



**“Synchronicity”  
Mt. Baker  
Junior Crew  
2010-11**

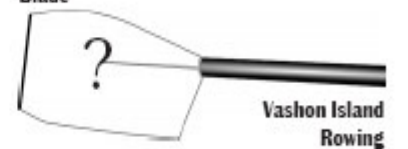
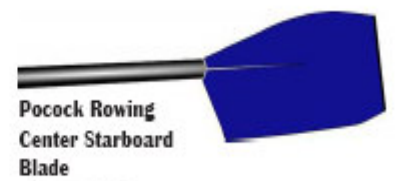
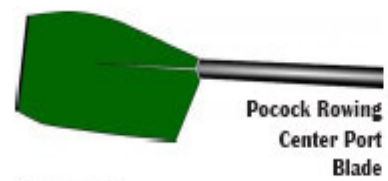
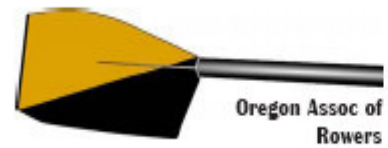
**Parent-Athlete Handbook**



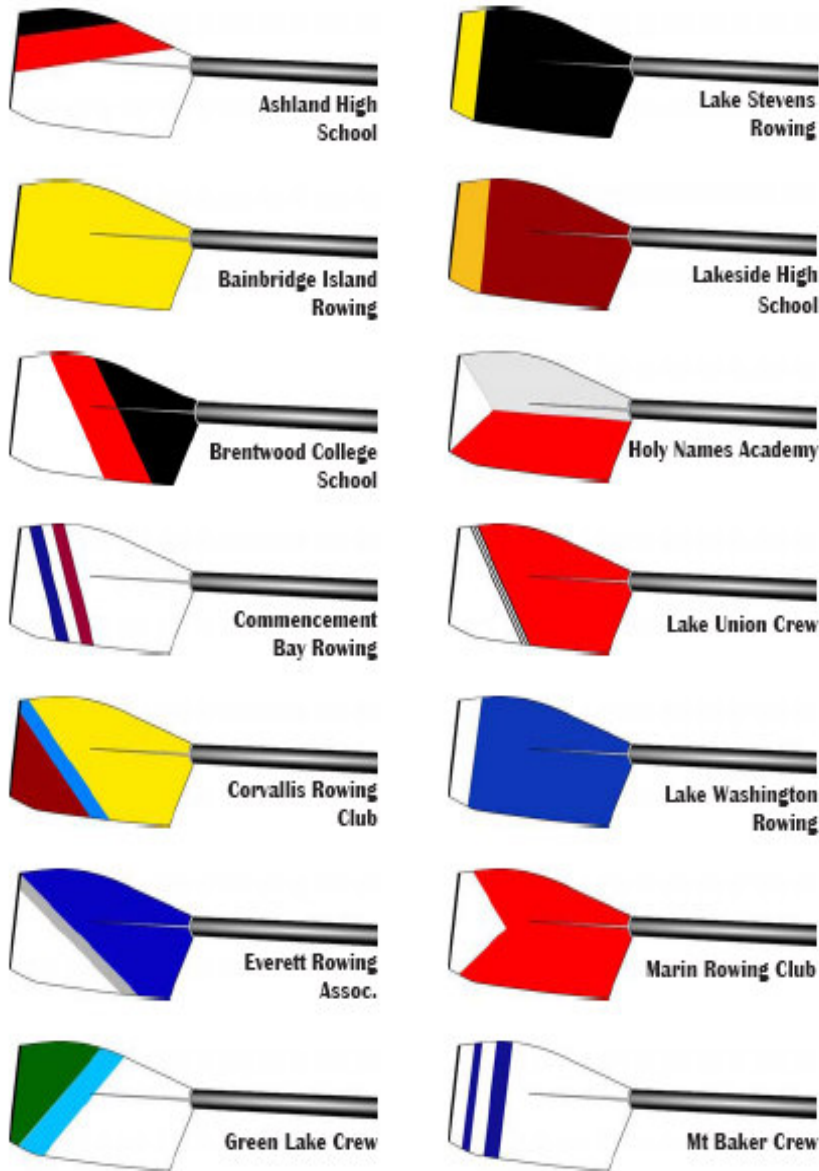
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3800 Lake Wash. Blvd. S.  
Seattle, WA 98118  
206-386-1913

