

2011 Western Reserve Rowing Association

Registration Guide

Thank you for joining us this year rowing on the Cuyahoga! Whether you are a novice or a veteran, fun, camaraderie, adventure and thrills are in store as you learn new skills, get some great exercise and race to the finish line. But first, we need to get things rolling along.

Registration is OPEN!

This document contains a brief guide to registration, a chart of our program fees /structure, and a catalog containing descriptions and pricing of our 2011 Programming. Before you rush to register, we encourage you to look over the information contained herein with the hope that it will make the process of selecting your programs and registering proceed smoothly.

Below, you will find "helpful tips" that should definitely be read before attempting to register.

For new rowers, the first thing you will need to do is create an account at the [WRRR Registration Site](#). Next, select "**activities**" from the menu across the top and a catalog of activities will appear. Choose "**WRRR**" from the "**Activity Category**" dropdown list and the catalog will be filtered to reveal only WRRR activities. Select an item and follow the instructions.

For returning rowers, if you do not remember your account information, instead of creating a new account, please enter your email address and request that your password be mailed to you.

Modular Fees & Prerequisites

During registration you will notice that "prerequisites" may be placed in your cart. These prerequisites are included in the published price of each program. They are not "extra" costs you have not anticipated; instead they are modules we use to structure our pricing in a way that reflects our budgeting methods. These may include "WRRR General Membership", "WRRR Rivergate Assessment", "General Sweeps (or Sculling)", and "Program" fees. It takes all of these various kinds of services to make the rowing programs and the boathouse function. The modular format we are using gives us some useful flexibility. For example, once anyone has paid a *full* General Membership and Assessment, they can add other programs and only incur the additional program fees associated with coaching. Note that for some of our shorter or limited programs, the fees paid are "half" or "partial" fees. In this case, when you add another program, you have to pay the remaining unpaid portion of the "full" fee. [Please see the accompanying chart for more details.](#)

Helpful Tips:

1. Preferred browsers are Internet Explorer and Firefox.
2. On the "*Participant Information*" screen, you will most likely see **RED** notifications across the top of your screen. Although you might interpret this as an indication that something is amiss, in fact, everything is perfectly fine. The system is notifying you that prerequisites have not previously been purchased and that they will be placed in your cart if you continue. If you add another item to your cart that has the same prerequisites, it will show you these same messages again. Fear not. You will find at checkout that there is only one of each in your cart.
3. The following more expensive programs are eligible for a *payment plan*:
 - Combination Spring and Summer Rowing League
 - Summer Recreational Rowing
 - Combination Spring and Summer Recreational Rowing
 - Masters Competitive
 - General Sweeps
 - General Sculling

For these, you have the option of paying in full at registration, or paying 40% of the costs for those programs only at the time of registration, and then having the balanced automatically charged to your credit card in two equal payments 31 and 62 days after registration.

- If you want this option, you must select it when it first appears. For these programs, you will notice the option at the bottom on the "*enrollment detail*" page.
 - If you want a payment plan on an eligible program, you must place that item in your cart FIRST, before anything else is added in order for it to apply to the prerequisites as well.
 - If you are registering for any of the "payment plan" programs above as well as Learn to Scull or SRL, and wish to get maximum benefit from the payment plan on the above program, I encourage you to pay for it first, and then go back and add LTS or SRL and pay for it.
4. If you have any problems or questions, please contact me at wrramembership@gmail.com. We will reply to your inquiries within a day.

Western Reserve Rowing Association 2011 Program Fee Structure

Activity	SRL	SpRL & SRL	SRL Novice Half Session	Summer Rec	Spring & Summer Rec	Masters Competitive	General Sweeps	General Sculling	Private Sculling	Learn to Scull	Learn to Row	Fall Rowing League	Fall REC
WRRR Rivergate Assessment	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓#	✓
WRRR General Membership	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓#	✓
General Sweeps				✓	✓	✓	✓						
General Sculling								✓					
Program Fee	85	130	0	65	115	320			15	200	30	45	30
Total	330	490	190	525	575	780	460	500	375	200*	30	45 – 190#	30*

 = \$230 Assessment
  = \$115 Assessment (half)
  = \$130 Membership
  = Partial Membership
  = \$100
  = \$140

*= only able to participate if enrolled this season in a program that has met (or is meeting) these prerequisites.

