

Tulsa Youth Rowing Association

2017 Spring gROWth Informational Packet

March 2 – April 29

➤ WHO & WHAT?

- The Tulsa Youth Rowing Association (TYRA) gROWth program is open to all 7th through 12th grade student athletes. This is a recreational program for those who are either trying the sport for the first time or who are not ready for the commitment of being on the competitive team. Activities include learning how to row in rowing shells, handling equipment, river safety, land training, and technical instruction. No experience is required.

➤ WHEN & WHERE?

- Our gROWth program is a non-competitive 8 week training option – March 2 through April 29. It runs two days a week with an optional third day available (practice with our competitive program and athletes on land). Spring Break (March 13-18) will be off – no practices will be provided. The rotating schedule will be as follows:
 - **Wednesday** (*optional for an added cost*)
Location: Reed Community Center
Time: 4:30pm – 6:00pm
Practice with our competitive program and coaches on land. This includes running, rowing on a Concept2 machine, or possibly circuit training.
 - **Thursday**
Location: TU Indoor Rowing Tank
Time: 4:30pm – 6:30pm
 - **Saturday**
Location: TU Boathouse in Catoosa
Time: 10:30am – 12:30pm
- A complete schedule can be found in our TeamApp (see Communication for more info.)

➤ COST

- \$375 for 8 weeks of training, payable in full at time of registration.
- +\$50 if planning to attend the 8 additional optional practices on Wednesdays.
- Includes one TYRA practice shirt

➤ COMMUNICATION

- We will always communicate via our TeamApp. Membership is free. You do not need a smartphone in order to create an account. You can also access via the internet.

- Please create a free account and search for: TYRA gROWth. Request to join. We encourage all athletes and parents/guardians to create an account.
- Our TeamApp URL if you do not download the app:
www.tyragrowth.teamapp.com
- What is the purpose of the TeamApp?
 - Easy and quick communication between the coaching staff and your fellow athletes/parents
 - Athletes/Parents can communicate via the chat rooms. Chat room notifications will never be sent as emails.
 - If coaches need to notifying athletes ASAP, they will do so as an announcement. Announcements will also be sent out to the email that you registered with in the TeamApp.
 - Practice schedule
 - Important forms/documents (swim test, waivers, etc)
 - Lost & Found
 - Sharing of Pictures
 - Easy access to our social media outlets

➤ **YOU WILL NEED TO HAVE THREE FORMS COMPLETED IN ORDER TO PARTICIPATE IN THE CAMP!** (If you have already successfully completed a swim test or Reed Community Center Waiver with us in the past, you need only do it once. However, the USRowing Waiver needs to be updated every year)

1. USRowing Waiver

- Go to this link: <https://membership.usrowing.org/individual/join>
- Enter your personal information to see if USRowing has a membership record for you on file.
 - Club or Team Name: **Tulsa Youth Rowing Association** (NOT Tulsa Rowing Club)
 - Team Code: **9QY36**
- Membership Type: **Basic Membership-Free (Admin. Fee \$7.75)**
- Continue filling out the required information for your Profile (Step 2), Education (Step 3), and Compliance (Step 4) before proceeding to Check Out (Step 5).
- Once successfully completed and the admin fee has been paid, the coaching staff is able to view your completed profile/waiver online. No need to print this document; however, please record your USRowing Membership ID# just in case we run into any issues.

2. Swim Test (blank form located in the TeamApp under Forms/Documents)

- Previous athletes completed the form at their local YMCA or neighborhood pool.
- A registered lifeguard must supervise the Swim Test.
- Athletes will not be allowed to participate in any of the “on the water” activities without this form completed.

3. Reed Community Center Membership (free; form located in the TeamApp)

- If participating in our optional practice day on Wednesdays, you will need to fill out a membership/waiver document on your first day at Reed. Parent/Guardian signature is required.
- Athletes will then be given a membership card to scan upon entry every time they enter the facility.
- Family members can also be included in the same membership. The membership grants access to all of Reed's amenities.

➤ CLOTHING AND ATTIRE

- The best clothing to wear is **TIGHT FITTING**. Current athletes usually wear practice t-shirts and spandex shorts (basketball shorts and giant/baggy shirts will get caught in moveable parts and can result in tears or grease stains – ruining that article of clothing!). Some of our athletes will wear basketball shorts over their spandex bottoms during warm-up and stretching, and take the basketball shorts off when it comes time to get into a boat and row. There will be a small space to fit personal items in boats (everything stored in the boat will get wet).
- It will be important for you to bring **running shoes, a water bottle, sunscreen, and a hat** for protection from the sun (bug spray may come in handy, too). Please do not forget a water bottle! There will be water fountains for refilling purposes if needed (at the beginning and end of each practice). **TYRA does not support the use of shared water bottles.**
- If cold temperatures occur, please dress in layers. You never know if we'll be inside or outside for the day. Depending on the type of boat you row, you may have to wear your jacket or hoodie inside-out. Why? Oar handles can get caught in the front pockets. Zippered pockets or no pockets are the best option. If all else fails, athletes can simply wear the article inside-out.
- If high temperatures occur, **please be aware that the coaching staff will NOT allow a participant out on the water without their own water bottle!** We want to keep all of our athletes well hydrated. *Keep in mind, anything over a liter will not fit in the storage compartment in a boat.*

