



2023-2024 Athlete & Parent Handbook

High School & Middle School

Lake County Rowing Association
1050 Victory Way, Clermont, FL 34711
(352) 432-8027 RowLCRA.org

Fall Season Dates 2023:

HS Varsity/Returners Aug. 14, 2023
HS Freshmen/Novice and Middle School Aug. 28, 2023
Middle School ends December 11, 2023.
HS Varsity/Freshman/Novice ends December 20, 2023.

Spring Season Dates 2024:

All High School & Middle School: Jan. 4, 2024
Middle School ends May 6th (except for athletes qualifying for USRowing Youth Nationals)
High School ends May 13th (except for athletes qualifying for USRowing Youth Nationals).

LCRA Registration Deadline:

First day of Season

Physicals Deadline:

One week before starting day of season

LCRA Payment Deadline:

First day of season

People to know:

Keith Young	Head Coach	RowingDirector@rowlcra.org
Kim Campbell	Head Middle School Coach	CoachKim@rowlcra.org
Eddy Gomez	Assistant High School Coach	CoachEddy@rowlcra.org
Chris Arthur	Strength and Conditioning Coach	CoachChris@rowlcra.org
Dana Power	Youth Coordinator	YouthCoordinator@rowlcra.org
Rebecca Young	Membership Coordinator	Membership@rowlcra.org
Amanda Alderman	Secretary	secretary@rowlcra.org
Keri Caridi (BOD)	Youth Program Representative	KeriC@rowlcra.org
Dana Kelly	Vice-President	VP@rowlcra.org

Fall Practice Times:

High School Varsity	* In the Fall, no practice (2) Wednesday's per month. *In the Spring, no practice one (1) Wednesday per month	Monday - Friday 3:25 pm - 6:00 pm Saturday 8:00am - 10:30am
High School Freshmen / Novice	*In the Spring Season, Freshman/Novice will follow the High School Varsity Schedule M-F	Monday, Tuesday, Thursday 3:25 pm - 6:00 pm
Middle School	*Fall and Spring	Monday, Tuesday, Thursday 4:45 pm - 6:45 pm

Parents: Please do your best to schedule doctors' appointments on your day off to minimize disruption. In the event of a weather delay or cancellation you will be notified via iCrew Alerts.

Lake County Rowing Association (LCRA) is thrilled to welcome you to the 2023-2024 Youth Rowing program! We are looking forward to a great season of rowing and racing. Please be sure to read this document thoroughly. Registration involves numerous steps - please contact the Youth Coordinator if you have any questions or issues completing the registration.

Steps to complete Youth Rowing registration:

1. Thoroughly read this document to understand the boathouse operations.
2. Go to the RowLCRA.org HS or MS page and complete the registration.
3. Payment must be received by the first day of the season.
4. If you need to pay by cash or check, contact the Youth Coordinator.
5. Read and complete our liability waiver, swim attestation, Safesport attestation, photo waiver, and handbook agreement when you register. Swim tests will be administered throughout the season.
6. If not already a USRowing member, go to USRowing , create an individual account and become a member (\$25/year). At the waiver page, click the box to agree to the waiver, pay the membership fee and complete the membership signup.
7. In the USRowing portal, on your membership profile, click the green Join Organization button and enter Lake County Rowing Association.
8. Log into USRowing and click the SafeSport logo on the left side of the page. Parents: Watch [Safesport Parents Guide Video](#) 30 minutes, Youths: watch [Safesport for Youth Athletes \(13-17\)](#) 15 minutes.

9. Sign up on the iCrew team management application, be sure to update birth date, school and grade information. You will receive an email to download the app and create a login.
10. Provide the coaches with your most recent and up to date physical exam at least seven (7) days before the starting day of the season.

Athlete Code of Conduct

Rowers have a tradition of excellence on and off the water. We expect all our athletes to uphold this tradition, not only here at the boathouse, but also in school and at home. We know this is a rigorous sport and that the training and competition can be mentally and physically taxing. We also know the rewards and positive by-products of this hard work and training. You must trust that upon completing a season like this, you will be a better, stronger, happier person than the day you began. Anything worth doing is worth doing well.