= fees will vary depending on prior activities this season.

Anyone who pays a partial or half fee (above) will be subject to additional fees if they participate in additional programs, but no one will pay more than a single full fee of each type regardless of the number of programs in which they participate in a single season.

Modular Program Pricing

WRRR Rivergate Assessment: This covers costs associated with the physical Rivergate property, docks, utilities, coaches launches /gas, parking.

WRRR General Membership: This covers costs associated with our equipment (boats, oars, etc), liability insurance, administration.

General Sweeps/Sculling: This covers maintenance costs associated with the Sweep boat fleet: rack fees, maintenance & repair, insurance.

Program Fees: This covers the costs of coaching and, in some cases, coxswains. The SRL program fees include rack fees, maintenance & repair and insurance for the SRL Equipment.

DESCRIPTION OF WRRR MEMBERSHIP AND PROGRAMS 2011

Membership in the Western Reserve Rowing Association is open to any adult who is interested in the sport of rowing. Those who wish to join WRRR must apply for one of the membership categories listed below, and pay membership dues on or before April 1, 2011 or the date on which the privilege of membership is first exercised. Members who have not renewed by April 1 will not be able to participate in any rowing activities at the boathouse until they have paid membership dues. There is no limit to the number of programs that a member may join. All members must follow the safety guidelines as stated in the [2011 Safety Operations Manual](#), and have sufficient safety qualifications for each program.

2011 WRRR Base Membership \$360

Full WRRR members may enroll in a variety of recreational and competitive rowing programs, suitable for all skill levels. Members have access to WRRR equipment and use of Cleveland Rowing Foundation property and facilities at Rivergate Park for the duration of any program in which the member is enrolled. Persons who apply for WRRR membership agree to abide by CRF and WRRR regulations, pay the WRRR base membership fee (including the Rivergate assessment), and all program fees in which they are enrolled. Full members who have participated for at least one year in WRRR have the right to vote on WRRR matters, and are also required to volunteer service hours or raise funds as specified annually by the WRRR Board. 2011 Base membership is effective from April 1, 2011 through March 31, 2012.

2011 WRRR Coxswain Membership: \$75

Coxswain members have full use of on-land facilities, but on the water they may only participate as coxswains. No rowing privileges are granted. Coxswain members have access to CRF facilities and equipment, with use of WRRR equipment for coxing privileges only. Coxswains who have participated for at least one year in WRRR have the right to vote on WRRR matters, and are also required to volunteer service hours or raise funds as specified annually by the WRRR Board. Coxswain membership is effective from April 1, 2011 through March 31, 2012.

2011 WRRR Coxswain Limited Membership: \$15

This category of membership is for coxswains who do not wish to have full membership (including voting) privileges. Limited coxswain members have use of on-land facilities, but on the water they may only participate as coxswains. No rowing privileges are granted. Cox members have limited access to CRF property and facilities, plus use of program-specific WRRR equipment for coxing privileges only during a specified WRRR program (such as SRL or Masters COMP).

2011 WRRR Coaching Limited Membership: \$15

Limited coaching members have use of on-land facilities, but on the water they may only participate as coaches. No rowing privileges are granted. Coach members have access to CRF facilities and equipment, with access to program-specific WRRR equipment for coaching privileges only during a specified WRRR program (such as SRL or Masters COMP).

2011 Student Limited Membership: \$75

Student membership provides three months of membership in those programs for which they are qualified (excludes Rowing Leagues). A student is a person enrolled full-time in a college located outside Cuyahoga County and who, while attending classes, resides outside Cuyahoga County, and who is "on break between class term" (semester or quarter). Classification as a student terminates upon graduation. Student limited membership has no voting privileges and is effective from May 15, 2011 to August 15, 2011.

WRRRA LEARN TO ROW PROGRAM

Learn to Row is a comprehensive instruction session for adults without prior rowing experience. This is the first step in joining the rowing community and a required first step for participation in WRRRA's Summer or Fall Rowing Leagues. It is a welcoming, one day introduction by experienced WRRRA instructors who will teach you all the basics of the sport of rowing.

Topics to be covered include a boathouse orientation, safety, rowing terminology, and boat handling. You will receive instruction on basic rowing technique using a stationary rowing machine, as well as on-the-water practice rowing as a crew of eight.

