

Tulsa Youth Rowing Association

2019 Spring gROWth Informational Packet

February 28 – May 1

➤ WHO & WHAT?

- The Tulsa Youth Rowing Association (TYRA) gROWth program is open to all 6th 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 – February 28 through May 1. It runs two days a week with an optional third day available (practice with our competitive program and athletes on land). Spring Break (March 18-23) will be off – no practices will be provided. The rotating schedule will be as follows:
 - **Wednesday** (*optional for an added cost*)
Location: Sandusky Avenue Christian Church
Time: 4:45pm – 6:15pm
Practice with our competitive program (novices) and coaches on land. This includes cross-training with activities such as running, HIIT workouts, rowing on a Concept2 machine, basic & free weight training, yoga, or possibly circuit training.
 - **Thursday**
Location: TU Indoor Rowing Tank
Time: 5:00pm – 7:00pm
 - **Saturday**
Location: TU Boathouse in Catoosa
Time: 9:30am – 12:00pm
- A complete and up-to-date schedule can be found in our TeamApp (see “Communication” for more info). If any changes need to be made due to weather or availability, an announcement is made in the TeamApp + the schedule in the TeamApp is updated. The schedule posted at the end of this informational packet is subject to change.

➤ COST

- \$400 for 8 weeks of training, payable in full at time of registration.
- + \$9.75 for a 12 month USRowing Basic Membership & Waiver
- + Optional \$50 if planning to attend the 8 additional practices on Wednesdays.
- Includes one TYRA practice shirt

➤ COMMUNICATION

- We will always communicate via our TeamApp. Coaches will never use your personal phone number to notify you of any important updates or location changes. Membership is free with TeamApp. 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 Competitive. Request to join the “gROWth” access group to ensure you receive all important notifications. We encourage all athletes and parents/guardians to create their own separate accounts. IMPORTANT NOTICE: You can access the public portions of our TeamApp without gaining access to private information only available by joining the “gROWth” access group. Failure to request access to the “gROWth” group will prevent you from receiving gROWth specific announcements and updates.
- Our TeamApp URL if you do not download the app: www.tyra.teamapp.com
- What is the purpose of the TeamApp?
 - Easy and quick communication between the coaching staff and your fellow athletes/parents
 - Everyone can communicate via the gROWth chat room. It works like text messaging with read receipts on. Examples of use: “Jane will be unable to attend practice today due to being sick.” “Athletes, don’t forget a jacket this morning! It is going to be chilly.” “John needs a ride home from practice today. We live near 91st and Memorial. If anyone can help, please call me at ###-###-####.” Keep in mind that chat room notifications will never be sent as emails, and notifications can be turned on/off at the discretion of the individual user.
 - If coaches need to notify athletes of important information (practice location changes), they will do so as an announcement. Announcements can only be sent by ADMINS (coaches and board members). You will receive an email + teamapp notification with every announcement – works great for those at work who may or may not have access to their phone. Keep in mind that if you do not request to join the gROWth access group, you will NOT receive announcements sent out to the gROWth team.
 - Practice schedule with real, up-to-date changes
 - Important forms/documents (blank swim test, printable/temporary waivers, blister care, etc)
 - Virtual Lost & Found with photos
 - Sharing of Pictures – a gROWth album will be created so coaches can send out photos from practices. Likewise, families can share photos that they take, too!
 - Easy access to our social media outlets, news archives, event calendar (competitive races, volunteer opportunities, OYO workout challenges, etc).
- For your convenience, the following two contacts can be reached if you have questions regarding any of our TYRA programs, registration, payment issues, etc:

Tamara Clayton
TYRA Head Coach
CoachT@okrowing.org
C: 918-606-4596

Adam Kupetsky
TYRA Board President
President@okrowing.org
C: 918-852-5382

- **YOU WILL NEED TO HAVE THREE FORMS COMPLETED IN ORDER TO PARTICIPATE IN OUR GROWTH PROGRAM!** (If you have already successfully completed a swim test with us in the past, you do not have to repeat it. However, the USRowing Waiver and physical need to be updated every 12 months)

1. USRowing Basic Membership & 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 \$9.75)***
- 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.
- Why do I need a Basic Membership with USRowing in addition to the \$400 TYRA program fee? Most importantly, your basic membership provides sport liability insurance coverage through TYRA. Additionally, it provides access to USRowing's college recruiting database, and the ability to participate in USRowing registered events.

