

**SRA JUNIOR EXPERIENCED PARENT INFORMATION NIGHT**  
**February 8, 2011**  
**7-9 pm**

**I. Welcome & Introductions (Marcy Chartier) 7:00 – 7:10**

SRA Director:	Marcy Chartier
SRA Board President:	Lise Place
Junior Parent Chair (JPC):	Arlene Winter, Joan Wright
Junior Coaches:	Courtney Moeller, Women's Head Coach Pam Marshall, Women's Asst. Coach Devon Carroll, Women's Novice Coach Sam Greenblatt, Men's Head Coach Micah Perrin, Men's Asst. Coach Simon Williams, Men's Novice Coach Ashley Howard, Novice Asst. Coach
SRA Clothing Chair:	Marilyn Polis

**II. SRA General Information (Marcy Chartier) 7:10 – 7:45**

- a) Code of Conduct Review
- b) Parent & Coach Communication
- c) Safety
  - 1. Running Policy
  - 2. Emergency Policy
  - 3. Boat swamping/tipping policy
- d) Parking Lot Reminder
- e) Weather
- f) Scholarship/Financial Aid
- g) Class Fee structure
- h) Parking lot construction impact
- i) Clothing Information (Marilyn Polis)

**III. Spring Regattas (Coaches) 7:45 – 8:00**  
- Junior calendar

**IV. Junior Parent Committee - Volunteering (Arlene Winter) 8:10 – 8:20**  
- Communications  
- Parent Handbook  
- Find your great job here – you are needed!  
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**V. Coaches Breakout Sessions 8:20 – 8:50**

**VI. Volunteer sign-up & clean-up 8:50 – 9:00**

## Sammamish Rowing Association Contact Information

	<u>Phone No.</u>	<u>Email Contact</u>
<b><u>Director:</u></b> Marcy Chartier	(425) 653-2583 (425) 301-2549	<a href="mailto:director@srarowing.com">director@srarowing.com</a> (Personal Cell - Emergency Only.)
Boathouse	(425) 895-1704	<a href="mailto:boathousemanager@srarowing.com">boathousemanager@srarowing.com</a>
<b><u>Coaches – Junior Women:</u></b>		
Courtney Moeller, Head Coach Pam Marshall, Asst. Coach Devon Carroll, Novice Coach Ashley Howard- Novice Boys & Girls Asst.	(425) 221-8647	<a href="mailto:courtney.moeller@srarowing.com">courtney.moeller@srarowing.com</a> <a href="mailto:pam.marshall@srarowing.com">pam.marshall@srarowing.com</a> <a href="mailto:devon.carroll@srarowing.com">devon.carroll@srarowing.com</a> <a href="mailto:ashley.howard@srarowing.com">ashley.howard@srarowing.com</a>
<b><u>Coaches – Junior Men:</u></b>		
Sam Greenblatt, Head Coach Micah perrin, Asst. Coach Simon Williams, Novice Coach Ashley Howard- Novice Boys & Girls Asst.	(513)-256-3097	<a href="mailto:sam.greenblatt@srarowing.com">sam.greenblatt@srarowing.com</a> <a href="mailto:micah.perrin@srarowing.com">micah.perrin@srarowing.com</a> <a href="mailto:simon.williams@srarowing.com">simon.williams@srarowing.com</a> <a href="mailto:ashley.howard@srarowing.com">ashley.howard@srarowing.com</a>
<b><u>Junior Parent Committee:</u></b>		
Arlene Winter, Co-Chair Joan Wright, Co-Chair	(425) 747-5423 (425)836-0894	<a href="mailto:juniors@srarowing.com">juniors@srarowing.com</a>
SRA Website		<a href="http://www.sammamishrowing.org">www.sammamishrowing.org</a>
SRA Junior Parents Website		<a href="http://sports.groups.yahoo.com/group/srajuniors">http://sports.groups.yahoo.com/group/srajuniors</a>
SRA Junior Girls Website		<a href="http://sports.groups.yahoo.com/group/SRAJuniorGirls">http://sports.groups.yahoo.com/group/SRAJuniorGirls</a>
SRA Junior Boys Website		<a href="http://sports.groups.yahoo.com/group/SRAJuniorBoys">http://sports.groups.yahoo.com/group/SRAJuniorBoys</a>

- Please respect the coaches' time – email is often the best means of communication.

