

Manchester Rowing Alliance Rower/Coxswain Application Form

Fall 2019

If you would like to row this spring, please complete the application below. Coaches will consider coachability, attendance, attitude, and helpfulness for **returning rowers**. New rowers (those who have never rowed for MRA before) will be on a first-come, first-served basis and will not need to fill out an application. Application is due for returning rowers on or before **August 26, 2019**. It can be scanned and emailed to bbalenger@gmail.com.

Date: _____

Name of Rower: _____ Grade in fall 2019: _____ M/F _____

Rower email: _____ DOB: _____

Street Address: _____

Parent/Guardian: _____ email: _____

I am interested in (please circle one): Rowing Coxing Both

Questions (to be answered by the athlete, not the parent):

1. Why do you want to row for Manchester Rowing Alliance?
2. What are your goals for the upcoming season?
3. What other activities (if any) will you be involved with during the season?
4. I would like to be considered to be a Captain for the spring season. Yes ☐ No ☐
5. My favorite boat(s) to row/cox is/are: (circle)

1x 2x 4x 4+ 8+

By submitting this application, you acknowledge that you are aware of the attendance policy and the time commitment required to be a member of Manchester Rowing Alliance. (See below.)

Rower Signature/Date

Parent/Guardian Signature/Date

EXPECTATIONS FOR MEMBERS OF THE Manchester Alliance Rowing RACING TEAM:

Application Process:

Varsity and returning Novices (those whose first season was the spring of 2019) will be as follows:

August 10-25: Applications will be accepted via email

August 10: Registration will open at www.rowmanchester.org

August 25: Last day for registration and payment

Novice (new rowers) registration will remain open from August 10 – September 1. No application is required.

Rules for attendance:

We are fielding a team of dedicated, committed athletes who put rowing as a priority. **If you cannot commit to the following expectations, please do not submit an application.**

- All athletes are **expected to attend all practices, races, and fundraising events**. Attendance is a commitment the entire family must agree on during the application process.
- Limited participation in athletics **will not** be allowed. Example: special arrangements for individuals to practice less than the schedule number of days per week for work, Driver's Education, and other activities.
- Excused absences include only those for illness, school field trips, doctor appointments, or religious holidays. Coaches should be given at least 24 hours notice if athlete will not be at practice.
- Most Fridays will be free of practices. Please use these days for college visits, dentist and doctor appointments, and other appointments.
- Rowers are expected to provide their own transportation on practice and race days. Carpools are encouraged.

There will be a meeting for parents and rowers on Tuesday September 3rd from 7:00-8:00 pm the Orchard Christian Fellowship, 136 Pillsbury Road, Londonderry, NH. Important information regarding the season will be shared, so please plan to attend.

SCHEDULE:

Practice will be held at Lake Massabesic, (weather permitting) unless racing

Location: Candia Public Boat Launch, 515 Old Manchester Rd, Auburn

Monday/Tuesday/Wednesday/Thursday – 5:00 to 7:00 pm

Friday – Off

Saturday – 8:00 to 10:30 am

The race schedule will be (subject to change):

9/21/19 - CRI Fall Classic - Varsity only but Novices invited to attend

10/6/19 - Textile River Regatta

10/13/19 - NH Championships

10/19-20/19 - Head of the Charles - TBA (lottery entered: Junior Men/Woman 4+, 4x, 2x)

10/26-10/27/19 - Head of the Fish - rowers by invitation only

11/2 or 11/3 - Head of the Jack O'Lantern

The last practice day of the season will be Monday, November 4.

- There is a \$560 registration fee for the fall season. This includes regatta fees.
- Thanks to recent fundraising efforts, there will not be a separate hospitality OR regatta fee. Volunteers will be needed to staff the regatta FOOD TENT each race.
- Uniforms may be order through sew sporty. <https://row.sewsporty.com/collections/manchester-rowing-alliance>
- All rowers/coxswains need to have a current (within the past 12 months) physical exam or medical release statement on file from their doctor clearing them for physical activity. If you need, a PE form is available at www.rowmanchester.org.
- All rowers/coxswains will need to be members of US Rowing with a current signed waiver and associated with Manchester Rowing Alliance: <https://membership.usrowing.org/>
- All new rowers will need to complete a swim test at a local pool. The link to the form is also at www.rowmanchester.org.