We, the coaches, are here to help you learn the best ways to maximize your training, competitive success, and teammate interactions. If you, the athlete, ever need clarification about technical feedback, workouts, or selections, please feel free to ask us and we'll schedule some extra time. To best support you in this endeavor, we need all athletes to hold themselves to certain standards of decency, excellence, and commitment. Below, you will find our Code of Conduct. Any violations of the Code of Conduct shall be dealt with in the following order of warning and review. First, a verbal warning from coach to athlete. Second, a written warning from coach to athlete, and a conversation with a parent(s). Third, an official writeup and conversation with both the athlete and a parent(s) and notification in writing of his/her possible expulsion. The Member will be given an opportunity for a hearing with the Board of Directors before being expelled and a majority vote of the Directors present at such a meeting with the Board of Directors will result in a suspension from training and competition for at least one competitive season (fall, spring, or summer) without refund.

The Code of Conduct includes the following:

I. **Bullying**

"Bullying" includes, but is not limited to, the following behavior:

- a. Cliques behavior (non-inclusive team behavior or speech).
- b. Rude, inappropriate, or derogatory comments or actions from one teammate to another.
- c. Rumor-milling, gossiping, or negative comments about teammates, coaches, parents, volunteers, workouts, or results.
- d. All policies include cyber/online bullying.

II. NO DRUGS, TOBACCO/VAPING, OR ALCOHOL

- a. At home, team functions/regattas, or any other venues. As well as it being illegal, it is also tremendously detrimental to your training and growth. Any student-athlete in possession of or using will be immediately suspended with the possibility of being dismissed from the team.

III. Inappropriate Conduct or Behavior

- a. In accordance with the Lake County Public Schools Code of Student Conduct & Policy Guide, we expect that all athletes refrain from inappropriate physical contact of any kind. This includes the following behavior or contact: public displays of affection, massaging, fighting, and any other contact deemed inappropriate by the coaching staff.

IV. Social media

- a. Social media is frequently used by all our athletes, parents, and members. It is a forward facing, very public representation of our club, our teammates, and the larger LCRA family. All official club social media accounts will be run from within the employment structure of the organization unless indicated otherwise by the Head Coach.
- b. For personal social media accounts:
 - i. Athletes may not “block” one another or use social media to bully or exclude. Teammates are teammates no matter what.
 - ii. Athletes may not otherwise use their social media to put LCRA in a negative light.

This policy may be subject to change dependent upon the infraction.

V. Attendance

Rowing is a big commitment of time, energy, and money. It is imperative that all rowers and parents take this commitment seriously. No Call/No Show absences (defined as nonemergency and no coach notification) are never acceptable. Absences are, however, inevitable, and sometimes necessary. It is important to understand that rowing is a sport in which boats require certain numbers to be able to train. If the coach cannot adequately prepare for the absenteeism, it may affect other athletes and their ability to train effectively. Therefore, it is imperative that you notify your coach via phone or text as far in advance as possible if you need to miss a practice or need to arrive late.

NOTE: High School Spring Break workout attendance is optional for all athletes to increase their fitness.

VI. Practice Uniform

- a. All athletes are required to wear spandex shorts whenever they are in the boat. Tennis/basketball shorts are not allowed on the water or the erg. Please check the website for links to appropriate apparel examples.
- b. Hats/Visors and sunglasses are highly recommended to reduce eye strain and cumulative damage (inexpensive UV sunglasses can be purchased at the drugstore or online).
- c. Sunscreen with minimum SPF 50 is highly recommended.
- d. Only non-disposable/reusable water bottles are allowed. They must be wrapped with a sock or have other soft padding around them to prevent scraping boat cockpits and causing equipment damage.

VII. Phones

When entering the boathouse for practice, youth phones are put into the phone basket and are not to be used during practice. They will be used for Erg workouts so Youth can track/store their workouts and transmit data to the coaching system. If there is any emergency, parents can call their coach to get in touch with their youth athlete.

VIII. Parking/Pick Up

- a. To those of you who drive your own vehicle, there is no returning to vehicles after you have arrived at practice.
- b. Rowers are to park in the boathouse parking lot.
- c. Parents will pick up youth from the queue in the boathouse parking lot.

IX. Communication

- a. If you or your teammates are running late, contact your coach.
- b. In the event of an emergency, or if you or a teammate are in any kind of danger, phone calls are permitted.
- c. In the event of an unforeseen circumstance, please contact the Director of Rowing, Keith Young @ if you need to cancel your attendance on the day of practice. Please ensure "no call/no shows" do not take place.
- d. All private meetings outside of normal practice time will include at least two coaches.
- e. All last minute, same day emergency situations require that you notify, Coach Keith Young, Director of Rowing @ 407-492-7125

X. IX. Regattas

- a. Only family members and fellow LCRA team members are allowed under our tent at regattas. Members of other teams, significant others, or visiting friends can meet you in public areas around the regatta.
- b. While under the tent, be respectful of your teammates who want to rest.