## SRA Parking Lot

The parking lot that services SRA can sometimes be a challenge, especially during Junior practice drop off and pickup. Entering and exiting the parking lot must be as orderly as possible in order to avoid accidents. Please do the following:

- **Enter the parking lot through the south gate and exit through the north gate.**
- When dropping off or picking up your athlete, after entering the south gate, please turn immediately left and drive as far towards the north gate as possible, so as to allow others to enter the parking lot.
- When dropping off or picking up your athlete do not drive straight into the south parking lot. There is no easy way to turn around and there will be cars attempting to leave.
- Beware of bicyclers, runners, walkers, etc. when exiting the parking lot. Be sure to look both ways before exiting the parking lot.
- Don't ever park on West Lake Sammamish Parkway, even short-term. Police monitor this.
- Do not drive down the gravel path to the boathouse unless you have something that is too heavy to carry.
- Do not park blocking the entrance to the boathouse path as it must remain open for emergency vehicles.

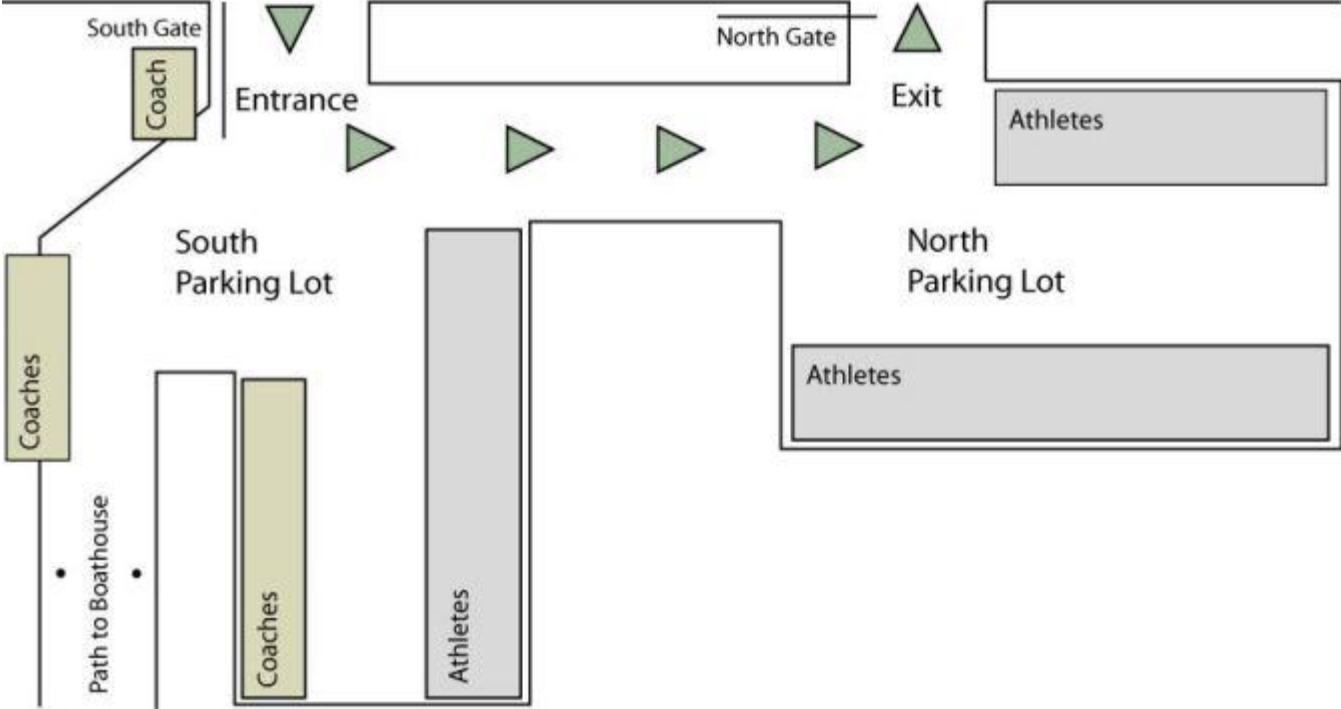
### **For rowers who park in the lot:**

- Our parking lot falls within Marymoor Park where parking permits are required by King County. A parking permit can be purchased at the Marymoor Park office or online. **The County is monitoring and ticketing cars that do not have permits.** A permit can be purchased for 3, 6 & 12 months.