➤ DIRECTIONS TO TU ROWING TANK *(on the TU Campus)*

- The rowing tank is located in the Mabee Gymnasium building found at the 8th and Florence intersection on the TU campus. This is building #80 on this [PDF Campus Map](#).
- You can enter the building from any side.
- The actual rowing tank is located in the middle of the building. Once inside building #80, the entrance into the tank is labeled on a glass door (look for TULSA ROWING) by a huge trophy case. Hard to miss it! One of the coaches will try to stand in the hallway if someone does get lost.
- If you arrive early, the doors to the actual rowing facility may be locked. Wait patiently in the hall until a coach arrives. Coaches should arrive as early as 30min prior to the start of a practice.

➤ GENERAL RULES FOR THE TU TANK

- First and foremost, we need to keep the mentality of **“keep it cleaner than when we arrived.”** We are TU's guests. As a college facility, TU may be showing possible high school recruits their facility at any given time. We do not want to leave a mess and present TU as unprofessional.

- Please do **not** use or climb on any workout equipment without prior consent from a TYRA coach. This is not only for safety purposes, but TYRA is not authorized to use certain TU equipment.
- Locker Rooms and Bathrooms can be found at the end of the hallway after entering the glass door titled “TULSA ROWING”. Personal belongings can be left here. Please do not leave personal items piled in the workout room (i.e. backpacks).
- Cellphones, MP3 players, etc are NOT ALLOWED to be used during a practice. These items tend to be a distraction to not only your fellow athletes, but to the coaching staff as well.

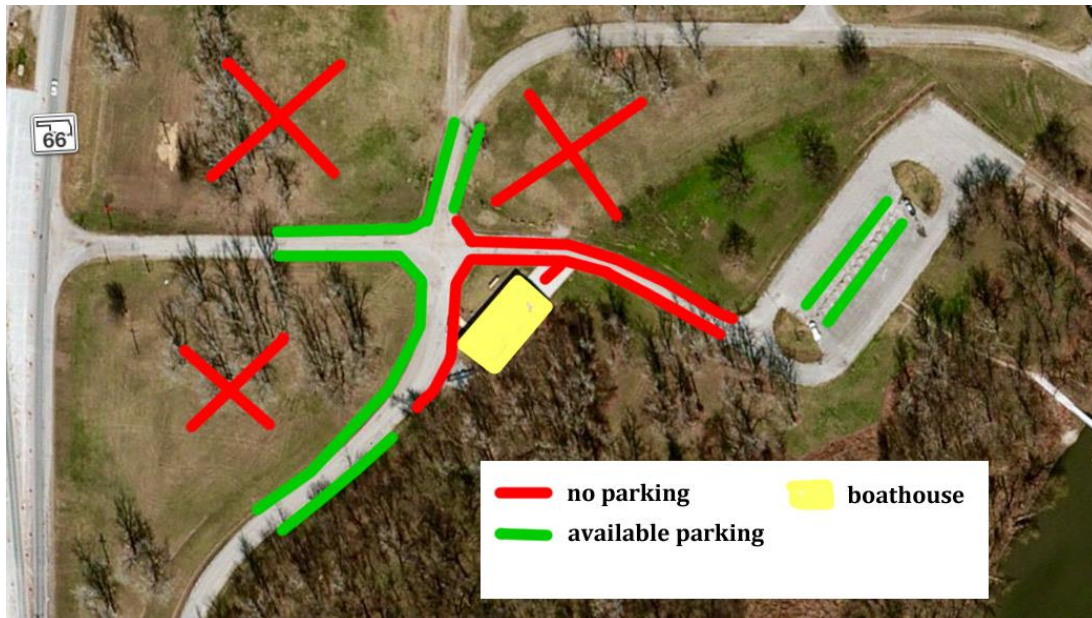
➤ **DIRECTIONS TO THE TU BOATHOUSE** *(in Catoosa)*