2. Swim Test (blank form located in the TeamApp under Forms/Documents, and at the end of this Informational Packet)

- Previous athletes completed the form at their local YMCA or neighborhood pool. Call the pool in advance to ensure a lifeguard will be on duty. Most YMCA's allow you to enter for free if only requesting a swim test.
- A registered lifeguard outside of TYRA coaching staff **MUST** supervise the Swim Test.
- Athletes will not be allowed to participate in any of the "on the water" activities without this form completed. All water practices will be held on Saturday mornings unless otherwise noted.

3. Annual Pre-Participation Physical Exam

- Administered by a medical professional (a copy of the athlete's school form is acceptable). TYRA does not provide a blank exam, but most medical offices have a standard form that you can request a copy of.

➤ **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/soccer shorts over their spandex bottoms during warm-up and stretching, and will then take the shorts off when it comes time to get into a boat and row – whatever is more comfortable for you. There will be a small space to fit personal items in boats (everything stored in the boat will get wet). Phones are to be left in the boathouse and not to be used at all

while out on the water. TYRA is not responsible for lost or damaged phones. All coaches will have phones on them for emergency purposes.

- It will be important for you to bring **running shoes, a 32oz 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.** Let's prevent the preventable!
- 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.
- For all water days, **please be aware that the coaching staff will NOT allow a participant out on the water without their own water bottle!** This is imperative with high temperature days. 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.* If your water bottle does not fit your boat for that practice, a coach can hold it for you in the coaching launch.

➤ **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 #82 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 #82, the entrance into the tank is labeled on a glass door (look for "TULSA ROWING") by a huge trophy case. Hard to miss it! TU typically has their individual team photos posted on the wall by the trophy case.
- If you arrive early, please do not enter the actual practice facility until a coach grants you access. Wait patiently in the hall until a coach arrives. Coaches should arrive as early as 30min prior to the start of a practice. Why wait in the hall? TU may be practicing, TYRA is not granted access to all of their exercise equipment, to prevent damage to TU's property, and for the safety of our athletes.

➤ **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 specific 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). The workout area needs to be clear of any and all tripping hazards.
- Cellphones, MP3 players, iPods, headphones, 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

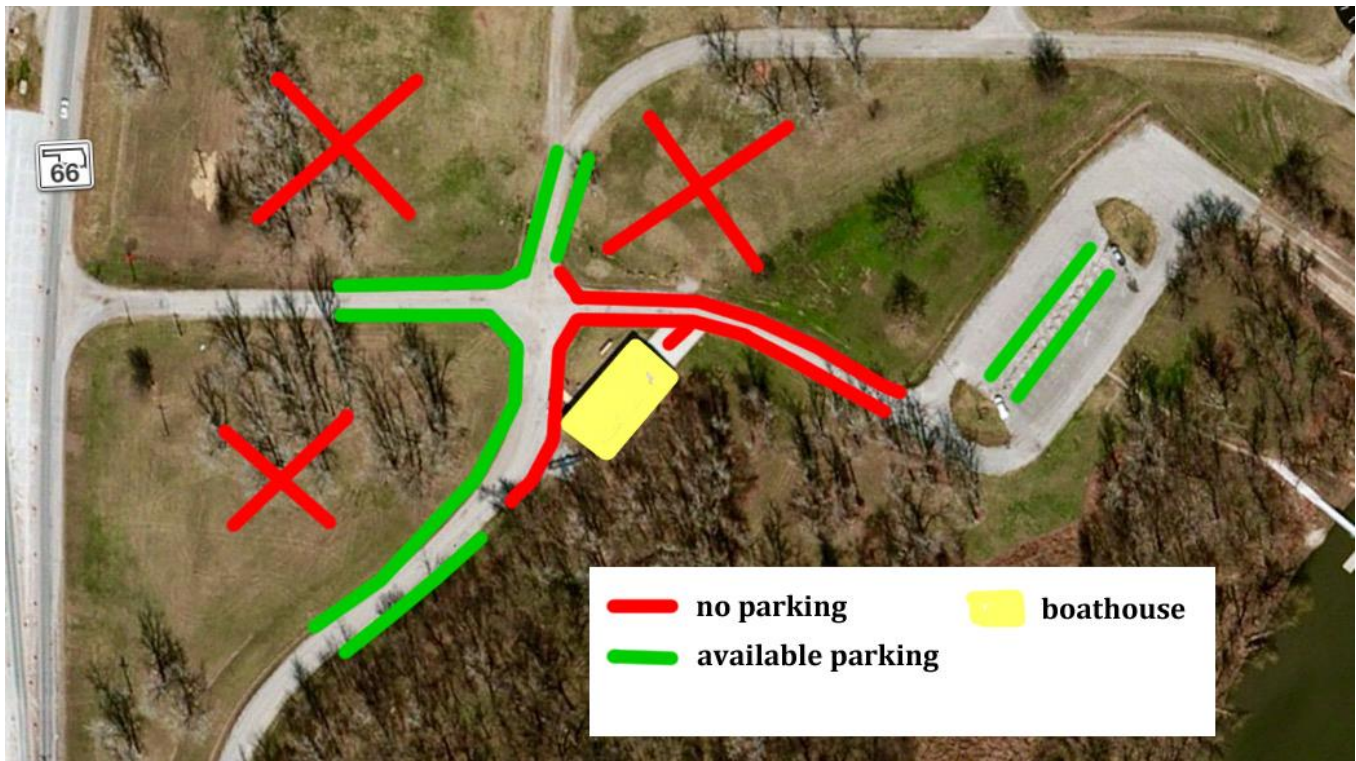
coaching staff as well. Apple watches are allowed ONLY if the athlete refrains from using it during scheduled practice times.