2011 Learn to Row sessions will be offered from 7:30-2:00pm on the following dates:

Spring

Saturday, April 2	Sunday, April 3
Saturday, April 9	Sunday, April 10
Saturday, April 16	Sunday, April 17

Learn to Row session fee: \$30.

Class size is limited to 24 participants. [Register online](#) early to ensure a place in class. Registration will close 72 hours prior to each session.

What to bring and wear:

Brown bag lunch, water bottle and sunscreen; we row rain or shine, so plan to wear appropriate, layered clothing and outerwear that might be worn for a jog.

- For more detailed information, contact wrramembership@gmail.com.
- Find directions and map to the boathouse [here](#).

WRRRA ROWING LEAGUE PROGRAMS (SpRL, SRL and FRL)

The WRRRA Rowing League offers a series of rowing programs for both experienced and first time adult rowers in the spring (SpRL), summer (SRL) and fall (FRL). In all rowing league programs, participants are assigned to crews of 12-14 rowers with a dedicated WRRRA coach. Crews practice in eight-person boats on one designated night a week (Monday through Friday) in eight or 16 week sessions.

Rowing League crews are determined by the WRRRA according to participants' preferences and skill level, and may be made up of new rowers (novices), experienced rowers, or may be mixed. Crews may also be mixed gender, all female or all male. Crews are assigned practice nights on a first come first serve basis, and the number of openings is limited per session based on availability of equipment and coaching.

All new rowers, as well as those who have not rowed with WRRRA in the past five years, must complete a Learn to Row (LTR) session prior to their first practice. *For further information on Learn to Row, see the Learn to Row section in this document or the [WRRRA website](#).*

SRL Session I begins the week of May 9 and culminates with the first regatta on Saturday, July 9. New rowers who are unable to participate in SRL Session I may register for SRL Session II.

All new rowers, as well as those who have not rowed with WRRRA in the past five years, must complete a Learn to Row (LTR) session prior to their first practice. *For further information on Learn to Row, see the Learn to Row section in this document or the [WRRRA website](#).*

SRL Session I: Week of May 9 through July 9 Regatta
SRL Session II: Week of July 11 through Aug 27 Regatta

SRL half-session fees:

\$190 for either session if it is rower's first session
Fee for Session I rowers who wish to continue in Session II: \$160
\$30 additional LTR session fees for new rowers

FALL ROWING LEAGUE (FRL)

The seven week Fall Rowing League is designed as an extension of WRRRA's Summer Rowing League. During once a week practice sessions with a dedicated coach, rowers will refine technical skills and improve aerobic fitness. Crews may consist of new rowers (novice crews), experienced rowers, or mixed skill levels. All FRL rowers will receive a free t-shirt.

FRL program dates:

Mondays	5:45 – 7:15pm	September 19 through October 31
Tuesdays	5:45 – 7:15pm	September 20 through November 1
Wednesdays	5:45 – 7:15pm	September 21 through November 2
Thursdays	5:45 – 7:15pm	September 22 through November 3
Fridays	5:45 – 7:15pm	September 23 through November 4

Program days and times are dependent on enrollment

FRL program fees:

For new rowers: \$190
If participated in SRL full or half-session: \$160
If participated in SpRL + SRL: \$45
\$30 additional LTR session fees for new rowers

WRRRA GENERAL SWEEPS

The General Sweeps membership allows a rower who is a full WRRRA member to use WRRRA sweep equipment as deemed by the equipment committee and subject to equipment availability. General Sweeps members must pay the 2011 WRRRA base membership fee with Rivergate assessment in addition to this membership option.

General Sweeps members have the option to register for the following coached rowing programs:
Recreations Rowing or Masters Competitive.

All General Sweeps members using WRRR 8+ and 4+ shells must have the necessary safety qualifications before using the equipment independently without a coach on the Cuyahoga River. For safety qualifications, see the [2011 Safety Operations Manual](#). For General Sweeps rules and regulations, visit the [WRRR website](#).

WRRR annual membership w/Rivergate assessment + General Sweeps: \$460

General Sweeps membership fees only (for rowers who have paid WRRR base membership w/Rivergate assessment): \$100

WRRR RECREATIONAL ROWING PROGRAMS (REC)

Recreational Rowing is a transitional program for experienced rowers who are ready to move beyond the once a week Summer Rowing League (SRL) program. For some this may serve as the next step towards preparing to participate in the more intensive Masters Competitive program. For others it may serve as an opportunity to row more frequently, to improve rowing skills, and to improve their fitness level.