- The BH has no physical address to input into a GPS/maps program.
- If you do wish to use a GPS/maps program, **only use google maps** (iphone maps app will take you to the wrong location).
- Plug in: “Rogers Landing Public Use Area” or click on the link below:
<https://www.google.com/maps/place/Rogers+Landing+Public+Use+Area/@32.2120413,-95.7198751,16z/data=!3m1!4b1!4m2!3m1!1s0x87b658bbe99dc79f:0xee122b363180023f>
- In addition to the link above, here are directions from the TU campus to their BH in Catoosa:
 - Go North on Harvard
 - Take I-244 East, which turns into I-44 East
 - Exit 241 onto 66 East toward Catoosa/Claremore
 - Stay on 66 East for approximately 4 miles. You will pass Reasor’s, the Blue Whale, and Molly’s Landing.
 - After crossing a small channel of the Verdigris River (the first giant truss bridge after the blue whale and immediately after Molly’s Landing), turn right into Roger’s Point Park.
 - Follow the road straight toward the J. Bird Sr. Shell Nest (the official TU name of their BH).

➤ **GENERAL RULES FOR THE TU BOATHOUSE** *(We will review these in person)*

- No speeding! Please keep it under 10mph due to the possibility of boat/people traffic.
- Parking (refer to picture below):
 - Do **not** park directly in front of the BH bay doors (driveway or street). This area is used for trailer launch hookups and rowing shell maneuvering. We will kindly ask you to move if your vehicle is in the way.
 - Do **not** park in the grass fields – park rules (marked with an “X” in the photo).
 - You are able to park in the parking lot down below or on the side of the BH along the road (most park up here).
- Again, TU has graciously allowed us to use their BH. With this said, let’s continue to abide by the “**keep it cleaner than when we arrived**” mentality. Always throw away your trash/disposable water bottles!
- There are cubbies at the front for phones, keys, water bottles, etc.
- If you bring a backpack or larger item, please leave them in the bathrooms located in the back of the BH. This will prevent any pile-ups of items that may become a tripping hazard.
- There is always the possibility that TU may be present at the same time as gROWth. If this is the case, be cordial and try to stay out of their way. Remember, we are guests in their home!

- Males: TU is an all-female rowing team. They have two bathroom facilities in the back of the boathouse. ALWAYS USE THE BATHROOM ON THE RIGHT! This is marked as a unisex bathroom. If TU is present, please lock the main door to prevent TU athletes from entering. They are told to only use the female facilities when we are present, but there may be one or two who might forget. If you have to change, please use the locked stalls within the bathroom.
- Cellphones, MP3 players, etc are NOT ALLOWED to be used during gROWth. These items tend to be a distraction to not only your fellow campers, but to the coaching staff as well. They can also get damaged by the water (athletes have dropped items into the river many times).



➤ DIRECTIONS TO REED COMMUNITY CENTER

- 4233 S Yukon Ave
Tulsa, OK 74107
- We will always meet in the “Stage Room” located to your right after passing the front desk. You cannot miss it – the room houses 30 rowing machines.

➤ GENERAL RULES FOR REED

- This is a public community center. TYRA participants will not be the only individuals at the facility. Please be cordial of other guests.

➤ WEATHER CONSIDERATIONS

- If we have to change the location of or cancel a practice, we will communicate using TeamApp, and post an announcement.
- We can row if it is raining as long as there is no lightning, debris in the river, or fast current. Not saying that we will, but know it is a possibility. If this is the case, bring a towel to practice or a change of clothes for your ride home.

➤ PARENT ACCOMODATIONS/VIEWING

- **When at TU Tank on Day #1**
 We will be watching a 45min safety video and reviewing the basic positions of rowing. A tour of the facility will be given (you are welcome to join). We ask that you allow your child to mingle with the other athletes – teamwork, communication, and trust are very important with rowing!
- **When at the TU Boathouse in Catoosa for the first time**
 We will be reviewing the parts of the boat and how to properly make individual adjustments. Proper boat handling and safety procedures will be discussed. A tour of the boathouse will also be given (you are welcome to join). Feel free to walk around and view the boathouse and trailer (the maintenance room is off limits).
- **When at Reed Community Center**
 There are chairs along the wall in the room where we will erg (rowing machine shortened lingo). Please be as quiet as possible if present. Photos are encouraged!
- **“On the Water” Days (Catoosa BH).**
 We will definitely be going out on the water if the weather permits! Feel free to bring a lawn chair, bug spray, and umbrella (there is no shade, but lots of mosquitos) and sit on the dock for photo opportunities! These are the best days to stay and watch! If we leave the calm channel and venture out onto the Verdigris, you can also follow the road by the boathouse around and to the river bank to view from higher up.
- **Keep in mind that our current competitive team and TU may be present – if this occurs, please refrain from being on the dock while the teams launch from it. We will kindly ask you to leave when boats launch and return to the dock – you may return once we are done. Thank you in advance!**