



2010 PLRA Membership and Programs

February 3, 2010

Greetings Portage Lakes Rowers,

Please review this document thoroughly to understand membership requirements, programs available, program dates, practice schedule and voting privileges.

Membership Requirements

Membership dues must be paid on or before the date on which the privilege of membership is first exercised and voting privilege will continue until the date on which the first program begins during the following calendar year. This means that 2009 members who have not renewed by April 18, 2010 (the date of the beginning of the Spring Sweep Program) will not be able to participate in any activities at the boathouse until they have paid membership dues.

All rowers must follow the safety guidelines as stated in the PLRA Safety Policy that is posted in the Documents section of our website at PortageLakesRowing.com, and have sufficient safety qualifications for each program.

All individuals participating in any aspect of PLRA activities, or utilizing PLRA facilities or equipment must first complete a waiver and application form. This includes guests observing practice from the launch and Learn to Row participants.

Members who have completed one full session with PLRA must participate in a coxswain training course as well as a safety boat driving course. Members who do not complete these courses may be unable to row until they do so. Since PLRA is an *all volunteer* organization, these roles must be shared equally among all members. Members are expected to be familiar with how to perform both roles and can express a preference for which role they would like to perform when their turn arrives. If a member is not comfortable coxing or driving the safety boat, an alternative volunteer program can be worked out with the Board.

Work Crew Volunteer Requirements

As a club of volunteers, all members are required to contribute time and talents by joining a work crew which will benefit the PLRA community. Please select a work crew from the list below. You will also be required to attend two work parties a year. These work parties will usually be held on Saturday or Sunday mornings and will last three hours. Specific work parties will be announced via the club newsletter and sign-ups will be posted in the boathouse.

If you are unable donate the time mentioned above in volunteer hours to the club, you may submit an additional \$100 annual donation to the club operating budget. This requirement applies to all membership classes listed on this application, including the free coxswain program.

The work crews for 2010 will include:

- **Equipment Crew** – assist in painting oars, shell repair work, rigging, launch and motor maintenance, boathouse cleaning and maintenance
- **Membership Crew** – collect applications, waivers and dues, maintain roster with USRowing, maintain emergency contact list, pursue activities to attract new members
- **Learn to Row Crew** – organize and advertise LTR classes, schedule volunteers to assist with preparation for classes and day of assistance, prepare paperwork for novices
- **Events Crew** – assist in planning for the regattas, fundraising events, moonlight rowing
- **Communications Crew** – manage all e-mail communications, collect announcements for newsletter, maintain website, write press releases
- **Coaching Crew** – coordinate coaching schedule, define focus for practices including drills, provide information for rowers interested in learning more
- **Practice Management Crew** – coordinate dockmasters, coxswains, and safety boat drivers for practices, maintain procedures for efficient and safe launching procedures

Membership Programs

Spring Sweep Program – \$225

Grants membership privileges to participate in the regularly scheduled practices, opportunity to participate in the competitive program (subject to lineup decisions made by the competition captains) and the opportunity to use shells without a safety boat on the water as permitted by the PLRA Safety Policy. This is a 15 week program.

Fall Sweep Program – \$225 / \$175

Same guidelines as the Spring Sweep Program. This is a 15 week program. If a member of the Spring Sweep Program for the same year, the Fall dues are \$175, making the full year \$400 total.

Student Sweep Program – \$150

Full-time students wishing to row only during the summer are able to participate in a 15-week session that aligns with their academic calendar and the fee is discounted by 33% off the normal rate for a 15-week session. The same guidelines as the Spring or Fall Sweep Program apply. Full-time students who attend school locally and wish to participate in the regular Spring or Fall Sweep Program may do so and will pay fees discounted by 33% off the normal rate.

Learn to Row Class – \$50

Learn to Row (LTR) is a two-day class for those without any prior experience (novices). It is mandatory for all novices to attend LTR before participating in a Novice Sweep Program. Classes will include instruction in rowing technique on a rowing machine, as well as on-the-water training. Other topics are safety, rowing terminology, a boathouse tour, and boat handling. This \$50 fee is non-refundable and does not apply to Novice Sweep Program dues.

Two LTR Classes are scheduled at the beginning of Novice Sweep Program, and new rowers must attend one of the scheduled classes or wait until the next session. Novice members without rowing experience cannot join in the middle of a session as that slows down the progress of those already in the program.

