2026-2027 Athlete & Parent Handbook

High School & Middle School

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

Welcome!

Lake County Rowing Association (LCRA) is thrilled to welcome you to the 2026 - 2027 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.

Fall Season Dates 2026:	HS Varsity/Returners: Aug. 13, 2026 - Dec. 18, 2026 HS Novice/Freshmen: Aug. 10, 2026 - Dec. 18, 2026 Middle School: Aug. 17, 2026 - Dec. 14, 2026 (Dates may be extended if certain regattas are later than the published end date.)
Spring Season Dates 2027:	HS Varsity/Returners: Jan. 6, 2027 - April 26, 2027 • Except for athletes qualifying for Youth Regionals and Nationals Middle School: Jan. 7, 2027 - April 22, 2027
LCRA Registration Deadline:	First day of Season
Physicals Deadline:	One week before the start of the season
LCRA Payment Deadline:	First day of season

People to know:		
Kat Patrick	Head Youth Coach	CoachKat@rowlcra.org
TBN	Assistant High School Coach	
TBN	Head Middle School Coach	CoachKat@rowlcra.org
Pam McNamara	Middle School Assist Coach	pam.mcnamara@gmail.com
Holly Power	Middle School Assist Coach	CoachHolly@rowlcra.org
Chris Arthur	Strength and Cond Coach	CoachChris@rowlcra.org
Dana Power	Youth Program Representative	YouthCoordinator@rowlcra.org
Jamie Henzmann	Youth Coordinator	Jamieh@rowlcra.org
Rebecca Young	Membership/Adult Coord	Membership@rowlcra.org
Mark Vantrease	LCRA President	President@rowlcra.org
Dana Kelly	LCRA Vice-President	VP@rowlcra.org
Amanda Alderman	LCRA Secretary	Secretary@RowLCRA.org
Rob Kelly	LCRA Treasurer/IT/Web	Treasurer@RowLCRA.org
Pam McNamara	Volunteer Coordinator	pam.mcnamara@gmail.com

Practice Times:

All High School	Monday - Friday 3:15 pm - 6:00 pm at the boathouse Saturday and/or Sunday 1:00 pm - 2:30 pm at Iron House Gym
Middle School	Monday, Tuesday, Thursday 5:00 pm - 7:00 pm
Parents	Please inform your coach if your athlete has a doctor's appointment, etc., to help minimize disruption. In the event of a weather delay or cancellation, you will be notified via iCrew Alerts.

Youth Rowing Registration Checklist

Welcome to the Lake County Rowing Association Youth Program! Please complete the following steps before the start of the season.

Step 1: Read the Parent & Athlete Handbook

Please read this handbook thoroughly to become familiar with our program, expectations, safety procedures, and boathouse operations.

Step 2: Register for the Youth Program

Visit "rowlcra.org" and complete one of the appropriate registration processes for your athlete:

- High School Program
- Middle School Program

  Payment is due by the first day of the season.

If you need to pay by cash or check, please contact the Youth Representative to make arrangements.

Step 3: Create or Join iCrew

Who needs an iCrew account?

- All High School Athletes
- One Parent/Guardian per family (required for both High School and Middle School families)

iCrew is used for:

- Attendance
- Electronic waivers and forms
- Club-wide communications
- Volunteer hour tracking
- Parent access to athlete documents

High School Athlete iCrew Registration

Select the High School Athlete Registration link located in the email received after registering as a member on the website. All returning athletes must still complete this step.

New iCrew User

1. Click Register under the High School Athlete registration option.
2. Complete all required information.
3. Click Register at the bottom of the page.

Existing iCrew User

1. Log into iCrew.
2. Go to Club Home.
3. Scroll to the registration options.
4. Click Register under High School Athlete.
5. Select Join Teams.

Parent Registration

Select the appropriate registration option:

- High School Parent
- Middle School Parent

New Parent Account

1. Click Register.
2. Complete the required information.
3. Click Register.

Existing Parent Account

1. Log into iCrew.
2. Go to Club Home.
3. Scroll to the registration options.
4. Click Register under the appropriate Parent registration.
5. Select Join Teams.

Step 4: Link Parent & Athlete Accounts (High School Only)

1. Log into the Parent iCrew account.
2. Select Your Home.
3. Open Your Profile.
4. Click the Basic Information tab.
5. Locate Your Family.

6. Click Update Family Unit.
7. Select your Athlete from the alphabetical list.
8. Click Create Family Unit.

Once linked, Parents can view and sign documents on behalf of their Athlete.

