

Welcome ARC Families!

Parents of Albany Rowing Kids (PARK)

Welcome new families to Albany Rowing and welcome back to returning families. My name is Kathy Moser and I am the coordinator of PARK. Whether the sport of rowing is new to you or you have been an ARC family for several years, you may have questions about practices, regattas, uniforms, hotels, etc. I am here to answer any of those questions. If I cannot answer, I know how to contact the coaches and the board of ARC.

I have been associated with ARC since 2011. My older daughter Emily rowed for five years at ARC and is now at University of Virginia on a rowing scholarship. My twin daughters Julia and Natalie are currently rowing for ARC and I am a master's rower, having taken Learn to Row just last year.

My role is to act as a liaison between parents and the ARC Board. Please note there is a lot of information on the ARC website www.albanyrowingcenter.org. There is a link for parents and a document titled **A Parents Guide to Rowing**. I am also happy to bring your confidential concerns and issues to the appropriate person at ARC. My personal email is kmoser18@gmail.com. I will try to answer your question as soon as I receive it. My first piece of advice – make sure you have signed up for the ARC email list as that will be the most frequent form of communication for the ARC Board as well as the coaches

Below please find answers to some Frequently Asked Questions. I hope the answers below are helpful to both new and returning families.

How do I know when my child will be racing? When does s/he need to be at the race course? Can I leave when her/his race is over?

A few days prior to each race, head coach Yuri Kolomiets will send an email detailing the lineups, the times that your child needs to arrive at the boat trailer at the race location, and the scheduled time of each race.

Usually the coaches want the rowers at the race course approximately two hours before their scheduled race. The kids have to rig the boats, carry them down to the dock, bring down their oars, etc.

Your child may not leave until s/he is dismissed by their coach. Often that will be after the boats are secured on the trailer or are ready for another group to take them out and the area around the trailer is cleaned up. Typically they do not need to stay for the entire day although they are encouraged to cheer on their teammates. If you have a special circumstance that will require a rower to leave at a specific time, you need to communicate that to the coach ahead of time.

Does my child need to pack meals to bring to the race course?

Often the regattas ARC attends are not close to stores or restaurants. You will see each rowing team brings food to regattas for both rowers and parents/spectators to eat. ARC has a trailer stocked with supplies that is usually towed to each race location. Several days before the race, ARC's food coordinator will send an email list of each rowers' name and what they are being asked to contribute for the race. Some weeks you will be asked to bring an inexpensive item; other weeks it will be something pricier. ARC also asks for volunteers to bring hot foods – mac/cheese, meatballs, etc. – that you bring in a crock pot or pot. (ARC has a generator for electrical needs.) The food coordinators always try to ensure the requests even out financially. A request for volunteers to staff the tent is also sent out a few days ahead of the race. Each ARC family is required to staff the food tent a few times per season. You are always welcome to pitch in and help even if you have not officially signed up for a time that day. Parents and family members are welcome to eat at the tent throughout the day.

The tent and food trailer tends to be the place families congregate while waiting for their kid's race. Some ARC parents like to cheer together and take off for the waterfront from the tent.

What are my volunteer requirements for the team?

Except for the coaching staff, ARC is completely run by volunteers. The volunteers tend to be parents and Master rowers. Each family is required to volunteer a minimum of XXX hours per season. Parent help is needed with clothing orders, fundraising, grant writing, hotel and food coordination, and Board of Director positions, just to name a few.

My child will be out of town and will have to miss one of the regattas. What coach do I tell and when should I tell him/her?

Since all rowers are in 8th grade or above, they should always be the first line of communication with our coaches. Parents are welcome to follow up with an email to the coach if they would like. Rowers should let their coach know as soon as they are aware of a conflict. That will give the coach a chance to develop a boat line up that does not include your child.

When the regattas are out of town, does my child stay with me in a hotel? Can s/he stay with their friends on the team?

Rowers are assigned to a room with other rowers when the regatta involves an overnight stay. ARC coaches do their best to have four kids in a room to keep the costs down. Room assignments are handled by the coaches so rowers will not be able to choose who they room with. The coaches issue a curfew time and will conduct room checks each evening to ensure the rowers are following ARC guidelines. You will be notified as to your child's share of the room cost ahead of time so you can write a check to ARC to cover the cost. You will receive an email from the ARC hotel coordinator about securing a room for yourself in the same hotel as your child. Sometimes hotels have limited availability so you may need to stay in a different hotel nearby.

What about transportation to and from regattas as well as meals during out of town regattas? Who is responsible?

Each family is responsible for getting their child to and from all regattas. ARC does not have a team van or bus.

We encourage you to be in contact with your child when it comes to meals at out of town regattas when they are not at the race course. The coach will sometimes organize a team meal, sometimes kids organize delivery, and other times they eat in small groups and depend on parents to transport them to the restaurant.

What if I am unable to accompany my child to a regatta that is out of town?

Because ARC gets the race schedule early in the season, this does not come up very often. However, should there be a conflict, you will need to make arrangements with another ARC family to transport and chaperone your child.

Where can I find out more about the rules of regattas, parent and rower expectations, etc.?

Our website www.albanyrowingcenter.org is filled with great links to information that you will find helpful. Please take some time to look at it, especially the Parents section. Also - to ensure you are receiving all the emails that you should, click on the *Join Mailing List* link on the homepage. Add all email addresses that you would like information to be sent to. Coach Yuri uses the rosters to for a communication list but others (ARC Board, committee leaders, etc.) need to use the list generated on the home page.

I do not receive emails to the addresses I want. How can I change this for future seasons?

When registering your child on Regatta Central prior to each season, please make sure you include the email addresses that you check most frequently. There is room for a rower email and two parent emails when registering.

How can I find other families that live in my area to possibly carpool with?

The ARC directory is available on request to PAK@albanyrowingcenter.org Your child will also probably know which rowers are from their school or neighborhood.