



Life Health Thru Rowing
All Abilities, All Ages, All FUN
Building Community-1 Stroke @ a Time

NRC Mission is to support and promote community and school rowing at all levels

Noank Rowing Club (NRC) is a non-profit community organization for all ages, fitness levels, and abilities. We row on Beebe Cove and Mystic River three seasons a year, launching from Spicer Park in Noank, CT. We organize to row several mornings and evenings each week to accommodate a variety of schedules. During the colder months we gather from mid-January through mid-March for Winter Conditioning class. Together we enjoy camaraderie, while getting in shape with stretching, calisthenics, Pilates and rowing ergometers indoors.

Joining the club gives you access to team boats including eights, fours, pair, quads, doubles, and single sculls. We also provide a variety of fine coaching thru rowing classes for all ages and abilities, as you choose. NRC is an active club with a sense of community, a group that shares the passion for rowing, working together, and being on the water.

Membership

As a **New Member**, complete a Release of Liability and the Talent Sheet that is in this packet. Deliver or mail with membership fee to NRC.

As a **Renewing Member**, sign the annual Release of Liability and deliver or mail with membership fee to NRC.

Membership Fees (April 1 - April 1)

Student \$75 (HS or college student)

Adult** \$195 (over 23 years of age)

Half Year (Starts 8/1) \$97.50

Adult & Family Memberships: **In addition to annual membership, each adult member is expected to offer 10 volunteer service hours per year OR \$100 in lieu of hands-on work. See Talent Sheet for more opportunities.

Noank Rowing Club members row as individuals or as a group, while hosting a variety of social & community events throughout the year. To learn more about NRC, Classes, or Club rowing times, go to our website noankrowing.org

Noank Rowing Club 296 PO Box, Mystic 06355.



NRC Roles

Who signs up? All active NRC members of 6 months+ experience

When & How to sign up? When sign up for membership, per Talent Sheet

All Members are to be

Boat Responsible – Attends/keenly aware of crew & craft safety

Aim to have one 'Boat Responsible' in every multi-person crew

- Can also be Dock Master, Captain, or Mentor
- Responsible for safety of (#1) Crew and (#2) Equipment
- Often the person is partly or wholly responsible for navigational course rowed by crew (cox or bow/steering seat)
- Also responsible to log in/out, id any equipment or navigational concerns

In addition, NRC Members are requested to become one

How do I know what to do? NRC Coach reviews with NRC member to ensure working knowledge of New Member Packet & waterway navigation. Then member is encouraged to take a role:

Dock Master – facilitates launching NRC members on a given day

If there is an unresolved conflict among Captains, Dock Master resolves concern

- One or two days a month
- Works well offering directions to mid-size groups on land
- Assist members to appropriate shell(s), oars/sculls, & dock
- Assemble crews of people who do not have a seat
- Knowledge of equipment; level of difficulty, care & simple repairs
- Familiar with NRC membership/rowers from practice & working understand of NRC Welcome Packet

Captains – organizes crews in advance. Orchestrates shell rotation

If there is a conflict of equipment use, Captains are asked to work it out.

Works with same crew for up to 2 weeks, then aims to swap 50% of crew

- Works well with small groups/crews on land & water
- Leader of a crew who signs up people & equipment to row as a "crew" for (up to) 2 weeks in advance
- Also responsible to log crew & equipment in/out
- Finds replacements for missing crew (during the example 2 weeks)
- Enables mutually agreeable sharing on a particular shell or crew
- Is at least 6 months experienced with NRC and working understand of NRC Welcome Packet

Mentors - helping hand of NRC on land &/or water

Dock Master may refer a new member to a Mentor.