Online form: [http://your.kingcounty.gov/dnrp/library/parks-and-recreation/documents/marymoor/parking\\_permit\\_request\\_form.pdf](http://your.kingcounty.gov/dnrp/library/parks-and-recreation/documents/marymoor/parking_permit_request_form.pdf)

- We have limited parking. Rowers are encouraged to carpool.
- On Tuesdays and Thursdays, all Junior athletes and their cars need to be clear of the parking lot by 6:15 to make room for adult classes that start at 6:30.
- Be very careful with your vehicle and others when in the parking lot. The space is tight, and damage can be done if drivers are not careful, be it driving or opening doors.
- **Never leave valuables of any kind in your car!** We have had many break-ins over the last few years. The targets are usually cars with items of value left in plain sight. Any valuable items should be brought to the boathouse which is always either locked or occupied during practice.

West Lake Sammamish Parkway



## Juniors Spring 2011 Calendar ([www.sammamishrowing.org/calendar](http://www.sammamishrowing.org/calendar))

Note: This consolidated calendar is provided so you can put it on your refrigerator for easy reference.

**Please see the official SRA calendar at the address above for more details and any recent updates.**

### January / February

Event	Date	Notes	Description
Boathouse Cleanup	TBA	Everyone should participate	Clean up the boathouse and help maintain our equipment!
Experienced Parent Meeting	2/8; 7-9pm	All parents of <b>Experienced junior rowers</b> . Meet the coaches and hear what's in store for 2011!	Redmond Schoolhouse
Novice Parent Meeting	2/15; 7-9pm	All parents of <b>Novice junior rowers</b> . Meet the coaches and hear what's in store for 2011!	Lake Washington School District Headquarters. Main Boardroom. 16250 NE 74th Street Redmond, WA 98052
Clothing Orders due		All orders for Juniors are due.	Instructions on how to order: <a href="http://sammamishrowing.org/youth-program/clothing">sammamishrowing.org/youth-program/clothing</a>

### March

Lake Stevens Regatta	3/26	Junior Novices/ Some EXP	Regatta at Lake Stevens, WA.
<b>Row-for-a-day</b>	TBA	Open to All! INTERESTED IN TRYING ROWING? Are you an adult or youth (13 years or older) interested in learning more about upcoming beginning rowing classes at the Sammamish Rowing Association? If so, come on down to our boathouse for our introductory course in rowing. You'll experience a day of rowing: both land training and on-the-water instruction included. Location: SRA Boathouse, Cost: see web site.	
Green Lake Spring Regatta	3/19 5:30am-4:30pm	All Junior Rowers	1K sprints at Green Lake.
Seattle Henley	TBA	Select Junior Rowers (contact coach for details)	Location: Lake Union <a href="http://www.lakeunioncrew.com">www.lakeunioncrew.com</a>
Pasta Feed	TBA	All junior rowers attend an informal get together on Friday.	Date is tentative. Check club calendar for confirmed date.

### April

Lake Stevens Sculling Regatta	4/16	Most Experienced Junior rowers and some Novice Junior rowers (ask junior coach for details).	Location: Lake Stevens, WA <a href="http://www.lakestevensrowing.com/Regatta.php">www.lakestevensrowing.com/Regatta.php</a>
Row-for-a-day	TBA	See description above.	
Brentwood Regatta	4/28-5/1	All Junior rowers	Location: Mill Bay, BC (north of Victoria). <a href="http://regatta.brentwood.bc.ca/">regatta.brentwood.bc.ca/</a>

### May

Opening Day	5/7	Qualifying Juniors. Ask coach for details.	Location: Montlake Cut
Pasta Feed	TBA	All junior rowers attend an informal get together on Friday.	Date is tentative. Check club calendar for confirmed date.
NW Junior Regional Championships	5/19 – 5/22	All Junior rowers	Location: Vancouver Lake, Vancouver, WA
Row-for-a-day	TBA	See description above.	
Junior Awards Banquet	6/5	All Junior rowers and their families.	Location: Vasa Park Ballroom; 3pm-5:30pm

### June

Youth National Championships	6/10 - 6/12	Select Varsity Junior rowers	Location: Oak Ridge, TN
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### July