Novice Sweep Program – \$225

Grants membership privileges to participate in the regularly scheduled novice practices on Tuesday evening and Sunday morning. This is a 12-week program with the LTR class being the first week. There will be an emphasis on fundamentals so apparent progress will be slow early on, but learning to row properly will pay off in the long term. During the novice program, members are not required to participate in a work crew nor assist with coxing or launch duty, however, volunteers are very much welcomed. Participants in the Novice Program in the Spring can join the Fall Sweep Program for \$175.

Dock Access – Free / \$50

Any member of the Spring, Fall or Student Sweep Program may use the PLRA dock for launching of their private boats during the time of that program for free. If rowers are rowing exclusively during the times of regularly scheduled PLRA practices and follow instructions from the safety launch, their activities are viewed as club activities and therefore individual membership in USRowing is not required, but it is still recommended. If rowers row at times other than regularly scheduled PLRA practices, then individual membership in USRowing is required. Non-sweep members who do not pay for private boat storage must pay a \$50 annual fee and must have individual membership in USRowing regardless of the time they are rowing.

Private Boat Storage – Free / \$150 / \$200

Fees are per boat for one or two person rowing shells and are charged annually. Outdoor rack space priority is given first to those who stored their boats the previous year, second based on sweep membership status (two-session, one-session, then non-sweep), third on a first-come, first-served basis. A two-session sweep member will receive free outdoor storage at Craftsmen Park, a one-session sweep members will be charged \$150 and a non-sweep members will be charged \$200. Paying for private boat storage includes privileges described in Dock Access.

Winter Storage - \$50

Any member of the Spring, Fall or Student Sweep Program, or Coxswain Program or individuals who pay for Private Boat Storage may store their private boat in the Mason Manor Barn for \$50 each winter as space allows. Priority will be given based on the same criteria as Private Boat Storage.

Coxswain Program – Free

Coxswain members will receive free membership if they participate in no less than fifteen practices during the Spring or Fall Sweep Program. Coxing for half of a practice (i.e. one hour of a two hour practice) shall be counted as such when making this determination. The Board must first approve of anyone wishing to participate in the Coxswain Program. Coxswains may row if there are available seats and no additional coxswains are needed. If a coxswain member does not participate in fifteen practices during a session, they are still welcome, but are not considered voting members of the organization.

Competitive Program – Varies Based on Participation

Any member of the Spring, Fall or Student Sweep Program or Coxswain Program may compete for PLRA during the time of that program. The primary intent of the program is to field the best possible boat; as such, rowers are subject to decisions made by the competition captains. Efforts will be made to allow all interested rowers to participate in regattas, but this cannot be guaranteed. A deposit of \$50 will be charged to each member when registering for the Competitive Program. Actual expenses for the regattas will be deducted from the deposit given by the rowers who participate (no charge to coxswains). A fee of \$25 may be deducted if a member registers for a regatta and withdraws from the event. At the end of the Spring and Fall Sweep Programs, any remaining balance will be returned to each member. Only actual expenses incurred are deducted.

Spring Session Extension - \$50

This opportunity applies only to Spring Sweep Program members who are participating in the Summer Rowing League program and will not be joining for the Fall Sweep Program. SRL consists of two regattas to be held in the summer (dates are usually in late July mid to late August). Before being allowed to row in the SRL, you must commit to being a PLRA member through the last regatta in August. PLRA is a guest at these regattas and we do not want to be in the position of having to pull entries due to lack of participation. The Spring Session Extension membership lasts through the day after the last SRL regatta ... we want you there wearing your medal for the team photo!

Independent Rowing – \$5 per seat, per row

Crews are allowed to row on approved areas of the Portage Lakes without a coaching launch / safety boat only if all crew members: 1) have passed a swim test, 2) have signed an independent rowing waiver, and 3) comply with all the conditions defined on the waiver. There is a \$5 fee per seat per row that must be paid to cover increased wear and tear on the shells. There is no fee for the coxswain.

Yoga Classes - \$100 for 18 classes / \$80 for 12 / \$50 for 6 / \$10 walk-in

Classes will be held once a week during the off-season, beginning approximately one week after the on-the-water season ends. Classes are about 75 minutes long and participants should bring a yoga mat, and if you have available: strap, block and blanket. Classes are open to non-rowing members as space permits.

Winter Erging – \$100 / \$75

The winter off-season is divided into two 11 week sessions for training on rowing machines. The cost for one session is \$100 and the cost of the second session if you joined for the first is discounted to \$75. Membership is open to non-rowing members as space permits. A regular schedule of workouts is maintained, but members can use the ergs at any time provided there is another person present for safety.