XI. Workout Completion

- a. Failure to complete a workout because of an injury must be followed by a doctor's visit and clearance before you are allowed to return to normal practice.
- b. Failure to complete a land/erg workout may prevent you from joining on water training until that workout is completed.

Parent Code of Conduct

We have an incredible group of parents on this team who support and encourage their kids to be the very best they can be. We also have a strong core of coaches who are prepared to handle the day-to-day operations and the necessary training required to provide your children with the safest and most rewarding experience on and off the water. Our partnership, then, is imperative for their success. It is vital that we trust each other's ability to help these student-athletes become their best selves. This year's training may be an adjustment for some of them. They will have tough days now and again. They may even have a tough week or two during championships or selections. It is our collective responsibility to support them, listen to their concerns, but also to remind them that not every rower gets every seat or every medal every day, no matter their seniority. The primary responsibility of each athlete is to try their best and to support their teammates, so we ask that you help support that mindset first and foremost.

I. Communication

- a. Initial athlete concerns should be brought up by the athlete to your athlete's coach.*
- b. Concerns regarding the conduct or safety of your athlete's coach should be brought to the attention of the Youthcoordinator@rowlcra.org.
- c. General parent communication should occur via email, unless it pertains directly to official club matters. This includes but is not limited to, chaperoning, fundraising, event planning, recruitment questions, etc.
- d. **In the event of an emergency, PLEASE contact Coach Keith Young as soon as possible @ 407-492-7125**

*Direct Coach denotes the specific coach for your rowing category: HS Varsity, Freshman/Novice (F/N), and Middle School.

II. Positivity

As role models, it is important that we all must model positive behavior for our athletes and children. As a result, please adhere to the following guidelines at practice and/or regattas.

- a. Rumor-milling, gossiping, or negative comments about teammates, coaches, other parents, volunteers, workouts, or results will not be tolerated.
- b. If we need to address these concerns, the coach will ask any involved parties to sit down to discuss their concerns.

III. Parents at Practice/Regattas

Please think of our practices and regattas like any other athletic practice or competition. Please let the kids practice, play, and learn how to develop communication skills and healthy peer-peer relationships. This is their time to be an athlete.

- a. Parents are asked to stay clear of the boat bays, dock and fitness areas during practice time.
- b. No parents are permitted within the "athlete section" at regattas.
- c. Parents may not negatively affect athlete performance by sequestering, prioritizing, or isolating their athlete during a practice or competition.
- d. We encourage parent ride-alongs with coaches which can be scheduled with the Head Coach.
- e. Other than providing helpful assistance for the team, parents are requested to stay clear of the LCRA boat trailer at regattas.

IV. IV. Parent Volunteer Requirements

We cannot be successful without the amazing, continued support of our wonderful parent volunteers. LCRA's youth program cannot operate effectively without a strong commitment from the athlete's family.

For the 2023- 2024 High School season, a minimum of 10 hours of volunteering for each season (10 for Fall and 10 for Spring) is required from each high school athlete's parent group.

For the 2023- 2024 Middle School season, a minimum of 5 hours of volunteering for each season (5 for Fall and 5 for Spring) is required from each middle school athlete's parent group.

If you are unable to fulfill your required volunteer hours, you can opt to pay \$20 per hour not served. You may decide to do this at the time of registration for the total amount for the semester, or if your commitment is not fulfilled by Dec 20 (fall season)

or April 25 (spring season), your account will be charged for any hours not served. Payment must be received before an athlete will be allowed to register for any additional events (youth banquet, summer camps, select regattas) until payment has been made.

All volunteers are required to complete a Safesport Training module related to volunteering/contact with youth members to be able to volunteer for the club.

a. Volunteer Opportunities include but are not limited to:

- Regatta prep/planning
- Hospitality support
- Administrative support/planning
- Chaperoning at over-night regattas
- Fundraising planning/execution
- Event planning/execution
- Equipment maintenance (repairing shoes, seats, etc.)
- Scheduled Boathouse cleaning

b. Chaperoning Details – We need approved Chaperones for our away (overnight) regattas for when the team is not actively competing or practicing. Approved includes a Background Check and completing the free on-line USRowing Safesport training specifically related to chaperoning and interaction with youth athletes. Interested parties please contact the Head Coach.