A Mentor is encouraged to approach new members on land or water

- One or two days a month
- Works well one on one
- Welcomes newcomers into the club/on-site
- Introduces new person to the facilitates & cove/river
- Takes new experienced person (eg to show navigation) or new novice person (eg to offer tips, safety and or navigation) on water

Example Classes

More info: [Noankrowing.org / classes](http://Noankrowing.org/classes)

NRC example classes are available for every age, ability, and interest:

Winter Conditioning for All Ages, Jan-Mar

No experience necessary. Learn, improve or maintain your fitness levels. Meet other folks who are learning about getting in shape. Join folks who enjoy "life health thru rowing" This class is filled with delightful folks of all ages who gather twice a week to work out!

Spring Adult SPLASH, April

Held after Winter Conditioning this class is for adults who want get on the water for the first time! Or maybe you are an existing NRC member hankering to get back on the water!?! This class costs \$50, or free if you join NRC.

Spring Youth Intro to Rowing, April

Participants ages 13-18 are rowers or coxswains with less than one full year of experience who participate in training to attain a high learning curve. This class helps to determine membership in the Novice Racers class.

Spring Youth Experienced Rowers, April-June

Rowers ages 13-18 with one or more years of rowing experience, who actively pursue land training, sculling and sweeping Preparation for scrimmages offered throughout the rowing season.

Spring Junior Racers, April-June

This program will help prepare 8th-12th grade athletes who are interested in rowing at the collegiate level. We will offer high-quality sculling coaching, additional intense training, and opportunities to compete against other crews from the Northeast.

Spring Youth Novice Rowers, May-June

Students ages 13-18 who learned to row previously will enjoy the full spectrum of rowing, sculling, teamwork, and camaraderie of fellow participants. Together we actively pursue land training to begin participating in scrimmages.

Spring & Summer Adult Intro to Sculling

These classes are for adults who would like to learn a bit about the sport of rowing and give sculling a try! Together we will row in Beebe Cove where water is calm. Here is where you can enjoy rowing on a lovely summer evening!

Summer Adult Intermediate Sculling

For adults who would like to improve their sculling skills! Together we will row in single sculls or team rowing shells learning the finer points of sculling.

Summer T'ween Sculling

For T'weens ages 11-14, who want to discover sculling (two oars each person) on Beebe Cove.

Fall Youth Experienced Sweep, Sept-Oct

Participants ages 14 – 18 who have rowed one fall sweep class and plan to race in the Coast Weeks Regatta. Our classes will focus on longer rows to improve overall endurance and technique.

Fall Youth Novice Sweep, Sept or Oct

Participants grades 8-12 are encouraged to join us learning proper stretching, equipment handling, rowing language, and how to row beautiful handmade crafts.

To read more about classes this season, or to register for a class, go to noankrowing.org
Classes are posted one to two months ahead.

Four Seasons of Rowing

Noank Rowing Club (NRC) provides **four seasons of rowing, fine coaching & classes** for a wide range of rowing experiences, fitness levels and ages. If you wish to learn a new sport, join an active group, or improve existing skills, join us!

Winter

We improve or maintain our fitness levels through the winter months with indoor classes that include Pilates, low impact workouts, stretching, calisthenics, ergometer use, a bit-of-health physiology and fitness training. We span the ages from junior (age 13-18) collegian, through masters (ages 27-70+).

Spring

We see our youth (ages 12-18) programs hit the water in early April. Some club members coach while other adults translate their winter of indoor rowing to the water. As soon as all the shells are rigged, Winter Conditioning class adults are invited to join us on the water. Spring is a great time for all ages to try out the sport. By late spring, collegians return to home waters completing all ages of rowing! Some row to improve technique. Others simply row to enjoy the beautiful Mystic environs! Join Group Rowing Tues & Thurs 5:30-7pm, Sat. 8am, or Morning Sculling groups.

Summer

Just Plain Fun! Informal groups of rowers jump in team shells, row individually, row something familiar, or try something new! We also provide classes for all ages: beginners, novice and experienced alike. Join Group Rowing Tues & Thurs 5:30-7pm, Sat. 8am, or Morning Sculling groups.

