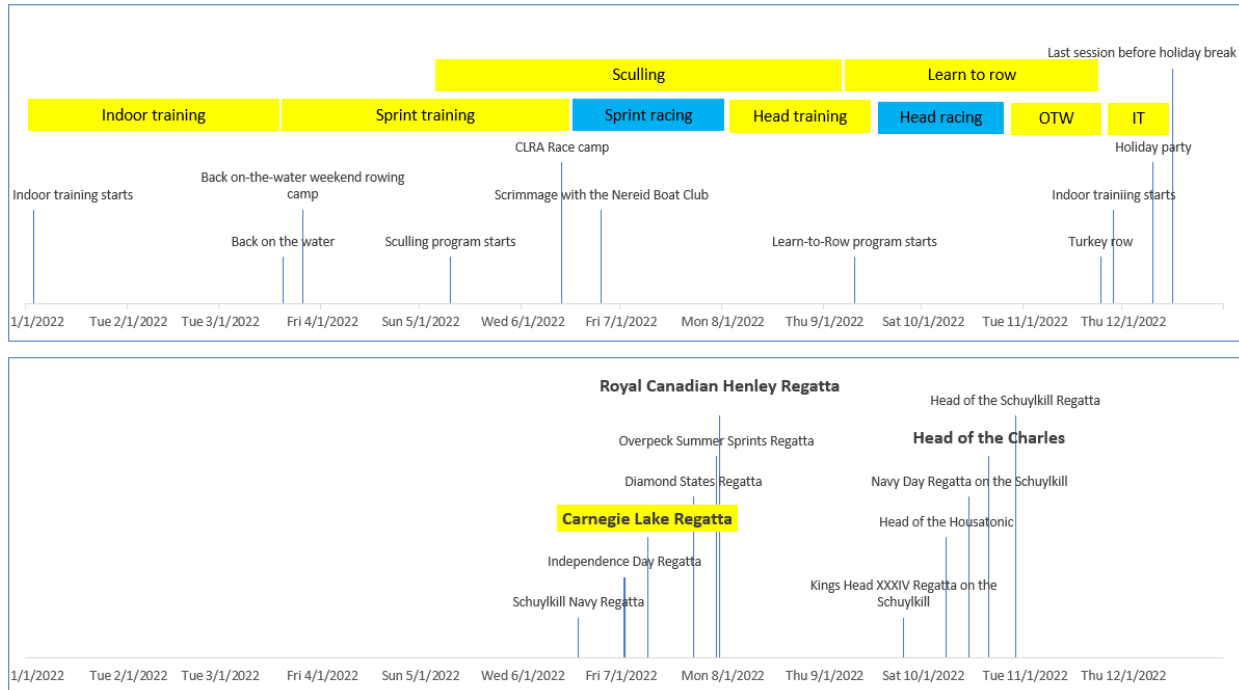


2023 CLRA Rowing Program



Schedule

- **Indoor training** - Tue 1/3/2023 – Fri 3/17/2023
 - Indoor erging and tanks training at the boathouse
- **Back on the water** - Sun 3/19/2023
 - 4pm – first on the water row
 - 5:30pm – Potluck celebration in boathouse
- **Sprint training** - Sun 3/19/2023 – first sprint race (mid Jun)
 - Preparation for 1000m sprint races including starts
 - **Race orientation** - Tue 4/11/2023
 - **Back on-the-water weekend rowing camp** – Sat 4/29/2023 and Sun 4/30/2023
 - Opportunity to refresh rowing skills and give the coaches an opportunity to get to know you better for better boatings and guidance including the competitive program rowers.
 - 3 sessions (Sat PM, Sun AM, Sun PM)
 - General commitment to all sessions
 - Training program designed and led by CLRA coaches
 - **Race camp week** – Fri May 8, 2023 through Sat May 13, 2023
 - Intensive sprint racing training (e.g. fitness, racing skills, starts)
 - Just before first sprint race season starts
 - 5 morning sessions + Sat race
 - Generally same boatings

