



Palouse Rowing 2014

9th Annual summer rowing program hosted by Washington State
University Men's Crew
with the support of University Recreation

Residents of the Palouse are fortunate to have a body of water which is so ideal for the sport of rowing. WSU Men's Crew is proud to provide the means for their sport to be made available to the community at large. The program consists of two different groups during the first ½ of the summer, Masters Crew and Learn To Row. Starting on July 7th all rowers become one team in the Crew Camp program.

This program is open to all members of the greater Palouse community 12 and over, who are interested in the sport of rowing and are willing and able to provide the necessary transportation to and from practices, pass the required swim test and participate in a manner which is in harmony with the goals of the program.

For Juniors (ages 12-17), the program will provide a fun, social, and athletic challenge. The sport will help them grow as they learn to understand and develop new skills, rely on and support their teammates, and take pride in the varying rates of progress which they are a part of. The three week Learn to Row will introduce all of the fundamentals and progress necessary to get a taste for the sport. But to give yourself a chance to fully appreciate what rowing has to offer, it is strongly recommend that participants continue on into the additional five week Crew Camp. It is at the end of the complete summer rowing program where the participants will actually start to feel like a rower. For college bound high school grads,

rowing is a popular and accessible sport at many universities. But if one has never tried it before, it may seem an intimidating option. By giving the youth in our area the opportunity to try the sport before college, it will provide them with an understanding of the sport firsthand and the confidence to pursue it collegiately if they so choose. In the past four summers, we have already seen four members of our Junior Crew go on to take leadership roles as novice rowers on college rowing programs in Washington. The Learn To Row class combines juniors and adults who are beginners.

For the adults of our community, it can answer the calling to try something that you've never done before or always wanted to do. It will also fulfill you with outdoor physical exercise and a new circle of teammates. Some members of our Masters Crew, even after just one summer, have also embraced racing opportunities beyond the summer season in regattas in the Seattle area. Most people upon completing the Learn to Row will be encouraged to continue their summer rowing into the Crew Camp schedule. This will allow you the opportunity to row with a more experienced crew while still maintaining the continuity of the ongoing skills development.

The goal of the program is to give adults and teenage youth the opportunity to experience the sport of rowing within a safe and professional program. The rowers will enjoy the challenges and rewards of developing skills as an individual and as a member of a larger team. The atmosphere will be one of supportive instruction, not competition. Each member will be given personal coaching based on their own individual needs. The group will also continue to be given more advanced instruction as they develop as a whole. Over the course of the session(s), participants will gradually be able to assert more of an effort to their rowing strokes, and gradually begin to yield more of a workout from the practice sessions. At all times during the program participants can row at whatever exertion level they feel comfortable with. It is our objective to teach the participants how to row well, not how to row hard.

Because this is an open water sport, participants will be required to complete a basic swim test before they can proceed with the program. This test is meant to demonstrate a level of comfort in the water and basic swim skills. The test consists of 10 minutes of treading water and swimming 4 lengths of the pool in a controlled manner.

At the river, instruction will be given using rowing machines, dockside rowing stations and of course in rowing shells. The boats that the program will be using are 8 and 4 person boats with coxswain. The coxswains for all junior and adult learn to row practices will be experienced members of the men's or women's rowing team, (or masters rowers who have comparable experience). Some sculling is included in the Masters and Crew Camp programs.

During the first three weeks of the Learn to Row programs, practice plans will progress through a series of new material and review work. The first goal will be to gain competency in handling the boats to and from the boathouse and the docks, as well as stroke fundamentals on the rowing machines and stationary rowing stations. After that, they will need to gain control in balancing and maneuvering the boats on the water. And finally, we will begin the extensive process of developing rowing technique in the boats using a series of drills and exercises to isolate and develop various parts of the stroke. Dockside demonstrations will precede each practice to model new or previous material which has proven challenging.

Coxswains will be given a printed practice plan before each session to review and execute with their boat. Boats will stay together with their assigned coach to ensure continuity between all participants and to maximize the coaching presence for safety and instruction. In the event that the weather/water conditions do not ensure a safe rowing environment, practice will be postponed or cancelled on the water and a comparable land practice will be substituted.

On the final practice of the summer, Saturday August 16th, we would like to provide an opportunity for any participants who are interested to experience a fun race. The goal here is to allow the rowers to have a chance to see what a race atmosphere is like, show what they have learned, and have an exciting time in the process. Ideally this would be against either/or both of our neighboring community rowing programs, Coeur d'Alene and Spokane River Rowing Association. In the past this has been an exciting time for family and friends to come out and show their support for all of the hard work that their rower has put forth over the summer. If a regatta is unable to be arranged with either of these programs, we would create an internal scrimmage amongst our own participants.

A minimum number of participants is required for the program to begin. If any of the groups is under-enrolled, it may be cancelled and fees refunded. The last day to request a refund is one day prior to the start of the class. Refunds will be processed in a timely manner, but may take a couple of weeks to be issued. All profits will go to support WSU Men's Crew, a club sport established in 1969. To learn more about this hardworking group of student athletes, visit www.CougarCrew.com

The Director and Head Coach of Palouse Rowing is Arthur Ericsson. An additional assistant coach may be hired if a suitable candidate is available. For coach's bios visit the above website.

Coach Ericsson: wsucrowcoach@gmail.com Cell: (509) 863-5913.

Details:

What to bring?

Temperatures have typically been warm and sunny, sometimes hot. Sunscreen, sunglasses and a hat are strongly recommended for sun protection. There is no running water at the boathouse, so you are encouraged to bring sufficient drinks in plastic bottles to stay hydrated, before, during and after your row. A small snack for after the row is also suggested.