[www.cityofseattle.net/parks/boats/Mtbaker.htm](http://www.cityofseattle.net/parks/boats/Mtbaker.htm)  
[mount.baker@seattle.gov](mailto:mount.baker@seattle.gov)





*Identifying Teams* courtesy of Green Lake Crew



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**[www.seattle.gov/parks/boats/Mtbaker.htm](http://www.seattle.gov/parks/boats/Mtbaker.htm)  
[mount.baker@seattle.gov](mailto:mount.baker@seattle.gov) OR 206-386-1913**

**Rigger:** The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

**Run:** The run is the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

**Sculls:** One of the two disciplines of rowing – the one where scullers use two oars or sculls.

**Shell:** Can be used interchangeably with boat.

**Slide:** The set of runners for the wheels of each seat in the boat.

**Starboard:** Right side of the boat, while facing forward, in the direction of movement.

**Stern:** The rear of the boat; the direction the rowers are facing.

**Straight:** Refers to a shell without a coxswain i.e. a straight four or straight pair.

**Stretcher or Footstretcher:** Where the rower's feet go. The stretcher consists of two inclined footrests that hold the rower's shoes. The rower's shoes are bolted into the footrests.

**Stroke:** The rower who sits closest to the stern. The stroke sets the rhythm for the boat; others behind him must follow his cadence.

**StrokeCoach:** A small electronic display that rowers attach in the boat to show the important race information like stroke rate and elapsed time.

**Sweep:** One of the two disciplines of rowing – the one where rowers use only one oar. Pairs (for two people), fours (for four people) and the eight are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

**Swing:** The hard-to-define feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

**Bow:** The forward section of the boat. The first part of the boat to cross the finish line. The person in the seat closest to the bow, who crosses the finish line first.

**Bow coxed boat:** A shell in which the coxswain is near the bow instead of the stern. Only the coxswain's head is visible in this type of boat. Having the coxswain virtually lying down in the bow reduces wind resistance, and the weight distribution is better.

**Button:** A wide collar on the oar that keeps it from slipping through the oarlock.

**Coxswain:** Person who steers the shell and is the on-the-water coach for the crew.

**Deck:** The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

**Ergometer:** Rowers call it an "erg." It's a rowing machine that closely approximates the actual rowing motion. The rowers' choice is the Concept II, which utilizes a flywheel and a digital readout so that the rower can measure his "strokes per minute" and the distance covered.

**Gate:** The bar across the oarlock that keeps the oar in place.

**Lightweight:** Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

**Oar:** Used to drive the boat forward; rowers do not use paddles.

**Port:** Left side of the boat, while facing forward, in the direction of the movement.

**Power 10:** A call for rowers to do 10 of their best, most powerful strokes. It's a strategy used to pull ahead of a competitor.

**Repechage:** The second-chance race which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.

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!

GO BAKER!

### **Rowing is a total body workout:**

Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints.

### **Rowers are probably the world's best athletes:**

Rowing looks graceful, elegant and sometimes effortless when it is done well. Don't be fooled! Rowers haven't been called the world's most physically fit athletes for nothing. The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop.

### **Sweep (like a broom) and Sculling:**

There are two basic types of rowing: sweep rowing and sculling. In sweep rowing, athletes hold one oar with both hands. In sculling, the athletes have two oars, one in each hand.

### **The boat:**

Although spectators will see hundreds of different races at a rowing event, here are only six basic boat configurations. Sweep rowers come in pairs (2s), fours (4s) and eights (8s). Scullers row in singles (1x), doubles (2x), and quads (4x). Sweep rowers may or may not carry a coxswain (cox-n), the person who steers the boat and serves as the on-the-water coach. All eights have coxswains, but pairs and fours may or may not. In all sculling boats and sweep boats without coxswains, a rower steers the boat by using a rudder moved with the foot.

