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Our club is recruiting junior rowers for competition. We have the opportunity to row against clubs in the Rogue Valley, Eugene, Portland, Seattle, Humboldt CA, Sacramento, the SF bay area and beyond.

Ewauna Rowing Club (ERC) is a member organization of USRowing, the national association that selects America's National and Olympic teams. Our boathouse is located in Veterans Park. ERC has been rowing on Lake Ewauna since 1970 and in that time, we have had members compete in the NW Regional Junior and Masters Championships, the National Championships, the National Masters Championships, Olympic Trials, the Canadian National Masters Championships, the Intercollegiate Rowing Association Championships, and the Los Angeles Olympics.

2022 is the 50<sup>th</sup> anniversary of Title 9, the rulemaking that brought more equity in athletic scholarship funding to collegiate athletics. Women's rowing programs at Universities grew greatly due to Title 9. There is a great opportunity to qualify for college scholarships in rowing for young women.



- There are two kinds of rowing: Sweeping and Sculling. Sculling is rowing in a boat where each rower uses a pair of smaller oars, one in each hand, and sweep rowing uses one large oar per rower.
- Sculling is performed in 1, 2, and 4 person shells, Sweep rowing is in 2, 4, and 8 oared shells.
- A 60+ foot long eight oared shell is capable of a 4 minute mile and can sprint to 20 mph.
- Although upper body strength is important, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a great aerobic workout and is has low-impact on the joints.
- Rowing is about teamwork. A crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent and rowing technique with one another.

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### Are You Interested?

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How old do I need to be?

This last June (2022), the first Under 14 (U14) events in the Junior National Championships were held, so not your age but your ability to fit the equipment is what is important. Juniors have a maximum age of 19.

I'm probably too small...

You could be an extremely valuable part of our crew. The Coxswain is the person in charge of a boat. You could have the responsibility of race strategy and the encouragement of your crew to do their best. Like a jockey riding a racehorse, you could get the best out of your crew.



## How much does it cost?

An annual junior membership in ERC is \$150.

Club membership dues pay for the maintenance of our equipment, fuel for the Safety/Coaching motorboat, club insurance, and organizational membership to USRowing.

Entry fees and travel costs for out of town events will be calculated and considered for any event we may attend and will be in addition to the ERC dues.



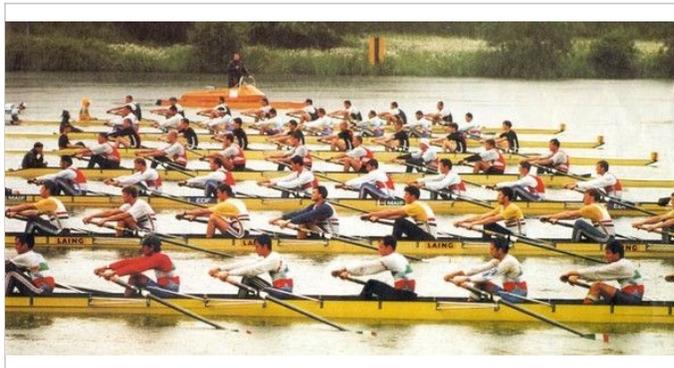
USRowing Junior Basic membership costs an “Administration Fee” of \$15.00 annually and allows you to compete in registered regattas.

You can come down and try rowing a few times before we ask you to join.

## What time of day do we row?

Mornings are generally the best time of the day due to calm wind, but initially juniors will learn after school. After a few seasons, more advanced rowers may wish to switch to early mornings.

## What do I need to wear?



Wear fitted workout clothing that you would wear if you decided to go for a run (no baggy shorts). Bring down a change of clothing in case you get wet. Before a racing event we will get some uniform t-shirts and that will cost an additional amount. Sunscreen and hats are encouraged. Sweatshirts and sweatpants are useful in the cooler months.

## What about safety?

- The motion of the stroke makes it difficult to wear a life jacket when rowing a racing shell, so we don't wear Personal Floatation Devices (PFDs). There is no stowage aboard a racing shell, so we do not have them aboard a shell. Federal regulation §33 CFR 175.17(b) allows for this.
- We do have PFDs and other safety equipment in the coaching / safety boat that follows a practicing crew.
- We will first meet at the municipal pool and demonstrate that everyone going out on the lake in a shell can swim.
- Hypothermia is a great danger and someone immersed in cold water will fall to a low body core temperature very quickly. We follow with blankets onboard the motorboat and will return an immersed rower to the boathouse as quickly as possible without abandoning the rest of the crew.



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e. No junior shell will go out on the lake without an adult in a motor launch following. Parental consent is required and parental participation is encouraged.

We will not travel without a strong parental contingent.

Juniors do not drive on road trips. If a parent wishes to give rowing a try, they are encouraged to do so.

There are Parent/Child rowing events in the NW Regional Masters Championships.



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