



HUMBOLDT BAY ROWING ASSOCIATION JUNIORS 2016 FALL SEASON

The HBRA Juniors rowing team is an organization of rowers with the focus of training 11-18 year olds to be competitive rowers. Our goal is to expand the sport of rowing in Humboldt County so no experience is necessary to be on the team.

PRACTICES ARE MONDAY THROUGH FRIDAY FROM 4:00PM – 6:15PM.

Rowers are expected to show to as many practices as they can on a regular basis.

Rowers attending a race are required to show up to all practices two weeks prior to the race.

Seasons are structured as **Fall** = September - December/ **Spring** = January – May, with 2-3 regattas in the fall and 4-8 regattas in the spring.

Costs: \$450 per season (Fall: Aug – Dec 18/ Spring: Jan 4– May 9). There will be additional costs associated with all rowing events and team clothing. Payments for dues can be made all at once or in four monthly payments. You may choose to be billed electronically or pay with a check left in the lock box in the boathouse. Options may be discussed with our treasurer.

Families with more than one rower receive a 10% discount off monthly dues.

Regatta fees are in addition to club dues (approximate cost of each regatta = \$150.00 + personal food and gas costs).

Forms: Please make sure the following forms have been completed and turned in to the head coach or to the lockbox in the boathouse.

___ - Membership Agreement

___ - Safety Rules and Code of Conduct

___ - USRowing Waiver/Membership. To be on the team you must have a basic or championship membership with USRowing and have both the paper and online waivers completed. The paper version is attached.

The USRowing membership online waiver can be found at <http://www.usrowing.org/membership/>. There is a good description of what each membership offers, the primary difference is that as a championship member the rower will be permitted to race at championship and USRowing hosted events. We go to two of these at the end of the spring season so if you are unsure about this click on basic membership and you can upgrade later if needed. It will cost \$5.75 for a basic membership or \$45 for a championship membership. Membership lasts 1 year from date of purchase.

Select the Join button at the bottom of the individual membership section and fill out the forms. Please select “Humboldt Bay Rowing Association” under the “club or team name” line and HBRA’s Club Access Code is **9FGCL** when it prompts for it.

WHAT ROWERS NEED TO BRING TO PRACTICE:

Snug fitting clothes – long sleeve wool shirts and spandex shorts is my rowing attire of choice because it stays warm when wet and stays out of the way of the oars and rolling seat. Thick socks are also a good idea

Water bottle – full of water

Wrist watch – nothing fancy just something so the kids know what time it is on the water

Shoes to run in – avoid the fancy expensive shoes

REQUIRED FUNDRAISING

Each family is required to fundraise a minimum of \$150 per season (Fall/Spring). We offer several club fundraisers. The net income generated for the club by a family counts toward their obligation. Each family will

be billed at season end for any remaining portion of the \$150. While the club is VERY grateful for families who raise more than the minimum required, we do not carry over fundraising credit to the following year

GREAT RESOURCES FOR INFORMATION:

hbra.org – team website. Check out the parent’s handbook link at the bottom of the junior’s page.

usrowing.org – official US Rowing website

row2k.com – good source for rowing current events and race results

Facebook- [Humboldt Junior Crew 2015-2016](#) – request to join (closed group)
[Humboldt Bay Rowing Association](#) – open page to all

Scott Gibson (Head Coach) – contact me any time: hbajrscoach@me.com, 707/845-4752 – call or text

Cassie Nordstrand (Head of Juniors Parent Group): humboldt.jr.rowing@gmail.com, 707/268-8842

MaryAnn McCulloch (HBRA treasurer/billing): payments@hbra.org

IMPORTANT DATES TO PUT ON YOUR CALENDAR:

- **Parents meeting:** TBD
- August 29th - Fall Season Starts
- September 10th – HBRA Team and Family Potluck