V. Review and Warning

If we encounter problems with conduct from a parent or group of parents, we will request a meeting between all coaches and parents involved. If the situation persists or cannot be resolved, the issue will be reviewed by the Board of Directors and consistent with the LCRA by-laws, the parent and athlete may be suspended from training or competition without refund.

Athlete Transportation Policy

- Parents are responsible for arranging travel to and from events for their own athlete.
- Coaches are not allowed to drive athletes to any event or practice unless written approval is provided by a parent(s) beforehand.
- Athletes are expected to remain with the team throughout the entire regatta or event unless special arrangements have been made in writing prior to the event or regatta.
- No student-athlete is permitted to leave a regatta until the boat trailer loading has been completed and medals are presented or dismissed by the coach.

Sickness and Injuries

- In the event of sickness, athletes must remain away from practice until symptoms subside.
- Please report all injuries to a coach immediately so that we may try to get you the appropriate treatment as quickly as possible. If an athlete is unable to complete workouts as assigned due to pain or injury, they will NOT be permitted to return to practice until they have clearance to return from a doctor. We want to be very careful about not furthering any discomfort or injury.

Fundraising

Fundraising is a necessary part of keeping our program running. All team members will be required to participate in team fundraisers to be eligible to compete. This year's fundraisers will include, but not limited to, the following:

- Coupon book sales
- Car Wash
- Rummage Sale
- Christmas Poinsettia

Fundraising opportunities/information to be announced.

Refund Policy

If an athlete wishes to withdraw from LCRA before starting, the registration fees minus a \$50 administrative fee and any credit card processing fees, will be granted if that request is received seven (7) or more calendar days in advance of the first practice. We do not have refunds less than seven (7) days from the date of first practice.

Cancellation of Membership

Cancellation of membership, whether by athlete, parent, or Board of Directors cancels all rights and privileges of membership without refund.

Tentative Regatta Dates* Updated Schedule will be added to the LCRA Google Calendar and iCrew.

<p>FALL SEASON: There are generally 2-3 Head Racing Regattas in the fall season. Events, locations, and dates will be published before the start of the season.</p>		
<p>SPRING SEASON: There are generally 5-6 Sprint Racing Regattas in the spring season. Events, locations, and dates will be published before the start of the season.</p>		
<p><u>Important Dates</u></p>	<p>HS Varsity Athlete dedicated appointment days (Wednesday)</p>	<p>*The dates are for planning purposes only; dates can be subject to change over time</p>
<p>August 14, 2023</p>		<p>First Day of Fall Season for High School Returners (Varsity)</p>
<p>August 26, 2023</p>		<p>LCRA Pancake Breakfast @ Boathouse All Coaches, Parents, HS, MS, and Adult Rowers. Novice & Exp.</p>
<p>August 28, 2023</p>		<p>First Day of Fall Season for MS /HS Novices / 9th Graders</p>
<p>TBD</p>		<p>New Parent Fall Orientation Meeting</p>
<p>August 30, 2023</p>	<p>Optional Day Off</p>	<p>HS Returners (Varsity) / Select 9th Graders - APPOINTMENTS DAY Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM</p>
<p>September 1, 2023</p>	<p>Lake Cty. Schools Day Off</p>	<p><u>LCS Day Off</u>: HS Returners (Varsity) - 7:30 to 10 AM ***** RECRUITING: First Friday Food Truck, Downtown 4:30 PM to 8:00 PM (All Varsity / Returners)</p>
<p>September 2 2023</p>	<p>SATURDAY</p>	<p>RECRUITING: LCRA Open Boathouse 8:00 AM to 10:00 AM (All Varsity / Returners / Select MS & HS Novices)</p>
<p>September 4, 2023</p>	<p>Lake Cty. Schools Day Off</p>	<p>Labor Day (Lake County School Day Off) Middle School - No Practice* High School Returners (Varsity) - 7:30 AM to 10:00 AM</p>
<p>September 13, 2023</p>	<p>Optional Day Off</p>	<p>HS Returners (Varsity) / Select 9th Graders - APPOINTMENTS DAY Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM</p>
<p>September 27, 2023</p>	<p>Optional Day Off</p>	<p>HS Returners (Varsity) / Select 9th Graders - APPOINTMENTS DAY Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM</p>
<p>October 6, 2023</p>		<p>RECRUITING: First Friday Food Truck, Downtown 4:30 PM to 8:00 PM (All Varsity / Returners) ***** NO HS Returners (Varsity) Practice*</p>
<p>October 7, 2023</p>	<p>SATURDAY</p>	<p>RECRUITING: LCRA Open Boathouse 8:00 AM to 10:00 AM (All Varsity / Returners / Select MS & HS Novices)</p>