Visiting Rowers

Visiting rowers who are active members of another club that is a USRowing organizational member or rowers who can verify previous rowing experience may participate in PLRA practices for free. All visitors must have completed at least one season of novice rowing. All visitors participating in any aspect of PLRA activities, or utilizing PLRA facilities or equipment must first complete a waiver and application form. Visitors are requested to contact PLRA at least one week in advance of their visit if possible. Any visitor wishing to attend more than three PLRA practices during a calendar year may be asked to pay a fee and should contact PLRA in advance to discuss their situation.

Pay-per-Row

Only individuals who were PLRA members during the previous rowing session (e.g. Fall Program members during the following Spring or Spring Program members during that following Fall) may participate in the Pay-per-Row Program. A fee of \$25.00 per practice will be charged and an individual is limited to three rows per session.

Family Memberships

Immediate family members or those who live in the same household will receive a reduction in fees for the Spring or Fall Sweep Program. The first family member will be required 100% of the normal rate, the second family member will pay fees discounted by 20% off the normal rate and each successive family member(s) will pay fees discounted by 33% off the normal rate.

Refer a Friend

Current PLRA members who refer a friend who joins the Spring or Fall Sweep Program will be given a one-time credit of \$25 per referral. This credit may be used to cover future membership dues or boat storage fees, but not towards competitive program fees.

Prorating Fees

As PLRA develops as an organization we are working to improve the quality of instruction for all members and as such it is important for members to join at the beginning of a session so they can develop at the same pace as their fellow rowers and build on lessons learned throughout a session. As such we are averse to the idea of members joining mid-session and requesting prorated fees. .

Refunds

All PLRA dues are non-refundable. Rowing equipment is very expensive and PLRA has a limited budget while trying to keep membership fees reasonably low and maintaining the quality of our programs and equipment. Once dues are received there is usually an expense they are being applied towards, therefore we cannot refund dues. If someone experiences an injury that

will prevent them from rowing and there is a lot of time left in the session they have already paid for, they may make a request of the Board to have a portion of their fee applied towards the next year. Such requests will be considered on a case-by-case basis.

Voting Privileges

Those members who pay the fees associated with the Spring, Fall or Student Sweep Program or meet the requirements for at least one session of the Coxswain Program or non-sweep members who pay for a year of Private Boat Storage shall have voting privileges for Officers and Directors at the Annual Meeting and any other votes taken of the full membership, and they shall also be eligible to be elected as an Officer or Director and hold that position as long as they maintain their qualified status.

Individuals who participate in the Learn to Row Class, utilize only Dock Access or Winter Storage, non-qualifying Coxswains and anyone else not explicitly stated as having voting privileges shall not have voting privileges, nor shall they be eligible to be elected as an Officer or Director.

Safety

All rowers and coxswains must have the ability to swim 100 yards and thereafter to tread water for 4 minutes; otherwise they must wear a PFD at all times while on the water.

2010 Program Dates

Sweep Program (15 weeks)

Spring Sweep Program – April 18 to July 29

Student Sweep Program – May 23 to September 2

Fall Sweep Program – August 1 to November 14

Learn-to-Row (Novices attend two consecutive days)

Spring Learn to Row – May 8-9, May 10-11

Fall Learn to Row – July 31-August 1, August 2-3

Novice Program (12 weeks)

Spring – May 8 to July 27

Fall – July 31 to October 19

Practice Schedule

All members should arrive 15 minutes before the sign-in deadline for each practice to move goose fences, take down oars, take down cox boxes, and give practice manager due time to set boat lineups, etc.

Sunday – Experienced and Novice

Experienced rowers need to sign-in by 6:50 AM and launch by 7:05 AM. All shells will return to the dock by 8:25 AM. Novice rowers need to sign-in by 8:20 AM and launch by 8:35. All shells will return to the dock by 10:15 AM unless the entire crew and safety boat approved a late return.

Tuesday – Novice Night

Coaching and line-ups will be focused on novice members, but all members are welcome. Sign-in by 6:00 PM and launch by 6:15 PM. All shells will return to the dock by 8:00 PM unless the entire crew and safety boat approve a late return.

Thursday – Experienced Night

Coaching and line-ups will be focused on experienced members. Given that novices should not row without proper supervision, only experienced members should attend. Sign-in by 6:00 PM and launch by 6:15 PM. All shells will return to the dock by 8:00 PM unless the entire crew and safety boat approve a late return.

Please note that practices time will vary slightly based on sunrise and sunset.

This document was approved by the Board of Directors on February 2, 2010