

Welcome ARC Families!

Parents of Albany Rowing Kids (P.A.R.K)

Welcome to new families to Albany Rowing and welcome back to returning families. My name is Lynn Delaney and I am the coordinator of the P.A.R.K. committee along with board member Colleen Smith. Whether the sport of rowing is brand new to you, or you have been an ARC family for several years, you may have some general questions about regatta's, uniforms, hotels, committees etc. That's where I hope that I can help. I'm by no means an expert, but my older daughter rowed with ARC from 2007-2012 and my younger daughter Shannon is now beginning her 3rd spring season. In addition, my son Matthew participated in the Learn to Row program for 2 summers. My role is to act as a liaison between parents and the Board. I will field some of the questions/concerns that you have and either find the answer, refer you to the appropriate person who can help, or contact Colleen if it is a concern that I feel the Board of Directors or Mike MacMinn may need to be aware of. Please note that there are wonderful resources available to you on our website www.albanyrowingcenter.org. There is a link labeled **For Parents** that has a document called *A Parents Guide to Rowing*. New families, please take the time to read this as it will explain a lot about the sport and about our club. If I can be of any help please do not hesitate to contact me at lynndelaneyny@gmail.com. I will try my best to get back to you within 24 hours. Make sure you have also signed up for the ARC mailing list as that will be the most common form of communication.

Below please find answers to some **Frequently Asked Questions**. I hope this is helpful to both new and returning families.

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

A few days prior to each race Head Coach Mike MacMinn will send an email detailing the lineups, times that kids need to arrive at the trailer, and the scheduled time of each race. Your child may not leave until he/she is dismissed by their coach. Typically they do not need to stay for the entire day (though they are welcome to stay and cheer on their teammates) but they will not be allowed to

leave until their coach gives them permission. Often that will be after the boats are secured on the trailer or are ready for another group to take them out. If you have a special circumstance that will require a rower to leave at a specific time, your coach will need to know about that ahead of time.

Does my child need to pack meals to bring to the race course? We have a trailer stocked with supplies that is usually towed to each race location. Several days before the race, the food coordinator will send an email list of each rowers name and what they are being asked to contribute for this race. Some weeks you will bring an inexpensive item and other weeks you will be assigned something a bit more expensive. The 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 help staff the food tent one or two times per season (you are welcome to just pitch in and help as well, even if you haven't officially signed up for a time that day). Parents and family members are welcome to also eat at the tent throughout the day.

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 of our 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 if they would like. Rowers should let their coach know as soon as they are aware of a conflict. His/Her coach will then make sure that Mike MacMinn is made aware of the conflict.

When the races are out of town does my child stay with me in the hotel? Can he/she stay with their friends on the team?

Rowers are assigned to a room with other rowers when a regatta involves an overnight stay. We do our best to have 4 to 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 the 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 Colleen Smith, our hotel coordinator, about securing a room at the same hotel as your child. Sometimes hotels have limited availability so you may need to stay in a different hotel nearby.

What if I am unable to accompany my child to a regatta that is out of town? Because we get the race schedule so early in the season this doesn't 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 information 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 sent to. Mike MacMinn uses the rosters to form a communication list but others (ARC Board, committee leaders etc) need to use the list generated by the mailing list on the home page.

What are my volunteer requirements for the team?

Each family is required to volunteer a minimum of 2 hours per season or pay the non-participation fee when registering their child. With the exception of the coaching staff, ARC is completely run by volunteers. Parent help is needed with clothing, special events, fundraising, grant writing, hotel and restaurant coordination and Board of Director positions to just name a few.

I don't 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 2 parent emails when registering.

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

The ARC directory is available upon request to park@albanyrowingcenter.org.

I'm still confused about.....

Feel free to ask other parents who have been involved with the club for several seasons or email park@albanyrowingcenter.org.