### **The categories:**

Rowers are categorized by sex, age and weight. Events are offered for men and women, as well as for mixed crews containing an equal number of men and women. There are junior events for rowers 18 or under or who spent the previous year in high school, and there are masters events for rowers 27 and older. There are two weight categories: lightweight and open weight.

[www.mbrsc.org](http://www.mbrsc.org) New to Mount Baker— Calendar of events, forms, archives, etc.

[www.seattle.gov/parks/boats/Mtbaker.htm](http://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](http://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.

[www.usrowingjrs.org](http://www.usrowingjrs.org) This website provides information on USRowings Jr. National team. It contains the ID/Selection and Development camp schedules, as well as other informative information.

[www.row2k.com](http://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.

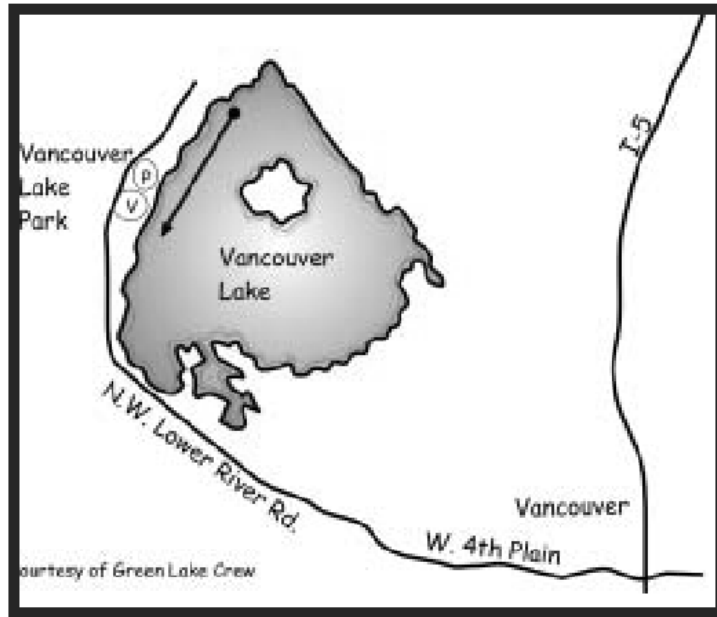
[www.greenlakecrew.org](http://www.greenlakecrew.org) Green Lake Crew website. This site contains information about Green Lake as well as containing a large photo library of all NW crews and regattas.

[www.cityofseattle.net/parks](http://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](http://www.rownw.com) This is a local Northwest regional website containing information regatta calendar, club and organization links, and other useful information.

[www.pocockrowing.org](http://www.pocockrowing.org) The local 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.

## 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.

### The equipment:

Today's rowing boats are called shells, and they're made of lightweight carbon fiber. The smallest boat on the water is the single scull, which is only 27-30 feet long, a foot wide, and approximately 30 pounds. Eights are the largest boats at 55 feet and a little over 200 pounds. Rowers use oars to propel their shells. Sweep oars are longer than sculling oars, typically with carbon fiber handles and rubber grips or sometimes traditional wood handles.

### The crew:

Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat that crosses the finish line first, is the bow seat or No. 1 seat. The person in front of the bow is No. 2, then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers.

### Measuring speed:

Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minute's time. The stroke rate at the start is high – 38-45, even into the 50s for an eight – and then “settles” to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again. Crews may call for a “Power 10” during the race – a demand for the crew's most intense 10 strokes.

### Race watching:

The crew that's making it look easy is most likely the one doing the best job. When watching a race, look for a continuous, fluid motion from the rowers; synchronization in the boat; clean catches, i.e. oars entering the water with little splash; and the boat with the most consistent speed.

### Teamwork is number one:

Rowing isn't a great sport for athletes looking for MVP status. It is, however, teamwork's best teacher. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and blade work with one another.