Club National Championships "Junior Bs"	7/13 – 7/17	Select juniors age 16 & under from our summer camp	Location: Indianapolis, IN
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## Description of SRA Junior Parent Committees:

- AUCTION This is the primary club-wide fundraiser. We need help organizing, procuring, and in the planning and execution of the event. Please contact [auktion@srarowing.com](mailto:auktion@srarowing.com)
- BOATHOUSE Carpentry and maintenance of equipment. If you are skilled in these areas, please contact [boathousemgr@srarowing.com](mailto:boathousemgr@srarowing.com)
- FUNDRAISING We need a chair and committee to organize fundraising to help our kids defray regatta expenses. Please contact [juniors@srarowing.com](mailto:juniors@srarowing.com)
- FOOD TENT TEAMS At the travel regattas we provide food for our rowers. This requires planning, shopping, pre-prep (at home) and cooking on site. This is a great way to meet other parents and the rowers. Please contact our chair at [juniors@srarowing.com](mailto:juniors@srarowing.com)
- TENTS Set up and take down at regattas. Instructions are documented and easy to follow. Please contact [juniors@srarowing.com](mailto:juniors@srarowing.com)
- PUBLIC RELATIONS Our kids are amazing rowers, and they are doing awesome things nationwide. We would love to have their achievements recognized in the local papers. If this is your area of expertise, please contact [juniors@srarowing.com](mailto:juniors@srarowing.com).
- AWARDS BANQUET Our end of year (end of May or very early June) celebration of our rowers and their accomplishments. There are a lot of parents that have participated and helped in the past, we just need someone to organize and direct. Please contact [juniors@srarowing.com](mailto:juniors@srarowing.com).
- CLOTHING DISTRIBUTION Assist our clothing chair with the clothing orders. Please contact [clothing@srarowing.com](mailto:clothing@srarowing.com).
- PARKING LOT FLAGGERS For the first week of practice of each season for one afternoon help direct traffic. Please contact [juniors@srarowing.com](mailto:juniors@srarowing.com)
- PASTA FEEDS Coordinate Pasta Feeds (1 in Fall, 1-2 in Spring). (You don't have to host these at your house, just organize!) Contact [juniors@srarowing.com](mailto:juniors@srarowing.com)
- SRA Within the organization, every skill is needed including legal, financial, public relations, administration, photography, web knowledge, and grant writing. Please contact [director@srarowing.com](mailto:director@srarowing.com).

# Sammamish Rowing Association

## Junior Parent Volunteer Form

Support your athlete and Sammamish Rowing Association! Volunteers are the core of our workforce. SRA cannot function without your help. You can volunteer during the day, in the evenings, or on weekends. This can be one time only or for ongoing projects. Each family must volunteer 10 hours of service each year or as an alternative you can pay \$100.

Volunteer Name(s): \_\_\_\_\_

Address (City/State/Zip): \_\_\_\_\_

Junior Rower Name: \_\_\_\_\_ Boy \_\_\_\_\_ Girl \_\_\_\_\_  
Nov \_\_\_\_\_ Exp \_\_\_\_\_

Best Contact Numbers: Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Parent Email Contact: \_\_\_\_\_

Athlete Email Contact: \_\_\_\_\_

School Attending \_\_\_\_\_ Year Graduating: \_\_\_\_\_

I (we) are interesting in helping with the following committees

- Auction Committee (Fall)
- Awards Banquet (scheduled for June 5, 2011)
- Boathouse Maintenance
- Chaperone (out of town regattas)
- Clothing
- Food Tent Team @ Regattas
  - Tent Captain (2 people to plan & organize an individual regatta)
  - Shopping
  - Baking
  - Trailer hauling
  - General cooking/cleaning up
- Fundraising
- Junior Parent Chair for 2011-2012 (great documentation and training available!)
- Parking Lot
- Public Relations and/or Photographer
- Pasta Feeds
- Shopping for Regattas
- SRA Office
- Tent Crew

**Sammamish Rowing Association  
Junior Permission Slip  
Spring 2011**

I hereby give my consent for \_\_\_\_\_ (rower) to participate in the Sammamish Rowing Association Trip for the purpose of attending the following regattas:

**April 28-May 1, 2011    Brentwood School Regatta    Mill Bay, BC**

**May 19-22, 2011            NW Jr. Regional Regatta            Vancouver, WA**

The above named participant agrees to follow the S.R.A. Code of Conduct. Failure to do so may result in that individuals immediate return to Redmond, WA at the expense of the parent/guardian, removal from the race at the attending regatta and possible suspension from future regatta participation and travel.