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

- The BH has no physical address to input into a GPS/maps program – I know, annoying.
- 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 all on your left.
 - 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).
 - If you end up crossing the gigantic bridge over the Verdigris River, you will have to do a u-turn, turn RIGHT immediately after the bridge (small turn off that looks like an entrance to a trucking company) and follow the road around & under R66. You will see our TYRA trailer parked behind the boathouse on your right.

➤ **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).
- 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! TYRA has a general rule: for every water bottle left after practice, the entire team will do 25 chest to ground burpees.
- 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! Your coach may request you to gather outside of the BH until TU is dismissed.
- 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 when facing the two doors! This is marked as a unisex/family 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 males are present, but there may be one or two who might forget or are not aware we are present. If you have to change, please use the locked stalls within the actual bathroom.



➤ DIRECTIONS TO SANDUSKY AVENUE CHRISTIAN CHURCH

- 1101 S Sandusky Ave
Tulsa, OK 74112
- There is a giant parking lot to the east of the complex (S Toledo Ave divides the facilities from the parking lot). Please park here.
- Entrance to the gym is via two metal doors on the far eastern side of the complex (the doors closest to the parking lot mentioned above). Do not attempt to enter through any glass doors, as they will be locked and do not gain access to our practice gym. There are a few steps leading down to the metal gym doors, and we will try to keep these doors propped open on the first day.
- Athletes can be picked up or dropped off in front of these doors. We only ask that you drive with caution in this area and keep these parking spots available for church staff/members.

➤ GENERAL RULES FOR SANDUSKY

- Again, this facility is not owned by TYRA. This is an active church that allows TYRA to use its facilities. Please keep it cleaner than how you found it.
- This facility is large. TYRA's indoor rowing machines are located on the mezzanine upstairs. Please keep personal items upstairs in the carpeted room to ensure your items will be safe. Sandusky provides a free meal for their members and the homeless community on Wednesdays.
- Please do not be tempted to pick up any equipment and play with it without first receiving permission from a TYRA coach. You will find basketballs, volleyballs, hockey sticks, weights, dry erase markers, speaker system, etc.

- Athletes are not allowed in any storage closet, the kitchen, or anywhere pertaining to the stage area (on stage, behind the curtains, backstage, etc). These doors are kept locked, but in the event that they are not, I wanted to make sure no one goes exploring where they are not allowed.

➤ WEATHER CONSIDERATIONS

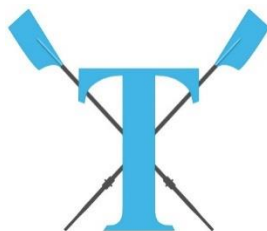
- If we have to change the location of or cancel a practice, we will communicate using TeamApp, and post an announcement. If practices have to be cancelled, we will try to offer optional make up practices.
- We can row if it is raining as long as there is no lightning, debris in the river, or fast current. 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 30min 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 in the back is off limits).
- **When at Sandusky**
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 River, you can also follow the road up and around to the river bank to view from higher up. TU has blue and yellow painted covered tables in this area.
- **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!**
- Likewise, please review the parking photo above! If TU is present, their coaching staff will become frustrated if you block their way with your vehicle.

➤ SOCIAL MEDIA: INSTAGRAM, FACEBOOK, & TWITTER

- Do not forget to follow us on social media to see photo updates of gROWth practices! These are perfect sharing opportunities to help get the word out that youth rowing exists in Tulsa or simply to brag about your student athlete!