Fall Races

- October 2nd (Sunday) - Wine Country Classic, Petaluma, CA
- October 9th (Sunday) – Head of Humboldt Bay, Eureka Bay, CA
- October 29th (Saturday) - Head of the American, Lake Natoma, Sacramento, CA
- November 13th (Sunday) - Head of the Lagoon, Foster City, CA
- December 10th - Row-A-Thon Challenge –Eureka Bay, CA

PARENT COPY OF 2016 MEMBERSHIP AGREEMENT

(keep for your information)

- I/We, the undersigned, agree to pay a Seasonal Membership Fee of \$450 or 4 equal installments of \$112.50 per month due by the 10th of each month, subject to a \$25.00 late charge if not received by the 20th of each month for membership in Humboldt Bay Rowing Association (HBRA) for the rowers(s) whose name(s) appear on the Membership Agreement. Dues are payable regardless of the number of practices attended. HBRA agrees to provide our rowers(s) with coaches and rowing facilities for USRowing sanctioned rowing club activities.
- I/we agree that we will continue to be charged fees, and we agree to pay them, until we provide written notice that we are discontinuing our membership in Humboldt Bay Rowing Association. Notice must reach the treasurer prior to the first of the month to stop billing.
- I/We agree to fundraise at least \$150 for the club during the course of the season or pay, at season end, for any remaining portion of the \$150. Seasons are structured as **Fall** = September - December/ **Spring** = January – May, with 2-3 regattas in the fall and 4-8 regattas in the spring
- I/we agree to help with club activities during the course of the year. I/We understand that these volunteering helps keep membership fees as low as possible while providing a fun and safe rowing environment for our children.
- I/We understand that HBRA communication and invoicing is by email. I/We agree to keep our contact information current. Non-receipt of your monthly billing statement does not relieve you of the responsibility of paying your dues on time. Note: In the future the contract will be signed upon initially joining the club. Thereafter, in December of each year notifications concerning any changes to the contract will be distributed electronically. Unless a family terminates their club membership at the start of the new year, it is assumed that they understand and will abide by the new version of the contract.

HBRA LATE PAYMENT POLICY

Monthly HBRA installment fees are billed on the first of each month, and payment in full is due by the 10th of that month.

- An account is considered delinquent and subject to a \$25.00 late fee if full payment of the HSC fee is not received by the 20th of the month in which it was billed.
- Membership privileges are automatically suspended if dues are not paid in full within 60 days of the original due date. Regatta fees must be paid no later than two weeks after the event. Unpaid regatta fees will result in the rower being excluded from future regattas until the fee is paid. Payment of these fees may be postponed if the HBRA Board of directors has a documented and approved alternate payment plan for the delinquent fees.
- Suspended members are not permitted to participate in any aspect of HBRA, including practices and any other club functions until the account is brought current.
- Members with delinquent but not yet suspended accounts are invited to propose an alternate payment plan to the Board for consideration. The proposed plan should be submitted in writing, and include contact information and a repayment schedule.
- Notify the treasurer of your intent to propose a repayment plan. Also notify the treasurer if you plan to leave the proposal in the HBRA lockbox. You may also give the proposal to the treasurer.
- The Board will review the proposed payment plan as soon as practical, and will provide their decision on the repayment plan to the member in writing. If the repayment plan is not approved prior to 60 days of nonpayment of a fee from the original due date, club membership will be automatically suspended.
- Instances of repeated delinquency or suspension may result in termination of the family's club membership.
- Annual fund raising fees are a separate financial obligation due by season's end.

HUMBOLDT BAY ROWING ASSOCIATION

SAFETY RULES

The following rules reflect our concern for the safety of our rowers, coaches, parents, administrators and officials.

