



## 2025-2026 Athlete & Parent Handbook High School & Middle School

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

**Fall Season Dates 2025:** HS Varsity/Returners Aug. 11, 2025 - Dec. 10, 2025  
Middle School Aug. 18, 2025 - Dec. 11, 2025  
(dates may be extended if certain regattas are later than published end date.)

**Spring Season Dates 2026:** All High School & Middle School: Jan. 6, 2026  
All HS & MS ends May 1st (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:**

Kat Patrick	Youth Head Coach	<a href="mailto:CoachKat@rowlcra.org">CoachKat@rowlcra.org</a>
Dave Spraker	High School Assistant Coach	<a href="mailto:CoachDave@rowlcra.org">CoachDave@rowlcra.org</a>
Violet Hewett	High School Assistant Coach	<a href="mailto:CoachViolet@rowlcra.org">CoachViolet@rowlcra.org</a>
Kim Campbell	Middle School Head Coach	<a href="mailto:CoachKim@rowlcra.org">CoachKim@rowlcra.org</a>
Pam McNamara	Middle School Assistant Coach	<a href="mailto:Secretary@rowlcra.org">Secretary@rowlcra.org</a>
Cole Pavlek	Middle School Assist Coach	<a href="mailto:CoachCole@rowlcra.org">CoachCole@rowlcra.org</a>
Chris Arthur	Strength and Conditioning Coach	<a href="mailto:CoachChris@rowlcra.org">CoachChris@rowlcra.org</a>
Dana Power	Youth Member Representative	<a href="mailto:YouthCoordinator@rowlcra.org">YouthCoordinator@rowlcra.org</a>
Rebecca Young	Membership Coordinator	<a href="mailto:Membership@rowlcra.org">Membership@rowlcra.org</a>
Jamie Henzmann	Youth Coordinator	<a href="mailto:JamieH@rowlcra.org">JamieH@rowlcra.org</a>
Mark Vantrease	LCRA President	<a href="mailto:President@rowlcra.org">President@rowlcra.org</a>
Dana Kelly	LCRA Vice-President	<a href="mailto:VP@rowlcra.org">VP@rowlcra.org</a>

**Practice Times:**

All High School	Monday - Friday 3:25 pm - 6:00 pm	
Middle School	Monday, Tuesday, Thursday 5:00 pm - 7:00 pm	

Parents: Please inform your coach if you have doctors appointments, etc. to help 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 2025-2026 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](http://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](http://USRowing.org) member, go to [USRowing](http://USRowing.org) , 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](http://USRowing.org) 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. Cliquish 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 and Winter Break workout (if any scheduled) 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.
- e. Regatta competition uniforms (unisuits) for regattas are required to be purchased for HS athletes. Middle School athletes will be provided shirts.

## VII. **Phones**

When entering the boathouse for practice, youth will store their phones in their bag and they are not to be used during practice except for during Erg workouts so Youth can track/store their workouts and transmit data to the coaching system. If there is an 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, last minute emergency, or if you need to cancel your attendance on the day of practice, contact the appropriate coach below. Please ensure "no call/no shows" do not take place.

High School: Coach Kat Patrick, Youth Head Coach @ 815.245.2790  
Middle School: Coach Kim Campbell @ 352.398.5293

- d. All private meetings outside of normal practice time will include at least two coaches.

## X. **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 then. 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 direct coach (High School or Middle School)
- b. Concerns regarding the conduct or safety of your athlete's coach should be brought to the attention of the LCRA President at [President@rowlcra.org](mailto:President@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 Kat Patrick, Youth Head Coach @ 815.245.2790

## **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. Other than providing helpful assistance for the team, parents are requested to stay clear of the LCRA boat trailer at regattas.
- e. No dogs under the tents (with the exception of a service dog, providing service) at regattas as it is a space and rest area for the youth athletes.

## **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 2025- 2026 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 2025- 2026 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. This will be enforced as the need arises.

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
- Recruiting Activities: ie First Fridays, Farmers Market, School Visits, etc.
- 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:

- Grant Writing
- Recruiting Sponsors
- Car Wash
- Rummage Sale
- Christmas Poinsettias

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 distributed in a separate document and added to the LCRA Google Calendar and iCrew. The LCRA Calendar can be accessed from the [RowLCRA.org/club-calendar](http://RowLCRA.org/club-calendar).

**FALL SEASON:** There are generally 2-3 Head Racing Regattas in the fall season. Events, locations, and dates will be published at the start of the season.

**SPRING SEASON:** There are generally 5-6 Sprint Racing Regattas in the spring season. Events, locations, and dates will be published at the start of the season.