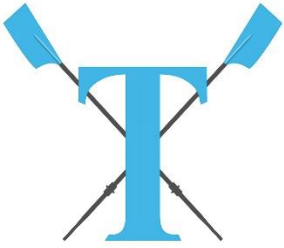


2019 Spring gROWth Schedule

Thursday, February 28 – Wednesday, May 1				
Date	Day	Location	Time	Notes
2/28	Thursday	TU Tank	5:00pm – 7:00pm	First Day! Safety video and technique day
3/2	Saturday	TU Boathouse	9:30am – 12:00pm	Rowing safety and terminology. Hands on day!
3/6	Wednesday	Sandusky	4:45pm – 6:15pm	Bonus Day: Land Workout + Early Dismissal
3/7	Thursday	TU Tank	5:00pm – 7:00pm	Land Workout
3/9	Saturday	TU Boathouse	9:30am – 12:00pm	Water Day
3/13	Wednesday	Sandusky	4:45pm – 6:15pm	Bonus Day: Land Workout + Early Dismissal
3/14	Thursday	TU Tank	5:00pm – 7:00pm	Land Workout
3/16	Saturday	TU Boathouse	9:30am – 12:00pm	Water Day
3/20	OFF	OFF	OFF	SPRING BREAK
3/21	OFF	OFF	OFF	SPRING BREAK
3/23	OFF	OFF	OFF	SPRING BREAK
3/27	Wednesday	Sandusky	4:45pm – 6:15pm	Bonus Day: Land Workout + Early Dismissal
3/28	Thursday	TU Tank	5:00pm – 7:00pm	Land Workout
3/30	Saturday	TU Boathouse	9:30am – 12:00pm	Water Day
4/3	Wednesday	Sandusky	4:45pm – 6:15pm	Bonus Day: Land Workout + Early Dismissal
4/4	Thursday	TU Tank	5:00pm – 7:00pm	Land Workout
4/6	Saturday	TU Boathouse	9:30am – 12:00pm	Water Day
4/10	Wednesday	Sandusky	4:45pm – 6:15pm	Bonus Day: Land Workout + Early Dismissal
4/11	Thursday	TU Tank	5:00pm – 7:00pm	Land Workout
4/13	Saturday	TU Boathouse	9:30am – 12:00pm	Water Day
4/17	Wednesday	Sandusky	4:45pm – 6:15pm	Bonus Day: Land Workout + Early Dismissal
4/18	Thursday	TU Tank	5:00pm – 7:00pm	Land Workout
4/20	Saturday	TU Boathouse	9:30am – 12:00pm	Water Day
4/24	Wednesday	Sandusky	4:45pm – 6:15pm	Bonus Day: Land Workout + Early Dismissal
4/25	Thursday	TU Tank	5:00pm – 7:00pm	Land Workout
4/27	Saturday	TU Boathouse	9:30am – 12:00pm	Water Day
5/1	Wednesday	Sandusky	4:45pm – 6:15pm	Bonus Day: Land Workout + Early Dismissal

*

Although attendance isn't taken with our gROWth program, it is imperative that the coaching staff is made aware of absences or late arrival on water practice days. Please post in the gROWth chat room to notify not only the coaching staff, but your fellow teammates. This will help save time and provide more practice time for all athletes. gROWth coaches have to work with other coaches ahead of time in order to secure equipment for use for each practice.



Tulsa Youth Rowing Association

Information on Swimming Ability Requirement

Upon joining Tulsa Youth Rowing Association, every rower must provide satisfactory evidence of their swimming ability BEFORE getting into a TYRA boat. There will be no exceptions to this requirement. It is the responsibility of the participant to obtain an approved certificate and return to TYRA Head Coach Tamara Clayton at CoachT@okrowing.org. This must be done BEFORE a participant will be permitted on the water.

TYRA requires one of the following as a swimming ability document:

- Boy Scouts of America Lifesaving Merit Badge
- Current Red Cross Lifeguard Training Certificate
- Swimming ability document from a previous rowing club which meets our criteria
- Current SCUBA Certification
- TYRA Certification of Swimming Ability

TYRA Certification of Swimming Ability

As a currently accredited lifeguard, I certify that I have observed:

_____ successfully complete the swim test requirements as stated below:
Applicant's Name (please print)

- Swimsuit: 100 yards/ Clothes: 50 yards of continuous swimming, using any stroke or combination of strokes, without stopping, resting, or assistance. There is no time limit or specific stroke requirements.
- Swimsuit: 10 minutes/ Clothes: 5 minutes of a vertical tread in deep water
- Successfully putting on a PFD while treading water (when provided)

Lifeguard Name (please print)

Pool Location and Phone #

Lifeguard Signature

Date

Year that applicant will be a graduating senior

Please bring this completed swim test certificate to the first practice you attend. **You will not be allowed to participate in the Tulsa Youth Rowing Association on-the-water activities without this completed certificate.**