Led by WRRR's REC coaches, mixed crews practice in 90 minute, early evening sessions twice a week in either 4-person or 8-person shells. Enrollment is limited to ensure close personal attention by the coaching staff. Crews provide their own coxswains. REC crews will also have the opportunity to race, if desired, in select regattas during the summer and fall.

The REC program is part of the WRRR General Sweeps membership; rowers must be full WRRR members as well as registered General Sweeps participants.

SPRING REC

New for 2011, the Spring REC program is open to all experienced rowers who have completed two previous WRRR rowing league sessions or any other REC program. Enrollment in the Spring REC program is limited to rowers who register concurrently for the Summer REC program. Spring REC t-shirt is provided.

Spring REC program dates:

Mondays and Wednesdays, 6:00 – 7:30pm March 21 through May 4, 2011

Program days and times are dependent on enrollment

WRRR membership w/Rivergate assessment, General Sweeps + Spring REC + Summer REC programs package: \$575

SUMMER REC

The 16 week Summer REC program is open to all experienced rowers who have completed two previous WRRR rowing league sessions or any other REC program. Rowers may register to row in one of two sessions: Monday/Wednesdays or Tuesday/Thursdays.

Summer REC program dates:

Mondays and Wednesdays, 6:00 – 7:30pm May 9 through August 31, 2011

Tuesdays and Thursdays, 6:00-7:30pm

May 10 through September 1, 2011

Includes an additional session on boat handling skills

Program days and times are dependent on enrollment

No sessions held on July 4 or May 30. Regular practice times which fall on holidays will be rescheduled at the convenience of the coach and crew

WRRRA membership w/Rivergate assessment, General Sweeps + Summer REC package: \$525

Fee for qualified SpRL + SRL rowers to enroll in Summer REC: \$165

Fee for qualified SRL rowers to enroll in Summer REC: \$280

FALL REC

The eight week Fall REC program is open to those have completed the 2011 Summer REC program, the 2011 Spring and Summer Rowing League combined program, OR consent of the coach. Emphasis will be placed on refining rowing technique and improving aerobic fitness through long, coached sessions.

Fall REC program dates:

Tuesdays and Thursdays, 6:00 – 7:30pm

September 13 through November 3, 2011

Program days and times are dependent on enrollment

Fall REC program fees: \$30

Half-season General Sweeps fees will apply for those rowers transitioning from SpRL+ SRL

WRRRA MASTERS COMPETITIVE PROGRAM (COMP)

The purposes of the Masters Competitive Program are: to provide structure and encouragement for WRRRA members with a minimum one year of rowing experience who desire to participate in rowing competition; to improve the technical skills and physical condition of rowers in the program; and to increase the recognition of WRRRA as effective competitors at local, regional, and national rowing competitions.

This intensive sweep rowing program incorporates 3 organized practices on the water per week led by WRRRA Head Coach Kirk Lang, with the understanding that participants will devote themselves to 2-3 additional training sessions per week through erging, sculling, strength training or other forms of cross-training.

All rowers in the program are given the opportunity to participate in tryouts. Racing lineups will be designed to make the most competitive boats possible. Participation in races is determined by seat race performance, erg scores and attitude.

The COMP program cost does not cover the additional costs associated with races such as registration, lodging, or truck rental/gas for the trailer. Coaching will be available starting in April and continuing until October; program and practice structure is in process of development for 2011season.

The COMP program is part of the WRRRA General Sweeps membership; rowers must be full WRRRA members as well as registered General Sweeps participants.

MASTERS COMPETITIVE program dates:

April, 2011 through October, 2011

WRRRA annual membership w/Rivergate assessment, General Sweeps + Masters COMP program package: \$780

Masters COMP program fees + General Sweeps (for rowers in other programs who have paid WRRRA base membership w/Rivergate assessment) \$420

Regatta fees are assessed on a race by race basis and are in addition to program fee

Post below on the WRRRA website on the general sweeps page

General Sweeps rules and restrictions:

- Regularly scheduled sweep programs such as Masters Competitive and Recreational Rowing will have equipment priority over independent use by General Sweeps members.
 - All General Sweeps members using WRRRA 8+ and 4+ shells must have the necessary safety qualifications before using the equipment independently without a coach on the Cuyahoga River. For safety qualifications, see the [2011 Safety Operations Manual](#).
 - All general sweeps members using WRRRA 2- shells must be certified before using the equipment independently without a coach on the Cuyahoga River. For independent pair certification guidelines, contact: [WRRRA Sculling Committee](#). *need a hyperlink to WRRRA Sculling email address*
 - A WRRRA participant in another program (such as SRL, General Sculling or Private Sculling) may row three times as a General Sweeps "guest" before applying for this membership option.
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WRRRA LEARN TO SCULL PROGRAM

Learn to Scull is a three week, 6-session program designed to introduce current WRRRA members with a minimum one-year prior rowing experience to the pleasures of rowing in small boats. Participants will learn boat and oar handling techniques in a stable "trainer" Wintech single, then progress to a racing single as comfort level and skill increase.

Led by the WRRRA coaching staff, participants in Learn to Scull will meet twice a week in 90 minute sessions at a time that is arranged between coach and sculler. No more than two participants may register in each 6-session program, ensuring the highest level of coaching instruction. Beginning scullers must provide their own sculling mirror for all practice sessions.

LEARN TO SCULL program dates:

Ongoing from June, 2011 through September, 2011

Contact [Learn to Scull](#) prior to registration to arrange program dates. Program days and times are dependent on enrollment.

LEARN TO SCULL program fee: \$200

Rowers must be full WRRRA members, having paid the 2011 membership fee w/Rivergate assessment

Participants who would like to continue to scull after the Learn to Scull program must apply for WRRRA General Sculling membership.

WRRRA GENERAL SCULLING

The General Sculling membership option allows a rower who is a full WRRRA member to use WRRRA sculling equipment as deemed by the equipment committee and subject to equipment availability. General Sculling members must pay the 2011 WRRRA base membership fee with Rivergate assessment in addition to this membership option.

All general sculling members using WRRRA sculling equipment (singles, doubles and quads) must be certified by the WRRRA sculling committee before using the equipment independently without a coach on the Cuyahoga River. For sculling rules and regulations, visit the [WRRRA website](#).

WRRRA annual membership w/Rivergate assessment + General Sculling: \$500

General Sculling membership fees only (for rowers who have paid WRRRA base membership w/Rivergate assessment): \$140

For independent sculling guidelines, contact the [WRRRA Sculling Committee](#).

WRRRA PRIVATE SCULLING

The private sculling option allows a rower with full WRRRA membership access to the private sculling bay for storage of his/her personal sculling equipment. Rowers are responsible for paying annual private boat storage fees directly to CRF. Private Sculling members must pay the 2011 WRRRA base membership fee with Rivergate assessment in addition to this membership option.

Private sculling membership **does not** grant use of WRRRA or CRF sculling equipment. All WRRRA members using personal sculling equipment must be certified as an independent sculler before sculling without a coach on the Cuyahoga River.

WRRRA annual membership w/Rivergate assessment + Private Sculling: \$375

Private Sculling fees only (for rowers in other programs who have paid WRRRA base membership w/Rivergate assessment): \$15

For independent sculling guidelines, contact the [WRRRA Sculling Committee](#).

Post below on the WRRRA website on the general sculling page

Sculling rules and restrictions:

- All general sculling members using WRRRA sculling equipment (singles, doubles and quads) must be certified by the WRRRA sculling committee before using the equipment independently without a coach on the Cuyahoga River.
- All sculling members must follow the safety guidelines as stated in the [2011 Safety Operations Manual](#) as well as adhere to the WRRRA sculling bylaws.
- General sculling members using WRRRA equipment MUST sign boats in and out on a sign-out log.
- General sculling members are responsible for the mandatory use of rowing mirrors, plus marine radio and boat lights as required by the 2011 SOM.
- All independent scullers and independent doubles shall be required to carry a noise making device, e.g. whistle, while rowing.

- If, during a row, there is damage to or a skeg lost on a WRRR sculling shell, it must be reported immediately to the WRRR Equipment Chair, copy to the Sculling Chair. A \$40 skeg replacement fee will be payable to WRRR before the right to use any WRRR sculling equipment is resumed.
 - A WRRR participant in another program (such as SRL, REC or Competitive Masters) may row three times as a general sculling “guest” before applying for this membership option.
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