## 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 a phone list available in the office 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. Practice schedule is as follows:

Experienced Girls:	3:45-6:15pm pm
Novice Boys/Girls:	4:00-6:00 pm
Experienced Boys:	4:15-6:45 pm

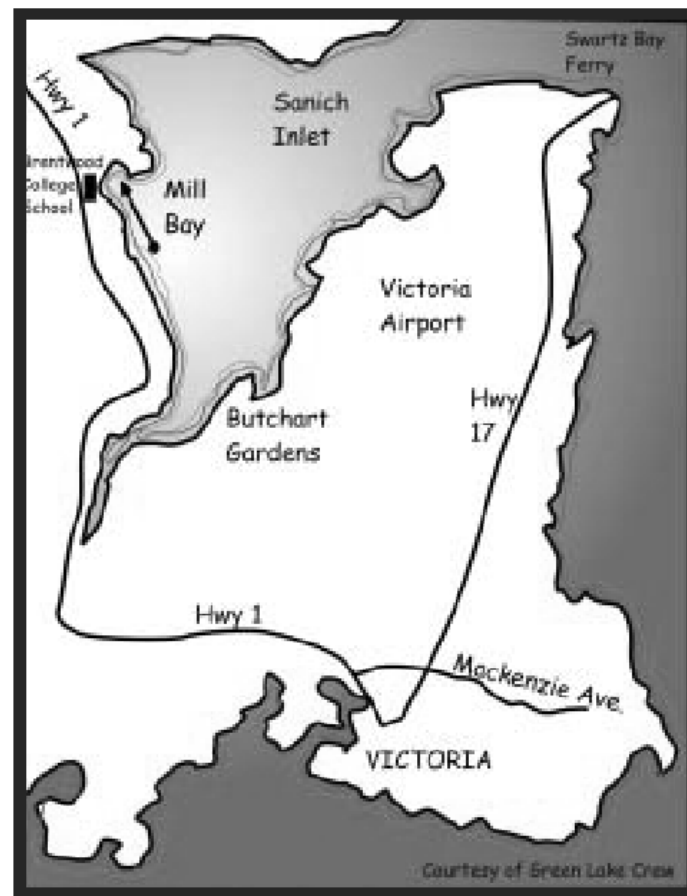
### Absences

The coaches plan for and expect everyone to be at practice everyday. 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 (see pg 11).

### Nutrition

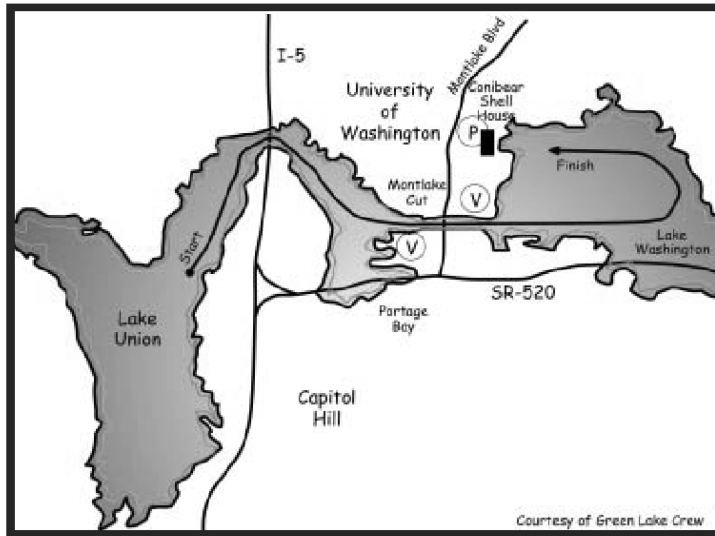
Rowing is a very challenging sport and requires proper nutritional intake in order to keep up with the program demands. With nearly 80% of the human body being made up of water, it is very important to make sure your athlete is drinking enough water. You may also want to supplement water with an electrolyte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

