Fall 2006 Orientation

Quality rowing opportunities for graduate students and the broader MIT community
What is rowing?

Each rower holds a single oar
Each boat holds 8 rowers, and 1 coxswain
MIT Rowing Club

- Quality rowing opportunities for graduate students and the broader MIT community
- Both recreational and competitive “tracks”
  - Regattas both in Boston and beyond
- Social events and community outreach
The Charles River Basin

MIT Rowing Club
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Pierce Boathouse

- We share the boathouse with the MIT undergraduate (varsity/novice) teams

MIT Rowing Club

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Typical Practice

- Lineups selected by coaches, sent out each week by team captains
- 6am arrival
  - On-time arrivals mandatory (deboating policy)
  - Door code information
  - Locker rooms; short lockers only
  - Ready to carry boats out at 6:05am
Getting on the Water

- Lifting boat off the racks, into water
- Getting into the boat
During Practice

- Coach-supervised:
  - Technique development
  - Drills
  - Pieces
Getting off the water

- Be aware during docking; listen to your coxswain
- Be careful and move slowly
Coxswains

- Safety (steering)
- Communicates progress, gives transition commands other information
- Coaches the boat
- Executes race strategy and motivates the rowers

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When we’re on land: erging, weight-lifting, running, biking
Racing

- Fall races: 5K
  - Textile Regatta
  - NH Championships
  - Head of the Charles (M1 only)
  - Intramural Boat Race
- Spring: 1000m or 1500m
  - Wharton Sprints
  - World Graduate Rowing Championships

MIT Rowing Club

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Year-Round Programming

- Fall Season (6 or 7 weeks) begins week of 11 Sept; pre-selection for experienced rowers is week of 4 Sept
  - All practices are M-F 6-8am
  - Optional Saturday conditioning takes place at 9am in Z-Center
- Winter Season starts right up after our last Fall practise
  - 6hr/wk of indoor training
- Spring Season starts up week of Spring Break
For all rowers and coxes: Saturday 9am conditioning (optional, but strongly recommended for at least Men’s 1st VIII)

All practices are 6am-8am

SEE WEBSITE FOR LATEST SCHEDULE
web.mit.edu/rowingclub/www
Expectations

- **Safety**
  - Be aware of what’s going on, especially when handling boats or landing
  - Know the rules and use good judgement

- **Respect for Others**
  - If you state you’ll be available and are boated for a practise, you have a responsibility to show up and to be on time
  - Deboating policy in effect for all rowers and coxswains

- **Outreach / Community Volunteering**
Deboating Policy

“Deboating” means:

- If you are in the lineup but you miss a practice or are late to practice, then you will be automatically removed from lineups on at least two subsequent days.

- Repeated lateness results in stronger deboating penalties.

- (But in Fall ’05 a deboating penalty was issued fewer than 5 times.)
Participation Requirements

- You must have access to the Z-Center
- AND you must be an MIT affiliate
  - Students, faculty, staff, alums, spouses of these categories
- Dues (6-7 week season)
  - Experienced Rowers: Men 1st VIII $190, Men 2nd $140, Women $110 (due 9/15)
  - Novices (6 weeks): $80 (due 9/22)
  - Coxswains: FREE!
Club Organizational Structure

- Volunteer-based; partially funded by DAPER through MIT Club Sports
- Officer elections in January/February each year
- Potential opportunities for fundraising, community outreach, volunteering, etc.
## Officers for calendar year 2006

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>President</td>
<td>Thaddeus Fulford-Jones</td>
</tr>
<tr>
<td>Vice President</td>
<td>Henryk Faas, Emily Craparo</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Hansen Bow</td>
</tr>
<tr>
<td>Social Coordinator</td>
<td>Lorraine Boyd</td>
</tr>
<tr>
<td>Web/E-Mail</td>
<td>Fern DeOliviera</td>
</tr>
<tr>
<td>Race Coordinator</td>
<td>Christian Ekholm-Jacobsen</td>
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## Captains

<table>
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<tbody>
<tr>
<td>Men’s Captain</td>
<td>Thaddeus Fulford-Jones</td>
</tr>
<tr>
<td>Women’s Captains</td>
<td>Lorraine Boyd, Ulrike Baigorria</td>
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We also have fun...
Fall Kickoff BBQ

- This Friday (8th September)
- If you’re planning to join the club, you’re invited!
Questions?

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