Fall

Labor Day means the return of youth programs, while adults continue to row. Some youth & adults train for the Coastweeks Regatta held at the Mystic Seaport! Others row to simply enjoy the camaraderie and changing fall colors. Join Group Rowing Tues & Thurs 5:30-7pm, Sat. 8am, or Morning Sculling groups.

Water Safety

We are keenly aware of water safety so we request all members must be able to swim. New members are evaluated by our coaching staff so they can be matched with the appropriate equipment and/or class. See our Rules and Regulations document for additional requirements.

NRC Coaches

Our coaches have a variety of experience levels from highly trained and nationally certified coaches, to coaches – in – training. NRC Coaches teach formal classes and row as club members. They are very approachable and are willing to offer assistance upon request. For a listing of our coaches go to [noankrowing.org / 4 Seasons & Coaches](http://noankrowing.org/4Seasons&Coaches).



NRC Group Rowing

Members are invited to sign up in advance for Group Rowing (Tuesday @ 5:30 PM, Thursday @ 5:30 PM, Saturday @ 8:00 AM). Sign-up sheets for the week will be available at each group row. **Shells are listed below according to proficiency level.**

All NRC members are Boat Responsible rowers & coxswains
 NRC members volunteer to be **Dock Masters, Captains & Mentors**

Advance sign-up is suggested, but not required, enabling members to indicate their preferences and get on the water soon after they arrive. Go to noankrowing.org click on **Group Rowing** posting to sign up on **NRC Doodle** account.

Any member with **questions about choosing the appropriate level** boat should contact Dock Masters, Captains or NRC coaches. Further **descriptions of NRC shells** are in the NRC notebook located in the oar locker.

Looking for a **rowing buddy** for times other than T, TH Sat group row? Make a note in the sign-up list as to when you are available!

All rowers must have a **signed liability waiver** on file and comply with **NRC rules** and regulations posted on the web site and in the oar locker of the shell house.

Novice Level Sculling Shells	Intermediate Shells	Advanced Shells
NRC Training Quad 4x (Schoenbrod)	"NRC 2x (Pocock red/wht/blue)	NRC NOanker &NRC Hoxie Lady 4x (Empacher - yellow)
ToG (Alden) Double 2x #1	ToG 1x (Maas Aero - yellow)	NRC Lowe's Chomet 2x (Vespoli-white)
ToG 2x (Alden) # 2	ToG 1x (Maas Aero - grey)	NRC RAN Run 2x (Van Dusen-Mid Wt)
ToG 2x (Alden) # 3	NRC Maas 1x (Aero-White/Red)	NRC Grey Matter 2x (Van Dusen-Lt Wt)
ToG (Alden) Single 1x #1	ToG Maas 1x "Mendenhall" (white)	NRC Lt Wt 1x (Pocock - wing rig) NRC Hvy Wt 1x (Pocock - tube rig)
ToG 1x (Alden) #2		NRC Mid-Wt 1x (Kaschper - tube rig)
ToG 1x (Alden) #3		NRC Seamus 1x Hvy Wt (Van Dusen) (tube rig)
		NRC 1x (Maas 24 wing rig) teal accents

Sweep Rowing Shells

Eights (8+)	Fours (4+)	Pair (2-)
Emerson 8+ (Vespoli)	NRC 4+ (Vespoli)	(none at this time)
Liza D 8+ (Pocock)	(Pocock) 4+	

NRC Club Prerequisites

1. New club members must **demonstrate their rowing and shell handling** abilities to a coach or have taken a rowing class through the Noank Rowing Club (NRC) within the past 12 months.
2. New club members wishing to use club shells must **review boat storage and equipment usage** with a coach before going out on the water.
3. All club members **must be able to swim**. If you are not able to swim, please speak directly to one of the coaches.
4. All club members must have **signed a NRC Liability Waiver** prior to going on the water. This form is renewed annually.