- General commitment to all sessions
 - No general signup rowing during racing camp week
 - Training program designed and led by CLRA coaches
- **Sprint racing** – First to last sprint race (mid Jun – end Jul)
 - Practices for 2 weeks before each race
 - Participation encouraged for reliable session attendance
 - Practices are good opportunities to row competitively with similar skill-level rowers in the same seats. Can also volunteer to sub for practices.
 - **Scrimmage** – One day scrimmage at nearby club in early Jun
 - **Laker Regatta** – Sat 7/8/2023 – Great opportunity to participate without traveling
 - Other sprint races
 - Schuylkill Navy Regatta
 - Independence Day Regatta
 - Carnegie Lake Regatta
 - Diamond States Regatta
 - Overpeck Summer Sprints Regatta
 - Royal Canadian Henley Regatta
- **Head training** – Last sprint race to first head race (end Jul – end Sep)
 - Preparation for 3 mile head races
 - Wednesday – generally head race
- **Head racing** – First to last head race (end Sep – end Oct)
 - Practices for 2 weeks before each race
 - Participation encouraged for reliable session attendance
 - Wednesday – generally head race
 - Practices are good opportunities to row competitively with similar skill-level rowers in the same seats. Can also volunteer to sub for practices.
 - **Princeton Chase** (Sun in early Nov) – Laker volunteer event
 - Head races
 - Kings Head XXXIV Regatta on the Schuylkill
 - Head of the Housatonic
 - Navy Day Regatta on the Schuylkill
 - Head of the Charles
 - Head of the Schuylkill Regatta
- **OTW (on the water) training** – Last head race (end Oct) to Turkey Row (Thu 11/23/2023)
- **Turkey Row** - Thu 11/23/2023
 - Guests encouraged
 - 3 mile head race from finish line to boathouse
 - Followed by celebration at boathouse with fabulous prizes
- **IT (indoor training)** - Thu 11/23/2023 – Fri 12/15/2023
- **Holiday break** - Sun 12/17/2023 – Tue 1/2/2023
 - May include Laker led reduced schedule indoor training

Sweep program

Provides members with opportunities to sweep row together with coaching

- Programs targeted to rowers with different interests
 - Laker program
 - Fitness
 - Skill improvement
 - Racing
 - Competitive racing that may include:
 - Specific training schedule
 - Erg and fitness testing
 - Seat racing
 - Minimum commitment to competition participation
- Schedule
 - Sun 3/19/2023 - Fri 5/5/2023
 - Mon–Fri 5:30am
 - Sun 4pm
 - Sun 5/7/2023 – Fri 9/8/2023
 - Mon–Fri 5:30am
 - Sun 4pm
 - Evening(s) TBD
 - Dedicated sculling sessions coincident with sweep sessions TBD
 - Mon 9/11/2023 – Thu 11/23/2023
 - Mon-Wed-Fri 5:30am
 - Sun 4pm
- Program
 - Mon AM – Wed AM – Fri AM
 - Boating by similar skill level
 - Harder workout
 - Wed – appropriate sprint or head race event from finish line back to boathouse
 - Tue AM – Thu AM
 - Laker led erging available for fitness
 - Boating for technique development
 - Tue PM – Sun PM
 - Coach’s discretion based on participation
- Beginner rower development program
 - Targeted toward last year’s LTR graduates
 - Mentors support in small groups
 - Mixed boatings for skill improvements
 - Introduction to racing
- Coaching
 - All sessions led by CLRA coach
 - Can communicate individual rowing goals to coaches and receive feedback and guidance