Step 5: Complete Required iCrew Documents

Athletes and Parents will both need to complete the documents listed below using the following access:

- Athletes

  Go to: Your Home → Your Documents

- Parents

  Go to: Your Home → Family's Documents

Athletes and Parents Complete and electronically sign the following:

- LCRA Emergency Medical Treatment & Authorization
- LCRA Release, Waiver & Notification of Risk
- LCRA Team Policies & Procedures Acknowledgement

Emergency Medical Form

Please provide a copy of your Athlete's medical insurance card. You may:

- Text a photo of the insurance card, or
- Submit a copy to the office.

Step 6: Join USRowing

If your Athlete is not already a USRowing member:

1. Create an individual account with USRowing.
2. Purchase the Basic Membership ($25 annually).
3. Accept the membership waiver.
4. Complete the membership registration.

Next:

1. Log into your USRowing account.
2. Select Join Organization.
3. Search for Lake County Rowing Association.
4. Enter Club Code: CLBTZ.

Step 7: Complete SafeSport Training

Log into your USRowing account and select the SafeSport icon.

- Parents
    - Complete: SafeSport Parent Guide Video (approximately 30 minutes)
- Athletes (Ages 13–17)
    - Complete: SafeSport for Youth Athletes (approximately 15 minutes)

Step 8: Submit a Florida Sports Physical

Print the Florida High School Sports Physical form located in:

iCrew → Your Documents

Have the form completed by a licensed physician.

If your Athlete has already received a sports physical this year, the physician may simply complete the required form.

Physicals are also available through most walk-in clinics.

Important: A completed physical must be submitted to the coaching staff at least seven (7) days before the first official day of practice.

Registration Checklist

☐ Read the Parent & Athlete Handbook

☐ Complete Youth Program Registration on RowLCRA.org

☐ Submit season payment

☐ Create or join iCrew

☐ Link parent and athlete accounts (High School)

☐ Complete all required iCrew documents

☐ Submit insurance card

☐ Create or renew USRowing membership

☐ Join Lake County Rowing Association using Club Code CLBTZ

☐ Complete SafeSport training

☐ Submit Florida Sports Physical (7 days before practice)

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 warning and review order:

- First, a verbal warning from the Coach to the Athlete.
- Second, a written warning from the Coach to the Athlete and a conversation with the Athlete's parent(s).
- Third, an official write-up 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. Should a majority vote of the Directors present at such a meeting with the Board of Directors result in a suspension from training and competition, it will be 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 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 a certain number of Athletes 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, you must notify your Coach by phone or text as far in advance as possible if you need to miss a practice or arrive late.

Fall - Athletes whose attendance falls below 75% may not be eligible to race
Spring - Athletes whose attendance falls below 80% may not be eligible to race

Falling below this threshold will not automatically mean an athlete will not race, but whether or not they will is up to the coach's discretion.

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 a minimum SPF 50 is highly recommended.

d. Only non-disposable/reusable water bottles are allowed. They must be soft sided to prevent scraping boat cockpits and causing equipment damage. Metal water bottles are not allowed in the boats at any time.

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 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 is in any kind of danger, phone calls are permitted.
c. In the event of an unforeseen circumstance, a 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 Kat covering temporarily
d. All private meetings outside of normal practice time will include at least two coaches.

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 the 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 Athlete with the safest and most rewarding experience on and off the water. Our partnership, then, is imperative for their success. We must 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 the 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.
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, we all must model positive behavior for our Athletes. As a result, please adhere to the following guidelines in 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 Athletes practice, play, and learn how to develop communication skills and healthy peer-to-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 2026- 2027 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 2026- 2027 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
    - Fundraising planning/execution
    - Event planning/execution
    - Equipment maintenance (repairing shoes, seats, etc.)
    - Scheduled Boathouse cleaning

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 before the event or regatta.
- No Youth 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 be limited to, the following:

- Flower Sales for various holidays and events
- Visiting Team and Home Regatta support
- Business Support Solicitation
- Events like Car Wash or Coupon Sales

Fundraising opportunities/information to be announced.

Refund Policy

If an Athlete wishes to withdraw from LCRA before starting their training, the Registration Fees, minus a $60 administrative fee and any credit card processing fees, will be granted if that request is received seven calendar (7) days or more in advance of the first practice. We do not offer refunds less than seven (7) days from the date of the 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

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.