I give my consent to have the participant transported to and from the Regatta and related events either by van, bus, ferry or Victoria Clipper. A parent chaperone or coach will be with the athletes at all times during the trip.

I have read and understood the above.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

Parent/Guardian Contact and Phone Number:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone (Day)

\_\_\_\_\_  
Phone (Eve)

\_\_\_\_\_  
Cell

Additional Emergency Contact Person:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone (Day)

\_\_\_\_\_  
Phone (Eve)

\_\_\_\_\_  
Cell

Please list any specific information or concerns that may not be listed on the Medical Form. Please use the back of this form if necessary.

**In order to cross the Canadian border, rowers and volunteers MUST have proper documents. Look into this NOW!!**

## **SRA Communications**

Communication is key to a productive and fun rowing season. Below are a few ways to keep in touch with what's going on.

### **SRA Website:**

Look here for class cancellation notices, new programs and big, club-wide information. Look here, too, for SRA calendar and regatta dates & class schedule and dates.

### **Parent Yahoo Site:**

This is our main "inter-parent" communication forum. Write a message here to reach other junior parents about carpools, pasta feeds, etc. Find documents on this site about most regattas we attend, especially the 'away' regattas. You can find course maps, directions to the events, hotel information on more under the "documents" section of this site! Often, but not always, information from the Director will be posted here in addition to the Weekly Update.

### **Weekly Update:**

This is the main form of communication between the SRA Director and parents. It includes club-wide and junior-specific information. It does NOT have specific information related to your child's seat assignment or race times. You need to contact your child's coach directly if you need this type of information.

### **Your Child:**

Information about regattas, seat assignments and race times are often communicated directly to your rower at practice. At SRA we are teaching our youth rowers not only about rowing, but about personal responsibility as well. Part of this responsibility is communicating information they hear at practice to YOU. Ask your child if their coach has communicated information about regattas at practice that day. Encourage them to write down times/dates/events if they have trouble remembering the information.

### **JPC's:**

A good source for "all those other questions" which are not related specifically to your child. Questions regarding volunteering, regattas, clothing, pasta feeds etc. can be directed to your JPC.

### **Still Have Questions?**

If you have tried to find information using all of the methods above and have not received a satisfactory response, contact the SRA office at 425-653-2583. This is a good number for general registration and program questions too! We are always happy to help.

# Sammamish Rowing Association Participant Code of Conduct for Juniors

Write the underlined word in the adjacent parentheses

- 1 I will demonstrate good sporting behavior. I understand that respect for other participants, coaches, officials, other teams and spectators is essential for amateur competition and fair play.
- 2 I agree to attend and take part in all scheduled practices and activities
- 3 I agree to accept and carry out the instructions of my coaches, regatta staff and officials, and designated chaperones.
- 4 I understand that alcohol and controlled and illegal substances are prohibited, and could prevent the entire team from participating.
- 5 I will be respectful of other people's possessions and property and will refrain from activities that cause damage to either.
- 6 I understand I am financially responsible for any damage I may cause when disobeying the rules.
- 7 I will travel and stay with the group at all times.
- 8 I will remain quietly in my own bed at the designated team bedtime.
- 9 I will abide by appropriate behavior with members of the opposite sex.
- 10 I will always travel with a buddy and be accountable to my chaperones as to my whereabouts.
- 11 I will maintain my hotel room, bus, van and regatta site in an orderly manner.
- 12 I will discuss any problems that may arise with the coaches or designated adult chaperones.
- 13 I understand that if I do not abide by these rules, I will be returned Home at my parent's/guardian's expense.
- 14 I understand that if a fight between two or more people were to occur, all involved will be disciplined to the same extent regardless of how the incident started.
- 15 I understand that failure to comply with any of the code of conduct will jeopardize my future regatta travel potential and may result in disciplinary action, including suspension. I understand that any individual's failure to abide by these rules can jeopardize the entire group's participation at that time of the failure and in the future.