Obvious safety rules include but are not limited to:

- Do not enter the water unless a coach is present.
- No pushing, or horseplay of any kind at, or around the boathouse.
- Chewing gum is not permitted during practice or race events.
- Possession or use of alcohol, tobacco products, controlled substances or weapons is prohibited.
- All rowers must remain at the boathouse until practice is over unless arrangements have been made with the coach in advance.
- Hair longer than shoulder length must be bound during practice.
- The changing rooms are for one person at a time, please wait your turn.
- Proper respect, sportsmanship, and courtesy towards coaches, officials, parents, university staff, competitors and team members will help to ensure the safety of members of our team.

CODE OF CONDUCT

Humboldt Bay Rowing Association is a community of rowers, coaches and parents. Our goal is to foster a cooperative atmosphere, working together to make this the best team it can be. Please remember that you are representing the club whenever you are involved with any HBRA activity.

It is HBRA policy that the following behaviors are unacceptable:

1. Disrespect to coaches.
2. Disruption of team activity, willfully disobeying coaches or officials or authority.
3. Disregard for basic safety for self or others.
4. Verbal harassment or use of profanity.
5. Causing, attempting to cause, or threatening to cause physical injury to another person.
6. Purposefully damaging or stealing team property.
7. Possession or use of drugs, alcohol, tobacco or weapons.

Discipline will be handled by the coaches and the board of directors, in accordance with the Humboldt Humboldt Bay Rowing Association Participant Safety Policy (which can be found under the safety tab at hbra.org).

Consequences will include, but are not limited to:

1. Warning of inappropriate behavior.
2. Time-out.
3. Removal from practice... parent will be notified to pick rower up.
4. Probationary period or suspension followed by probationary period.*
5. Dismissal from the team.*

* An appeal may be made to the Board of Directors; however, the decision of the board will be final.

Parents are expected to treat coaches and officials with respect and to abide by the team code of conduct

2016 HUMBOLDT BAY ROWING ASSOCIATION MEMBERSHIP AGREEMENT

Please complete both sides of this agreement and return to HBRA coach or to the HBRA lockbox in the HBRA Boathouse.

This form must be submitted within the first week of your rower attending practice.

• I/We, the undersigned, agree to pay a Seasonal Membership Fee of \$450 or 4 equal installments of \$112.50 per month due by the 10th of each month, subject to a \$25.00 late charge if not received by the 20th of each month for membership in Humboldt Bay Rowing Association (HBRA) for the rowers(s) whose name(s) appear on the Membership Agreement. Dues are payable regardless of the number of practices attended. HBRA agrees to provide our rowers(s) with coaches and rowing facilities for USRowing sanctioned rowing club activities.

_____ initial

• I/we agree that we will continue to be charged fees, and we agree to pay them, until we provide written notice that we are discontinuing our membership in Humboldt Bay Rowing Association. Notice must reach the treasurer prior to the first of the month to stop billing. _____ initial

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Rower(s) Name(s): _____

Parent(s) Name(s): _____

Signed: _____
parent/guardian date

I have received the HBRA Safety Rules and Code of Conduct and I have read and discussed them with my rowers.

Signed: _____
parent/guardian date

IMPORTANT: COMPLETE EMERGENCY INFORMATION ON REVERSE

2016 HBRA RROWER INFORMATION & EMERGENCY CONTACT INFORMATION

ROWER INFORMATION:

Rower #1:

Rowers's First Name Middle Name Last Name
Rower's: Age _____ Sex _____ Birth date _____

Rower #2:

Rowers's First Name Middle Name Last Name
Rower's: Age _____ Sex _____ Birth date _____

Rower #3:

Rowers's First Name Middle Name Last Name
Rower's: Age _____ Sex _____ Birth date _____

PARENT/GUARDIAN INFORMATION:

Name(s): _____

Street Address: _____

City: _____ Zip Code _____

Phone Numbers (Home): _____

Cell Phone Numbers: _____

Work Phone Numbers: _____

E-Mail Addresses: _____

EMERGENCY INFORMATION

Emergency phone (i.e. work phone, grandparents, et c.) _____

Doctor's Name: _____ Doctor's Telephone Number _____

Rower's allergies/health/behavior concerns we should know about: _____