## BRENTWOOD REGATTA—Spring



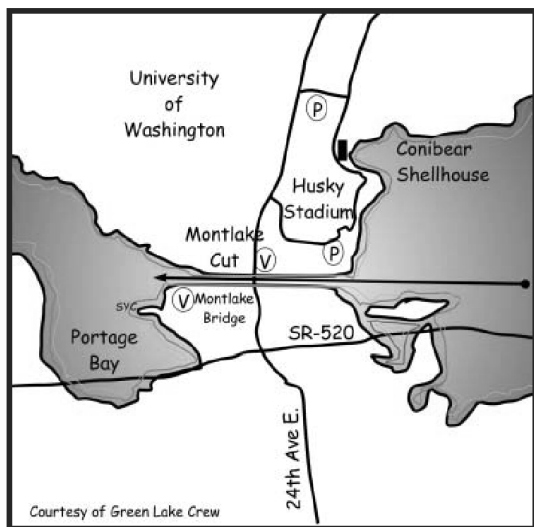
Brentwood College School hosts this prestigious regatta. For directions and motels, please check out their website at [www.regatta.brentwood.bc.ca](http://www.regatta.brentwood.bc.ca). Results will also be posted here.

## 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

*(continued)* 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](http://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 everyday 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: White MB t-shirt, blue shorts

## 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](mailto: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

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.

1. Ask the head coach, and assistant coach if appropriate, for a time to discuss the issue one-on-one.
2. If the question/problem/concern is not solved, a second one-on-one should be requested.
3. 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.

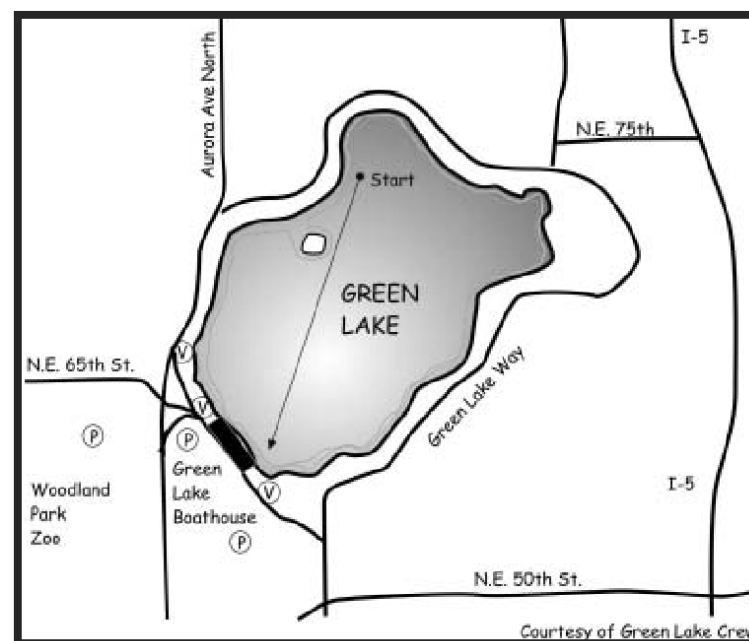
## Parent/Guardian Guidelines and Expectations

- ▶ 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

## 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.

## “Technical” Racing Terms

**Head wind:** When the wind is blowing from the finish to the start and working *against* the crew, it is called a head wind. This can account for slower times

**Tail wind:** When the wind is blowing from the start toward the finish and working *with* the crew, it is called a tail wind. When there is a tail wind the race times can be very fast.

**Wake:** A wake is a disruption in the water caused by a power boat or the wind. Crews rowing through wakes have more difficulty setting the boat and sometimes take water into the boat.

**False Start:** If a crew starts rowing before the command, it is assigned a false start. More than one false start can result in disqualification from a race.

**Heat:** In sprint races if there are more than six or seven crews entered into an event, there may be elimination rounds. Each crew rows one race, called a heat, and the top two or three finishers advance to the **final**.

**Crab:** When an oar gets caught in the water during a stroke. It causes the rower to fall out of cadence with the rest of the boat. It is often hard to recover the oar from out of the water and can be boat-stopping—devastating during a race!

**Start Time:** It’s fun to watch your athlete put the boat in the water and launch, but don’t start looking down the course to see the race for a while. The crew usually launches 40 minutes prior to the start of the race and uses that time to warm up. Also, there are often delays at the start line, which could push the race start time back. It’s a good idea to know what races are coming down right before your race since it is usually impossible to identify the crews at the start line. Binoculars come in handy at this point.