- Cross-training plans: Coaches can provide suggested activities to help with overall fitness, flexibility and strength that complement the on-the-water training program
- Other
 - Sign-up at clra.com/events. Sessions may lock anytime after 2pm the day before. After locking rowers are committed for session. Text captain in case of emergency after session locks.
 - Boatings are the responsibility of the coaches as coordinated with the captain
 - Coxing – Generally, all members are expected to share coxing
 - Reasonable accommodations/exceptions are made for individual situations – coordinate with captain
 - Coxing is tracked and provide to coaches when boating
 - Skilled members cox more at the beginning of the season
 - New members (e.g. LTR) are expected to learn to cox ASAP. Online material, weekend training sessions early in the season, experienced stroke mentoring, and reasonable weather/dark accommodations are provided.
 - Signup
 - Arrive 15 minutes before session starts to launch at scheduled session start time
 - Ability to boat by similar skill level works better with more participation

Sculling program

Provides members with opportunities to scull together with coaching

- Sun 5/7/2023 – Fri 9/8/2023
- Participation
 - Requires enough participation to pay \$100 for coach – 4@ \$25 each
 - Can be during any sweep session that dedicated coach is available
 - Organized by sculling captain or any interested members – coordinate with Captain
- Process
 - Private boats launch Kingston dock at session start time (e.g. 5:30am)
 - Club boats launch at boathouse with coach at session start time (e.g. 5:30am)
 - Meet start line 15 minutes after session start time (e.g. 5:45am)
- Club single and double boats available for sculling sessions – coordinate with Captain
- Generally, club doubles may be rowed with sweep boats as part of standard sweep boat training sessions and price – coordinate with Captain
- Other
 - All sessions led by CLRA coach

Learn-to-row (LTR) program

- Sat 9/9/2023 – 12/31/2023
- LTR weekend – Sat 9/9/2023 and Sun 9/10/2023
- Training sessions - Tue-Thu 5:30am and Sun 2pm
- One or more LTR members assigned to mentors during following season

Indoor training program

- Anyone may join the Lakers anytime as Indoor Session members for \$100/year + \$6/event
- Captain coordinates training with coaches and new members
- Train on ergs during all available indoor sessions during the entire season
- Opportunities to learn to row in the tanks

Prices

- Membership
 - Regular - \$180/year
 - Other (e.g. student, summer, indoor) - \$100/year
- Rowing events
 - \$10/event – on the water training
 - \$6/event – indoor training
 - \$25/event – sculling
- Other
 - Memberships that start late in the session include the following year
 - At least basic \$15 US Rowing membership required for insurance

Policies

- Participating in CLRA rowing events requires all participants to meet Princeton University's requirements, including its COVID-19 policy, for using the boathouse.

Here are the key points of Princeton's COVID-19 policy:

- The COVID-19 vaccine mandate is lifted, and there is no longer a requirement to have the primary vaccine.
- The university's Visitor Policy, which used to apply to us, is no longer in effect.
- We must follow CDC and NJ Department of Health [guidance for individuals who test positive for COVID-19 or were in close contact with someone who tested positive](#) in the past 10 days, including isolation and mask requirements.

COVID continues to be a concern for the community, and unfortunately, individuals still get infected every single day. To emphasize the 3rd bullet point: If you have symptoms consistent with COVID-19 (runny nose, cough, fever, body aches, etc.), you should test for COVID-19. If you test positive, the NJ Department of Health still requires people to self-isolate for at least 5 days, staying out of work, classes, activities, events, etc. in accordance with CDC guidelines. After 5 days, if your symptoms have improved and you have been fever-free for at least 24 hours, you may return to events as long as you wear a mask at all times around other people for 5 additional days.

- Boat handling
 - No shoes in the boats - to prevent damage from dirt
 - Put water bottles in socks - to prevent damage from bottle rolling
 - Carry oars one in each hand with blades forward
- Parking
 - Generally, do not park in the boathouse parking lot
 - Parking in our normal spot across the bridge is limited due to construction
 - Recommend parking in Lot 20 – near the traffic circle on Faculty Road. See: clra.com/parking
 - Coaches and coxswains may park in the boathouse parking lot