Usage Regulations

1. All club **shells are identified with NRC logo**. All other shells are not owned by NRC.
2. All club **oars are painted red or red & blue**. **Colored tape identifies sets** of sculling blades. Blades without red, or red & blue paint are not owned by NRC.
3. **Inspect your equipment before launching**. Check for any hull damage, making sure the seat and oarlocks move freely. **If the equipment does not check out**, or is possibly damaged, **tag it** (note of concern taped to hull), set it aside, make note in the NRC log, and notify a coach. (eg. seat track sticking)
4. **Report any safety hazard** in the club log book (e.g. log floating near marshes area in Beebe Cove).
5. When going out **on the water; close** boathouse, bathroom and dock **doors**. **When leaving the property, ensure all doors** (dock, boathouse & bath) **are locked**.
6. We follow US Coast Guard safety requirements and boating regulations. **PFD's must be in a following launch or in the shell while** on the water between **October 31-May 31**.
7. Use the **buddy system whenever possible**, especially when rowing out of Beebe Cove.
8. **Rinse** the shell, **metal** rigger, track, foot stretcher assemblies and oars after each use. Salt builds up very quickly, causing corrosion and wear!
9. **Stuff Happens!** If a shell or piece of equipment is damaged, tag the equipment with a description, set it aside, and **notify a coach** so the concern can be corrected.

Information

1. The boathouse and the dock combination is not to be shared with nonmembers The bathroom (located in the lower level of the red office building) key is available in the boathouse. Please ensure the bathroom door is in locked position after opening, and return the key to where you found it.
2. Club equipment is available to members in good standing.
3. Should the grounds be reserved for other events, these dates will be posted in the boathouse.
4. Use caution and common sense. Be aware of the weather and other activity on the water at all times.
5. Tagged equipment shall not be used until repaired and tags are removed.
6. Use of the Noank Rowing Club equipment is limited to those individuals who are registered members, unless otherwise indicated.

Talent Sheet

Noank Rowing Club strives for participation in club activities by all members. Members are encouraged to share their talents and skills through a variety of volunteer activities listed below. Please indicate how you would like to support the club.

Helping out with Operations:

- ____ Coxswain
- ____ Social events
- ____ Group rowing
- ____ Races
- ____ Maintaining membership roster
- ____ Registration for crew and classes

Helping out with Facilities:

- ____ Maintaining rowing shells and oars
- ____ Maintaining launch and marine engine
- ____ Maintaining shell house
- ____ Maintaining electrical equipment

Helping out with Fund Raising:

- ____ Events (e.g. pasta supper, silent auction, other)
- ____ Clothing sales
- ____ Merchandise sales (posters, cards, sculler sauce)
- ____ Grant writing
- ____ Soliciting donations of funds and equipment

Helping out with Publicity:

- ____ Advertising
- ____ Web site maintenance
- ____ Posting items on local web sites, public access bulletin boards, etc.
- ____ Photography
- ____ Contacting members by phone or e-mail

Name _____
If an experienced member, know you are a

Boat Responsible - attends / keenly aware of crew & craft safety.

In addition, as experienced, indicate interest

Dock Master - facilitates launching NRC members who show up on a given day.

Captain - organizes crews before arrival to practice, in advance. Orchestrates shell rotation.

Mentor - welcoming face of NRC on land &/or water.

Experienced or Novice - are you interested in being a coxswain?

Coxed before

I'd like to **learn to Cox'n** (one who steers the shell)

As an experienced rower, would you consider being an Adaptive Rowing Assistant

Yes, I'd like to learn to row with an adaptive rower

Additional Comments

Additional Comments

Welcome New Member

Hello -

We are so glad that you are interested in Noank Rowing Club (NRC).

In this New Member Packet you will find:

- Seasons of Rowing
- Overview of Example Classes
- NRC Mission, Mottos, Policies & Information
- NRC Shell / Equipment List

If you would like to join NRC, please fill out and return the enclosed:

- Release of Liability
- Talent Sheet

For more information about NRC or upcoming events, please check out our website noankrowing.org

We look forward to being on the water with you. If you have any questions, please don't hesitate to contact us in person or through our website noankrowing.org

In the Spirit of Rowing,

Noank Rowing Club