**Stroke Rate:** This refers to the number of strokes per minute the crew is taking. “Race Pace” is anywhere between 28-38 strokes per minute. There is usually an optimum rate for each particular crew and the savvy racers row at their rate. The stroke rate is usually pushed up at the start to get the boat moving and at the finish to sprint.

## *Earning a Mt. Baker Varsity Letter*

*Spring 2011*

*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:

- Fall Team Fundraiser (Christmas Ship™/Silent Auction)
- Spring Team Fundraiser (Row-A-Thon)

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 Awards Event held May 22, 2011*

## *2010-11 Special Events Calendar*

### *Regatta, Fundraising Events, Social Events and More*

Sept. 7	First day of Fall Junior Crew
Sept 14	Novice Parent Meeting 5:45-6:30 p.m.
Sept 15	Varsity Parent Meeting 6-6:45 p.m.
Oct 10	Head of the Snohomish @ Everett
Oct. 30-31	Portland Fall Classic, Portland Ore.
Nov. 6	Frostbite Regatta, Green Lake
Nov. 7	Head of the Lake, UW boathouse
Nov. 8	Last day Fall Junior Crew—all meet at 3:30 p.m.
<b>Nov. 15</b>	<b>First day Fall Junior Conditioning</b>
Dec. 5	Christmas Ship Open House – Silent Auction
Dec. 18	Last day Fall Junior Conditioning
<b>Jan. 3</b>	<b>First day Winter Junior Conditioning</b>
<b>Jan. 31</b>	<b>First day Spring Junior Crew</b>
March 7-11	Row-a-thon
March 12	Baker Day – Clean Up
March 19	Green Lake Spring Regatta @ Green Lake
April 2	Husky Open, UW boathouse
April 17	Vancouver Lake Tri-Meet @ Vancouver, WA
April 29-May 1	Brentwood Regatta,@Mill Bay, BC
May 7	Opening Day Regatta, UW boathouse
May 20-22	Jr. Regional Championships, Vancouver, WA
<b>May 23</b>	<b>Last day of Spring Junior Crew 0 all meet at 4p.m.</b>
<b>June 4</b>	<b>Awards Event @ Mt Baker RSC</b>
June 10-12	Jr. National Championships, Oakridge, TN

Fall/Spring Duel Meets/Scrimmages will be scheduled as the season allows.

All athletes do not attend all regattas. Coaches will announce to athletes who will be competing.

## *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 officials 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.

### **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.

## 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 is served at both away and local regattas. At some all day Regattas, a team of volunteer parents prepare and provide breakfast and lunch, with snacks available throughout the day. 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. Snack bags are provided for 1/2 day Regattas.

. The cost for the meals is covered in the regatta fee that is collected prior to each regatta.

### What to Bring to Regattas

Below are lists for both one day and overnight regattas. **\*\*ONLY 2**

#### ONE DAY:

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

#### OVERNIGHT:\*\*

- o Racing Tank/Uniform
- o 2 Changes of clothes
- o Sweatshirt
- o Sweatpants
- o Rain gear
- o Shorts
- o Extra socks

- o Sleeping Bag
- o Air mattress or pad
- o Pillow
- o Bath & hand towel
- o Toothbrush/paste
- o Shampoo
- o Soap
- o Sunscreen
- o Hat
- o Water Bottle

**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, maintaining our equipment to a high standard.

Here’s how you can all help-

### **FALL SILENT AUCTION-CHRISTMAS SHIP EVENT: Sunday, December 5**

The Silent Auction is an important annual fundraiser for equipment and other facility needs.

### **FALL ANNUAL APPEAL: OCTOBER**

The Boating Advisory Council will launched the Mount Baker Rowing and Sailing Center Annual Appeal in late October. All participants in Baker programs as well as supportive community members will receive a solicitation letter. 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](mailto:mount.baker@seattle.gov) OR you may contact any Boating Advisory Council member (listed on page 4)

### **Other Ways to give back to Baker**

Ø 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 Peggy know if you are interested.

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