

PPWRORTLAND WOMEN'S ROWING

PWR is a competitive masters women rowing club, and as such, all members are expected to possess an intermediate level of skill, or better. Skill level must be evaluated by the Head Coach prior to approval of membership. Membership is subject to approval by the Board of Directors.

Membership for rowers is \$275, annually, due and payable the first of January. Coaching fees will be invoiced separately. Semi-annual membership is available at \$170 per six months, due and payable the first of January and the first of July. AA rowers (under 27) have the option of paying monthly the first of each month; however, we ask that you commit to membership for a year and commit to coaching for an entire season at a time. Please include your check for membership fees with this application. If your application is denied, your check will be returned to you. There is no charge for membership for coxswains. It's bad enough that we will make you get out of bed in the dark and freeze your butt off, so this is the least we can do.

By applying for membership in PWR, you agree to support the Mission of the Club, which is as follows:
The mission of Portland Women's Rowing is to promote competitive masters women's rowing in the Portland metro area, in an atmosphere of integrity, camaraderie and respect for our fellow athletes and the greater rowing community.

DATE OF APPLICATION: _____ ROWER or COXSWAIN: _____

MEMBERSHIP TERM (circle one): ANNUAL SEMI-ANNUAL MONTHLY (AA only)

NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

DATE OF BIRTH: _____ USRowing NUMBER and Expiration date: _____

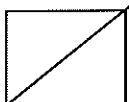
(you MUST be a member of USRowing). You can apply on-line at <http://www.usrowing.org>. You may complete your USRowing membership subsequent to approval of your membership in PWR, however).

Any medical concerns we should be aware of? _____

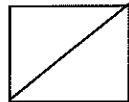
ROWING/COXING EXPERIENCE (we don't need a resume, just a brief synopsis):

PREFERRED SIDE: _____ SCULL? _____ COXSWAIN? _____

Own your own boat? If so, what type and where do you store it? _____



Coach's approval (initials/date)



Board approval (initials/date)

PORTLAND WOMEN'S ROWING

new member information

Welcome to PWR! We're pleased to welcome you to our crew. The following information is intended to give you an idea as to how we do things day to day, and to help get you oriented and comfortable with the procedures for practices, payments, coaching, etc. We are always looking for ways to do things better, so if you have suggestions, please bring them to the Board for consideration.

becoming a member

If you are reading this document, you are probably considering joining PWR. Here is an outline of the requirements, and the order in which they need to occur:

- Complete waiver prior to first row (print and bring signed copy to boathouse for your first row).
- Sign-up for rows using our web site until you have been boated for (up to) three trial rows (actual number determined by the Head Coach) in order to give our coach the chance to evaluate your skill level, and for you and for us to get a sense of "fit."
- If you wish to be considered for membership, complete member application and submit with your membership dues payment, with a completed swim test form.
- Your application will go to the Head Coach and to the PWR Board for approval at the next Board meeting. If there are more than two weeks before the next Board meeting, the Board may convene a special meeting for member approvals.
- If approved, and there are openings, we cash your check and you sign up to row!!
- If approved and there are **no** current openings, you become part of an approved sub list, and we will call you to fill seats if needed. Subs pay \$10 per row, and we will apply these fees toward the annual membership dues when your membership upgrades to "regular" status. We will notify you of the opportunity to become a full member when that occurs.
- Current/existing full members may choose to drop to sub status at any time. No refunds will be given for coaching or membership dues already paid; however, regular members who choose to drop to "sub" status will go to the top of the sub list for consideration of new member openings.

why the limited membership numbers?

PWR members are by definition, competitive. We feel strongly that those who join this club are doing so because they want to train and compete, and as such, have a reasonable expectation that they will get boated for practices. We limit membership based on the number of seats available, and the number of practices, with the intent of getting everyone out at least twice a week, assuming availability for all practices. You very well may get boated more often than that if you desire, simply due to scheduling conflicts that we ALL have. As we add boats to our fleet, our membership capacity grows. We have an equipment fund and welcome contributions at any time to help us acquire additional equipment. The faster the fund grows, the faster we can add new members!

practice sign ups and lineups

We are all busy women with family and career commitments, so our scheduling system is designed to provide certainty around rows in advance. We rely on member volunteers to coordinate the schedule, and as such, it is not a perfect system. Your flexibility and patience is appreciated.

Signups are done via the web site, every week, for the following week. Signups go to the head coach, who then sets the lineups for the practices, based on available equipment, intent of the workout, upcoming regattas, and rowing side preference. Every effort is made to get people out in an equitable manner; however, not everyone will necessarily be boated every time they are available.

Rows are marked CONFIRMED on the web site to indicate a final lineup or boated rowers for the row. We encourage you to check the web site the day before a row to verify the confirmed list of rowers for the outing. If you don't see the row marked CONFIRMED, check your e-mail for updates.

