTICE?

You'll want to wear workout clothes but nothing too baggy since loose fabric can get caught in the slide. Unless it's a hot summer day, I recommend wearing layers. You'll want to wear socks if you'll be on the water & tennis shoes if you'll be erging. Always bring a water bottle; preferably a refillable one.

Q: WHAT DOES AN AVERAGE PRACTICE LOOK LIKE?

Practices are variable & each group has its own protocol but generally speaking, everyone is expected to show up for practice on time and be ready to row/erg. That means that you're dressed, have gone to the bathroom, filled your water bottle, applied sunscreen & are ready to start the workout. When you show up, check with your coach to see if you're going on the water, or what the erg workout is. If you are going on the water, you'll want to ask what oars you'll be taking so you can carry them down to the racks by the water. It can take 5-10 minutes for stragglers to show up & coaches to make lineups. That's a good time to chat with your crewmates & get to know them. But once the coach is ready, all conversation needs to end & focus on the coach. Once lineups are made & all the necessary oars are down by the water, it's time to head into the boat bays to get your boat. At that point, your cox will take charge of your crew.

Q. DO I HAVE TO COME TO EVERY PRACTICE?

Attendance is not mandatory but rowing is a team sport. The more you train with your team, both on the water & off, the stronger your fitness, skill & team bonds will get.

Q. DO WE ROW IN THE RAIN?

As long as there's no lightening or thunder, we can row in inclement weather but your coach will determine if boats go out on the lake or if rowers stay in & erg.

Q. HOW LIKELY IS IT THAT A BOAT WILL TIP?

As long as everyone in the boat maintains focus & control of their oars, there is no reason a boat should flip. However, mistakes happen & one or two boats might flip per season. When that happens, it's important to keep calm, hold onto the boat and wait for your coach to guide you back in.

Q. DO WE WEAR LIFE JACKETS?

Since you're not able to wear life jackets, we require all rowers to be able to swim. Coaches may ask you to wear a life jacket if you're riding in the launch.

Q. HOW DO I PREVENT BLISTERS? CAN I WEAR GLOVES?

To a degree, blisters are inevitable but will be worse if you squeeze the oar too tight. Gloves aren't advisable since they minimize contact with, and therefore control of, the oar. Some people use athletic tape or Second Skin to protect problem spots as necessary.

Q. WHAT IS "CATCHING A CRAB"?

This is when your oar gets stuck in the water. They can be minor & easy to recover from, or they can be more forceful. Generally, the rest of the rowers will stop rowing to allow the rower to regain control of the oar. Although no rower ever wants to catch a crab, every rower has.

Q. WHAT'S SLIDE BITE?

The backs of your calves may hit the deck of the boat. When this happens repeatedly during practice, the friction can cause a sore, aka "slide bite".

Q. WHO COXES?

Everyone on the Adult crews takes turns coxing the boats. While it's generally not people's favorite thing to do, it's important that everyone takes their turn. Plus, coxing makes you a better rower.

Q. WHAT ARE THE DIFFERENT DRILLS WE DO IN PRACTICE?

Every coach uses different drills. If you can't remember what a particular drill is, or what it's supposed to work on, don't hesitate to ask your coach.

Q. WHAT TYPE OF EXERCISE WILL HELP ME GET BETTER?

The best thing you can do to get better at rowing is to row, whether on the water or on an erg. Pay attention to the feedback your coach gives you & the other rowers. If you don't understand instructions, please don't hesitate to ask for clarification. Use your time in the boat & on the erg to consciously work on making the changes you need to.

Q: HOW DOES PROGRESSION THROUGH THE CLUB WORK?

Unless you've rowed before, everyone is expected to complete a Learn to Row class, after which you'll move up to the Intermediates. On average, people stay with Intermediates for about a year. Once the coaches have determined that you're ready, you can move to the Recreational Masters ("Rec") Crew, the Competitive Masters ("Masters") Crew, or Sculling.

Q: DO WE HAVE PRACTICE DURING THE WINTER?

Weather permitting, we'll get on the water as much as possible on the weekends. During the week, lack of daylight means that all workouts will be erging / circuit training. This is a great time to focus on cementing good rowing technique and to build up fitness.

Q: CAN I ROW AND PAY FOR ONLY PART OF THE YEAR?