You don't need any special clothing to row, but it is recommended that you wear shorts that are not too baggy. They can get caught under the wheels of your seat and interrupt the practice. Full time rowers wear shorts that are a lot like bike shorts. Lightweight and light colored long-sleeved clothing can provide even more protection from the sun. Each boat comes with shoes in it, so you'll leave your shoes on the dock during the row. Socks are recommended as are shoes that you don't mind getting wet down at the dock. While it is typically warm, it is always smart to prepare for the unexpected. A windbreaker is recommended in case it is cool and breezy. Once the sun sets behind the cliffs, temperatures can quickly change. Finally, sometimes your clothes will be wet after a row, so bring a change of clothes and a plastic bag to store your gear in until you get home.

Remember that car keys sink and so do most sunglasses. Stash your car keys in the boathouse. Don't bring them into the boat. Avoid bringing valuables down to the boathouse.

Lock your vehicle with valuables out of sight. You are responsible for your own personal property, be smart. Parking and at least one restroom is available at the boathouse.

Punctuality: Classes will start on time. Do your best to be there BEFORE practice starts so that you don't miss anything and disrupt the class. Before each practice you will already be assigned to a particular seat in a particular crew. Your teammates are counting on you! In case you are running late or have a last minute conflict, you can try to reach the coach before 5 PM on their cell phone, or at the boathouse beginning at about 5:30 PM. The boathouse phone is (509) 332-2937. There is not an answering machine at this number. There is not cell phone reception within about ten miles of the boathouse. Coaches are scheduled to arrive at practice 15 minutes before the start time. Drive safely! The grade down from Pullman is steep and windy. Nothing is worth getting into an accident over. It takes almost 30 minutes from downtown Pullman to the boathouse. Plan accordingly from where you are coming from.

Directions:

From Pullman/Moscow areas: Take West Main Street until it deadends at Old Wawawai Road, turn left. Drive about 1 mile until you get to Highway 195, cross Hwy 195 staying on Wawawai for about 10 miles until the road ends at a stop sign. Turn right and drive six miles down "the Grade."

Go past the county park on the right and over the railroad tracks. The boathouse is a tan cinderblock building on the right.

From Clarkston: Take the Red Wolf Xing/Chief Timothy Bridge over the Snake River and turn left onto Wawawai River Road/route 193...

From Lewiston: Take route 12 over the Clearwater River and turn left onto Old Spiral Hwy, route 128 heading west. This will turn into Down River Road, and then Wawawai River Road/route 193...

Clarkston/Lewiston continued: ...the boathouse is about 20 miles down on the left at what is called Wawawai Landing. If you start to head up the steep grade, you've gone too far.

From the coaching staff:

Rowing is a sport that can only truly be appreciated by being in a boat with oar in hand. I figure that you wouldn't be looking at this website if there wasn't already a calling inside of you to try this sport. So let's get you down to the boathouse this summer and answer that call!

Many of us have been deprived of ever having the opportunity to row. It can be an elusive sport; maybe one quick glimpse of a crew on TV every 10 years, and maybe you once met someone who rowed in college. One of the biggest limitations can quite simply be that if there is no water, then there is no rowing. Now is your chance to seize this opportunity. We are blessed to have such a wonderful place to row on. The Snake River is truly majestic and has been very kind to us with its countless number of calm days and endless miles of water. Rowers are famous for getting up at 4:45 AM in the cold, dark morning, because they will let nothing get in the way of their passion for crew. Now it's your turn. But instead of waking at the crack of dawn, we'll row in the evenings during the week. If you get off work at 5:00 PM, yes, you will have to hustle to get to practice on time, but that's only twice a week for the summer, when else will you have this opportunity? Ask a friend or coworker to do it with you. What a memorable experience you will both have to talk about. Carpools are commonly

arranged by the participants and are a great way to get to know your teammates and cut down on the driving. Try asking your boss if you can rework your schedule and get off a bit early when you have crew. And, you will meet so many cool people who are as friendly and outgoing as you. Where would you rather work out this summer, in a gym or on the water? Why is rowing so awesome? Part of its allure is surely that you are on the water. Also, I don't think you could design a better team sport if you tried. It requires balance, timing, technique, strength and endurance, speed and mental tenacity. It will challenge you from your first stroke until your last. It's a non-impact sport that you can do competitively well into your 80's. Just last weekend my friend raced in a masters' regatta, and one of the guys was mid-80's. In the past few decades, rowing has been especially popular for females, and the trend is likely to continue that more than half of our participants will be female. In adult rowing, the ages have been very diverse, typically ranging 18-65 years of age. Time and time again, I have seen rowers richly rewarded for their team efforts with deep camaraderie and friendship. Many lifelong friendships have been forged in the boat. And it's fun!

I will coach you the same way that I coach my college athletes. But don't worry, I won't make you run "The Grade," (the precipitous six mile hill that leads to and from the boathouse from Pullman). In rowing, you have to learn the skills properly before you can pull hard. It's a gradual process and one that anyone can develop. We'll be learning sweep rowing, which is the classic team style of crew in which each rower has one oar. We'll row in 8-person (and 4's) shells which are property of the WSU Men's Crew. Do you need to be in great shape now? No, but you should be able to lift a 35# object from floor to overheads with proper lifting technique. The 8-person shells are almost 60 feet long and need to be handled properly.

This program will be coached with a lot of patience and enthusiasm. If you bring the same, you will learn so much and improve so quickly you won't believe it. In addition to my coaching the shells from a motorized safety launch, throughout the program, we will have members of WSU Cougar Crew as coxswains, acting as your own additional onboard coach. Many of you will already have some commitment(s) on your calendar that you can't get out of. Don't let that stop you. Obviously if you are only at practice half the time, you'll get behind and slow your crew down, but if you can make most of them, then it's simply a matter of communicating these conflicts with your coach.