October 13, 2023	*Replaces Wed Optional Day Off	(Lake County School Day Off, replaces Wed. Day off) High School Returners (Varsity) - 7:30 AM to 10 AM
October 14, 2023	RACE	First Coast Head Race Regatta (FCHR), Jacksonville, FL High School Varsity Only (possible selected 9th graders) LCRA Masters will also compete
October 25, 2023	Optional Day Off	HS Returners (Varsity) - Supervised Open Boathouse for Erg or Weights, 3:30 PM to 5:30 PM
October 28, 2023	RACE	Halloween Regatta - Tampa, FL High School Varsity & Experienced Middle School (Only some HS Novices and MS Novices selected)
November 3, 2023		RECRUITING: First Friday Food Truck, Downtown 4:30 PM to 8:00 PM (Maybe some Varsity, Select MS & HS Novices) ***** NO HS Returners (Varsity) Practice* (HOHR Travel)
November 4, 2023	SATURDAY	RECRUITING: LCRA Open Boathouse 8:00 AM to 10:00 AM (Maybe some Varsity, Select MS & HS Novices)
November 4 - 5, 2023	RACE	Head of the Hooch Regatta (HOHR) - Chattanooga, TN** SELECT High School Varsity Only (with some possible selected Freshmen). (LCRA Masters will also compete) **Related costs not included in Youth dues. Fundraising will be required for youth to attend including regatta fees, accommodations, food, and travel.
November 8, 2023	Optional Day Off	HS Returners (Varsity) / Select 9th Graders - APPOINTMENTS DAY Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM
November 20-22, 2023	Thanksgiving Break	Thanksgiving Week; No School Mon. - Wednesday, Thanksgiving Practice - 7:30 to 9:30 AM H.S. Varsity and selected 9th / 8th Graders desiring to join Thanksgiving Break workout attendance is optional (but STRONGLY ENCOURAGED)
November 29, 2023	Optional Day Off	HS Returners (Varsity) / Select 9th Graders - APPOINTMENTS DAY Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM
December 1, 2023		RECRUITING: First Friday Food Truck, Downtown 4:30 PM to 8:00 PM (All Varsity / Returners) ***** NO HS Returners (Varsity) Practice*
December 2, 2023	SATURDAY	RECRUITING: LCRA Open Boathouse 8:00 AM to 10:00 AM (All Varsity / Returners / Select MS & HS Novices)
December 9, 2023		Fall Sprints, Tampa, FL High School Varsity, Freshmen and Novices, Select 8th graders in the MS program who will row as 9th graders.

		All Middle School
December 11, 2023		Middle School-Last Day of Fall Season*
December 13, 2023	Optional Day Off	HS Returners (Varsity) / Select 9th Graders - <u>APPOINTMENTS DAY</u> Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM
December 20, 2023		High School Varsity/Freshman/Novice - Last Day of Fall Season*
Winter Break 12/21 - 01/03, 2024	Optional Days	12/21, 12/22, 12/26, 12/27, 12/28, 1/2/24, 1/3/24: Open Boathouse: Structure Fitness Sessions ***** Winter Break workout attendance is optional (but STRONGLY ENCOURAGED)
January 4, 2024		First Day of School 2024 Spring Practice Begins for ALL HS and MS
January 6, 2024	SATURDAY	LCRA Lake Louisa New Years Row (Club Wide)
January 10, 2024	Optional Day Off	HS Returners (Varsity) / Select 9th Graders - <u>APPOINTMENTS DAY</u> Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM
January 15, 2024	Holiday	Martin Luther King Holiday (Lake County School Day Off) HS and select 8th graders 7:30 AM - 9:00 AM & Also 3:30 PM to 5:30 PM NO Middle School Practice
January 24, 2024	Optional Day Off	High School Varsity / 9th Graders / Novices Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM
February 4, 2024 *Anticipated Date as of 8/4/23 (no date posted on website)	RACE	<u>*Southern Erg Sprints, Melbourne, FL</u> All HS and MS (LCRA Masters will also compete)
February 10, 2024	RACE	<u>Opening Day Regatta, Felsmere, FL</u> All HS and MS
February 14, 2024	Optional Day Off	HS Returners (Varsity) / Select 9th Graders - <u>APPOINTMENTS DAY</u> Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM
February 19, 2024	Holiday	Martin Luther King Holiday (Lake County School Day Off) HS and select 8th graders 7:30 AM - 9:00 AM & Also 3:30 PM to 5:30 PM NO Middle School Practice
February 23 - 24, 2024	RACE	<u>Sarasota Invitational, Sarasota, FL</u> Friday MS Only Saturday All HS and select 8th graders in MS program who will row as 9th graders (LCRA Masters on Sunday 2/25/24)

