



## Junior Team Trial - Getting Started

Welcome to River City Rowing Club! We are excited that your athlete has signed up for the Two Week Trial with the RCRC Junior Rowing Team and look forward to meeting them at the Boathouse soon. Until then, please review the information below and reach out with any questions.

### River City Rowing Club

#### **Directions:**

River City Rowing Club at 2901 Industrial Blvd, West Sacramento, CA 95691  
Many mapping apps are wrong and direct you to a now-closed road, or list our location as directly on Industrial Blvd. Google Maps is accurate, or [follow these directions](#)

### Communication

#### **Attendance:**

Please provide your athlete's coach with as much advance notice as possible if they will miss practice. However, even a last-minute notice is helpful, as is letting the coach know you are running late. This allows the coach to know whether or not they need to adjust the size of the boats they plan to use and the seating assignments of the athletes.

- Novice Girls Coach: Arthur Ericsson, [Learn2Row@rivercityrowing.org](mailto:Learn2Row@rivercityrowing.org)
- Novice Boys Coach: Henry Penalosa, [jnoviceboys@rivercityrowing.org](mailto:jnoviceboys@rivercityrowing.org)
- Administrative Assistant (including registration assistance): Janina Morrison, [info@rivercityrowing.org](mailto:info@rivercityrowing.org)
- Head Junior Team Coach: Holly Hopkins [exec@rivercityrowing.org](mailto:exec@rivercityrowing.org)

#### **Junior Team Listserv:**

The email addresses you entered when signing up for the Two Week Trial are added to the Junior Team Listserv. Program updates, including changed/canceled practices, regatta information, etc., are sent through the listserv, so be sure your contact information in the registration platform is correct *and email Janina (above) if you update that information.*



### What to wear/bring

- *Socks and running/athletic shoes are required.*
- On hot sunny days, be mindful of sun protection, which can include a hat, sunscreen, and/or sunglasses.
- In colder months, dress in layers so you can remove layers as you warm up for the workout and put them back on at the end of practice. Bring a lightweight rain jacket on overcast days - we row in the rain.
- Wear comfortable clothing that is not too long or baggy; loose shorts will get caught under the rolling seat in the boat, and extra shirt material will tangle up the oar handle as you pull it towards you. A T-shirt and shorts are great.
- Keep a change of clothes in your rowing bag if you get wet (from rain or splashes) during practice.
- Bring at least one reusable water bottle. If your water bottle is made of aluminum or hard plastic, please put a thick sock around it to pad it when it is in the boat. Unpadded bottles scratch up the bottom of the boats.

### Practice Schedules

- Novice Girls schedule: Mo, Tu, We, Th, F 4:30-6:45 p.m. & Sa 8:15 - 10:45 a.m.
- Novice Boys schedule: Mo, Tu, We, Th, F 4:30-6:45 p.m. & Sa 8:15 - 10:45 a.m.
- If you cannot make it to the first day of practice, please update your response on the [Two Week Trial Info Form](#) or email Janina (above).

### Registration Preview

Towards the end of your athlete's second week of rowing, we'll reach out to you to answer any questions you have before getting your new rower registered for the season. Registration is through the same platform as signing up for the Two Week Trial. You can preview the directions to register for the Junior Rowing Team, including dues and scholarship information, in the FAQ section of the [program information & registration page](#).

### **Scholarships**

Scholarships are available on a financial-need basis, based on family income, number of family members, and hardship.



For more information about scholarship support for participation in RCRC rowing, please contact RCRC Treasurer Lizbeth Jakobson at [treasurer@rivercityrowing.org](mailto:treasurer@rivercityrowing.org)

- [Financial assistance application](#)

## Safety

### **Driving**

Please slow down to drive safely to the boathouse. Following the points below ensures athletes are safe as they walk to the boathouse and averts traffic blocking the boathouse road, which is not fun for anyone.

- **15 mph speed limit** on the paved road; under 10 mph on all gravel roads! Watch for athletes walking
- Counterclockwise one-way traffic pattern in the lower parking lot (stay to the RIGHT at the bottom of the hill)
- **NO** stopping in the roadway around the lower parking lot unless your athlete is actively getting into or out of your vehicle. The upper lot is the best place to wait for your athlete as lower lot parking fills quickly
- **NO** stopping/parking on the road shoulder. This includes the wide shoulder between the road and the water (this is an emergency lane).
- Junior athletes who drive themselves to practice will park in the upper parking lot
- Junior athletes may not drive themselves to regattas. These are highly fatiguing events that start early in the morning.

### **Swim Test**

Rowing is a water sport, and while swimming is not a skill needed to row, there is always the possibility of ending up in the water anytime a rower is in a boat or around the water. To evaluate each participant's comfort and safety in the water, we will run a swim test at the beginning of the season. The swim test consists of:

1. Swimming approx. 40 yards
2. Treading water for 5 minutes
3. Putting on a PFD while in the water



These components are completed in succession without grabbing onto the dock. Rowers who cannot complete the swim test are welcome in the program; RCRC provides them with a low-profile PFD that must be worn while rowing.

### **SafeSport**

RCRC's [SafeSport policy](#) aligns with USRowing policies. Please review [these specific, important policy components](#) that you will notice in the course of the season.

### Carpools

Many RCRC families coordinate a carpool to help each other drive athletes to/from practice. RCRC does not coordinate or oversee these carpools, but we are happy to help connect you to other families so you can meet and set up a carpool if you wish. To make those connections, you can enter any relevant information here: [RCRC Junior Rowing Team: contact info for families interested in carpooling](#) and check back to see if other families are interested.

### More Information

[Junior Team website](#): general team info, 2023-2024 season schedule, contact details

[Junior Team Handbook](#): team policies plus information about RCRC and the sport of rowing