Important note:

Please do NOT arrange for your own sub. If you need to remove yourself from a practice, please let the person collecting availabilities (as noted on the web site) know that you cannot row, at least 24 hours prior to the scheduled row, and she will find a substitute for you. If you have a last-minute emergency, and cannot reach the availability person, please contact the team captain or the coach, or any Board member. We will help you arrange a sub.

Please do not rearrange lineups set by the coach, as he or she may have reasons for putting out a particular lineup that may not be evident.

land training

PWR is a competitive crew. As such, there is an implied (and explicit) understanding that our members will participate in land training outside of team practices on the water. The head coach provides weekly workouts that are available to all members via a Google spreadsheet and via email. These workouts are intended to be used directly, or as a guide as to the type of training intended for the week. The spreadsheet also includes a place for each member to record her own workouts. The spreadsheet is intended to be a tool for members to share workout ideas with other members, network with teammates for training together, and as a way to convey to the coach our work outside of coached practices. It is not mandatory to use it, but can be a valuable tool both for the coach and for you to use in your training, so we do encourage you to give it a try! All new members will receive an "invitation" to collaborate on the "what's my workout?" spreadsheet soon after joining. Follow the link in the email to participate.

race lineups

Race lineups are determined by the availability of rowers to both race and practice. Lineups are determined by the head coach, with input from the team captain, with the intent to put together the fastest boats possible. The coach will make selection process as transparent as possible; however, the decision regarding race lineups is ultimately that of the coach.

the head coach

The head coach sets the tone for training. He or she is responsible for determining training schedules, lineups for practice and racing, and both water and land workouts. He or she determines all requirements for boating for races. The head coach, and his or her staff, are employees of the club, hired by the Board of Directors. The head coach participates in Board meetings, but is not a voting member of the Board.

the team captain

The team captain is the liaison between the crew and the head coach, and works closely with the coach to keep us all on track. If you have something you need to convey to the coach, feel free to go through the team captain to do so. In most instances, direct communication with the coach is fine, too, preferably in person, as opposed to via email. The team captain is also your first go-to for any questions you might have about how we train, regattas, communication in the boat, how things work at the boathouse, who is on the board, etc.

your teammates: how to treat them and how to reach them

We all come from different rowing backgrounds, some with more experience than others. However, we are all part of the same team. Please remember to let the coach do the coaching – we all have things to work on, and our coach is in the best position to help us improve!

The team roster is posted on Google. You will be invited to view this document after your membership is approved. Please use the roster responsibly – for arranging workouts or socializing with your teammates.

rowing seasons

The rowing seasons are as follows – Spring: March 1st through May 31st; Summer: June 1st through August 31st; Fall: September 1st through November 30th; Winter: December 1st through February 28th. Coaching fees are reduced for the Winter/off-water season.

membership dues and coaching fees

Membership dues are payable yearly, or half-yearly, as outlined on the membership application. Full year dues are applied for memberships approved prior to July 1. Half-yearly dues are applicable from July 1. Coaching fees are due at the beginning of each season. Neither coaching fees nor membership dues are prorated for memberships beginning mid-season.

AA members (under 27)

Members who are under 27 years old as of 12/31 of the current year are eligible to pay membership dues and coaching fees on a monthly basis. Although paid on a monthly basis, we request that AA rowers commit to the entire year (or half year) of membership dues, and for each coaching season in full, that they intend to participate.

invoicing, payments and outstanding balances

You will receive monthly invoices via email for membership dues, coaching fees, uniforms, regatta fees, etc. Please pay these invoices promptly as we are a small club, and cannot “carry” large outstanding debts. You may pay via check or via PayPal, through our web site.

Outstanding balances over 30 days old will result in a regular member being dropped to sub status. Payment of outstanding invoices within 15 days of being dropped to sub status will result in reinstatement to regular membership. If payments are not received within 15 days of being dropped to sub status, the next person will have priority for regular membership status, and regular membership will not be reinstated until the outstanding balance is paid and another regular membership slot opens.

communication

PWR conducts a lot (read: most) of our communication via email. This is both a blessing and a curse. It is efficient, but can result in an overwhelming amount of mail. To help keep the volume down to a loud roar, we ask that you respond as quickly as you can (eliminating the need for additional emails to follow up) and respond only to those who need to hear back from you. ***Avoid using "reply all" unless everyone really does need the response.***

meetings

The Board of Directors meets monthly to discuss the business of the club. All members are welcome to attend these meetings. Meetings are held the third Wednesday of each month, with email notice going out a week before the meeting. Member input is welcome; however, only Board members may vote at Board meetings.

General meetings are held once a year, for the purpose of selecting new Board members, as well as any other business deemed pertinent for the club.

Additional information regarding the procedures of the club is available in our Bylaws. Please contact any of the Board members to obtain a copy of the Bylaws.

volunteering

Our club operates through the efforts of our member volunteers. There are lots of tasks to be done, from organizing various projects for the team to helping maintain equipment to keeping our boathouse bay organized to washing towels. If you have some time, please lend a hand. Talk to a board member or the captain to see what needs doing.