March 8, 2024	LCS Student Day Off	HS and select 8th graders - APPOINTMENTS POSSIBLE 7:30 AM - 9:00 AM & Also 3:30 PM to 5:30 PM
March 9 - 10, 2024	RACE	OARS Invitational / OARS Masters Invitational, Orlando, FL Saturday High School Varsity, Freshmen and Novices, Select 8th graders in MS program who will row as 9th graders. Sunday - MS Only (LCRA Masters will be attending)
Spring Break 3/11 - 3/15, 2024	HOLIDAY W/ TRAINING	SPRING BREAK NO Middle School practices* HS and Select 8th graders: Mon 3/11, Tues. 3/12, and Wed. 3/13: 7:30-9:30 AM & 3:30 to 5:30 PM Thur. 3/14: 7:30-9:30 AM *Spring Break workout attendance is optional (but STRONGLY ENCOURAGED) to increase their fitness and finalize crew selections for the championship regattas. ***** We are looking at options for a team building training site. If possible, we do not plan to train at our BH during this time...More to come
March 20, 2024	Optional Day Off	HS Returners (Varsity) / Select 9th Graders - APPOINTMENTS DAY Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM
March 23, 2024 March 30, 2024 April 6, 2024	RACES POSSIBLE	*Possible SCRIMMAGES (SAVE THE DATES) Working on having a duel with another similar size program. Short day of racing (not full size regatta). Nearby travel. High School Varsity, Freshmen and Novices, Select 8th graders in MS program who will row as 9th graders/ Possibly MS - Jake Snyder Regatta on one of these two dates. This is a Middle School only event.
April 12 - 14, 2024	CHAMP. RACE	FSRA (Florida Scholastic Rowing Association) Sculling State Championship, Sarasota, FL Two Day State Championship Regatta - High School Varsity, Freshmen and Novices, Select 8th graders in MS program who will row as 9th graders; No specific MS racing All Day FRIDAY 4/12/24 for ALL; OVERNIGHT STAY(2 Nights) 4/12/24-4/13/24
April 17, 2024	Optional Day Off	HS Returners (Varsity) / Select 9th Graders - APPOINTMENTS DAY Supervised Open Boathouse for Erg or Weights, 3:30 to 5:30 PM
April 26 - 28, 2024	CHAMP. RACE	FSRA (Florida Scholastic Rowing Association) Sweep State Championship, Sarasota, FL Two Day State Championship Regatta - High School Varsity, Freshmen and Novices, Select 8th graders in MS program who will row as 9th graders, No specific MS racing (All efforts made for EVERY HS Youth team member to get a race) All Day FRIDAY 4/26/24 for ALL; OVERNIGHT STAY for HS 4/26/24 & 4/27/24

May 5, 2024	RACE	Florida Masters Regatta, Orlando, FL MS ONLY - Last MS race of Spring 2024 season No HS will attend. LCRA Masters will also be attending
May 6, 2024		Middle School Last Day of Spring 2024 Season (except for athletes qualifying for USRowing Youth Nationals)
May 10 - 12, 2024	RACE	USRowing SE Regionals Championship, Sarasota, FL ONLY SELECT High School Varsity, Freshmen and Novices, Select 8th graders in MS program who will row as 9th graders All Day FRIDAY 5/10/24 for ALL; OVERNIGHT STAY for HS 5/10/24-5/11/2
May 13, 2024		Last Day of High School Spring 2024 Season (except for athletes qualifying for USRowing Youth Nationals).
TBD		SAVE THE DATE: Annual Team Banquet - More information To Come
June 6 - 9, 2024	RACE	USRowing Youth National Championship, Sarasota, FL ONLY Qualified through SE Regionals to attend All Day Wednesday 6/5/24; OVERNIGHT STAY 6/5/24-6/8/24

* We will add dates of all events and regattas to iCrew and the calendar on the website as the dates become more certain.