SLRC allows members to pay their dues in full in January, or semi-annually with the remaining balance due on July 1. There are no partial or half year memberships as there are year round expense covered by our membership fees.

Q. DO I NEED TO BE STRETCHING?

It is advisable to stretch after every practice, whether you rowed or erged. For more information & stretching suggestions, check out:

<http://www.row2k.com/physio/overvie1.html>

<http://www.concept2.com/indoor-rowers/training/tips-and-general-info/stretching>

Q. WILL I LOSE WEIGHT?

Rowing won't necessarily help you lose weight but it will help you become much fitter.

Q. HOW MANY REGATTAS DO WE GO TO PER YEAR?

The Masters & Rec groups generally go to 2-3 sprint races, and 2-3 head races per year. Intermediates don't go to as many since not all regattas have events for Novice rowers. You aren't required to go to any or all of the regattas but because this is a team sport, you may be asked to cox, erg or sit in the launch if you're not going to an upcoming race. Different crews have different expectations for non-racing members leading up to a race.

Q. WHAT'S THE DIFFERENCE BETWEEN A SPRINT & A HEAD RACE?

Sprint races for adults are typically 1,000 meters (1k); head races are typically between 4,000 meters (4k) and 10,000 meters (10k). Sprint races are rowed at a higher stroke rating and are more anaerobic, whereas head races are at a lower stroke rating and are more endurance based.

Q. DO WE WEAR A UNIFORM? WHERE DO I GET IT?

SLRC has a uniform which is required if you're racing. You can order uniforms & other training gear through Sew Sporty or JL Racing. These vendors have multiple "team stores" throughout the year when you can order uniforms, other rowing clothes & paraphernalia. Emails are sent club-wide when these "stores" open.

Q. WHERE CAN I FIND MORE INFO ABOUT RACES?

RegattaCentral.com is the go to for regatta information. There you'll find upcoming regattas, directions to the venue, nearby lodging, race results, and links to the specific race/host club websites.

Q. HOW DO I GET TO REGATTAS?

The adults arrange their own transportation to the regattas. Most people carpool with teammates. You'll need to talk to teammates to coordinate. Your coach will tell you where & when you need to be at the racing venue. Always assume it will take you longer than expected to get to the meeting point on race day.

Q. WHO BOOKS HOTELS?

Ditto for hotels ~ the adults arrange their own hotels at regattas. Some people will share rooms.

Q. WHO REGISTERS US FOR REGATTAS?

Once you tell your coach that you want to race at a particular race, coaches make the lineups & coordinate regatta registration. Coaches always try to get each rower in at least one race per regatta.

Q. WHAT ARE REGATTA FEES AND WHO PAYS THEM?

Regatta fees are the costs to host the regatta and are charged by the host club. There are additional racing fees for each race we enter. Costs are split evenly among the number of rowers scheduled to attend. If you have to withdraw before the race, you will still be responsible for your portion of the regatta fees.

Q. WHAT DO I NEED TO BRING TO REGATTAS?

Most important: your uniform. Other than that, you'll want to check the weather forecast to be sure you have adequate layers & changes of clothes including shoes & socks. Sunglasses, sunscreen, water/Gatorade, snacks, and athletic tape/Second Skin are always a good idea.

Q: WHAT ARE THE REQUIREMENTS FOR RACING?

Each group has its own protocol in terms of expectations for practice attendance leading up to a race, and how lineups are assigned. Generally speaking, coaches will try to give all rowers an equal chance to race, and will try to match up rowers based on their skill and strength. Age handicaps may also play a factor in lineups.

Q: WHAT IF I DON'T WANT TO RACE?

Although they do race, the Recreational Masters ("Rec") Crew was formed for rowers who wanted to row but didn't want competing to be the primary focus. While the Competitive Masters ("Masters") Crew focuses on competition, not all rowers will row at every regatta. However, know that if you're not racing, you will still be expected to show up to practice as regularly as possible with the knowledge that you'll have to cox more often than those racing. However, when you're preparing for a race, know that your non-racing teammates will return the favor.

And if you ever have a question, don't hesitate to ask one of the more experienced rowers. We're a friendly bunch & we all want everyone to enjoy this fantastic sport. We know that the more you understand it, the better you'll get & the more fun you'll have.

And last but not least: Yes, those are arches painted on our oars. And yes, the boathouse windows are shaped like oars.