Marin Rowing
For ultimate and lasting success, we have to be good at all things, not just one thing.

“Being good once is easy, being good all of the time is hard.”
The Organization

- Facility
- Equipment – Ready to row, Cared for
- Cohesive Management – Board, ED, Staff
- Financially sound – Dues, Fundraising, Prepared
- Safety – On land, On water
- Community Support – Creek Neighbors, Ferry, City, Boathouse access
The Goal

What is the goal of the organization?

Mission Statement:

• To develop highly skilled and competitive rowers, particularly the youth, in the art and sport of rowing.

 Doesn’t mean we do not support our members who do not have this goal.
The Philosophy

How will we reach the goal?

Marin Rowing is an outstanding facility with a mission for excellence. Results are important, as our goals are high, but those results should not come at the cost of a positive athletic experience.

That said, in no way is this club for mere participation. This is a great teaching facility and rowing well, as well as being well trained and disciplined are important goals. Those, along with showing respect towards one another, the competition, and the sport are critical parts of this club.

- Work Hard and Be Nice
- It’s not what you say, it’s how you say it.
- Merit based
The Structure

**JUNIORS**
- Youth Sculling
- Competitive Varsity
- Competitive Novice

**MASTERS**
- Adv. Level
- B Level Men and Women
- Intermediate/Novice
- Beginner/Novice

**SCULLERS**
- Beginner
- Recreational
- Competitive
The Staff

Who is going to lead us to reach the goal?

The staff plays a critical role in our and your success.

One style? No, but bad rowing isn’t a style.

Coach – Athlete Relationship

Coaches are here to follow the mission.
This is not the Bay Club
The Athletes

Finding and training the athletes to reach the goal.

- Inspired to embrace and pursue the mission and buy into the system.

- Discipline, Conduct, Follow Rules

- Respect of equipment, facility, fellow competitors, and coaching staff.
Leadership/Commitment Continuum

Negative
- Resistant - Resist being led, negative, I'm not doing that.
- Reluctant - Wait and see attitude, why should I?
- Existent - There in body and spirit, not a lot put in, not a lot taken

Positive
- Compliant - No initiation, constant pushing is needed, obedient, goes along with & compies
- Committed - Self-starter, does whatever it takes, engaged
- Compelled - self starts, holds others accountable, selfless, team comes first
- Obsessed - Cheats, loss of balance, basic elements are taken to extreme
Success

We end up with highly skilled, competitive athletes, particularly the youth, on a consistent basis.
Safety

• Know the rules and guidelines to safe rowing. Read the Member Handbook.

• It is your responsibility to reduce the potential for harm. Ask, ‘What If?’

• Make good decisions every time. If for nothing else, it will create, or erode, trust.

• Don’t sacrifice safety for training purposes.
Anticipation of Danger
The act of foreseeing, expecting and taking measures against possible future exposure to harm, death, or a thing that causes these.

- **DANGER:** WATCH FOR BOATERS – THEY ARE NOT REQUIRED TO FOLLOW OUR, OR ANY, TRAFFIC PATTERN. THEY MAY NOT HAVE LIGHTS.
- **DARK:** USE LIGHTS: Red/Green on the bow, white on the stern
- **FERRY:** KNOW THE SCHEDULE - FOLLOW PROTOCOL
  - DO NOT ENTER TURNING BASIN WITHIN 5’ OF DEPARTURES.
  - DO NOT GO BEYOND POINT SQ WITHIN 5’ OF FERRY
- **TRAFFIC PATTERN:** Counter Clockwise STAY TO STARBOARD SIDE
  - LEAVE A BUFFER LAND
  - DO NOT CUT CORNERS
  - DO NOT GO WIDE ON TURNS
- **PILINGS:** THEY DON’T MOVE. GO AROUND THEM.
- **OBSTACLES:** MUD, DOCKS, ROCKS IN PLAYPEN, DEBRIS
- **WEATHER:** CAN MAKE TROUBLE QUICKLY
  - DO NOT ROW IN THE TULE FOG
  - DO NOT ROW IN HIGH WINDS/WHITECAPS
  - DO NOT ROW IF LIGHTNING IS IN THE AREA
• Sign-out Log – USE IT
  • ALL blind boats
  • Every time.

• Switching between sweep and sculling: 2-/2x, 4x/4-
  • You change the rigger once, at the beginning.

• Boat Reservation Form
  • Look at it before you get hands-on a boat.
  • One-week in advance only
  • Sculling boats are not assigned.

• Bow Seat Responsibilities
  • You are responsible!

• Sweep Team Small Boat Concerns:
  • You haven’t been taught the individual responsibilities that go with sculling.
  • You are used to coaches and coxswains guiding you.
  • Coaches – using it to teach you?

Small Boat Use
• How is equipment is stored and assigned:
  • New to old
  • Top to bottom
  • Advanced to Beginner
  • We save race equipment for race use
  • Return the boat to the rack you found it
• Levels of Development:
  • Novice, Intermediate, B Level, A Level
  • Recreational, Competitive
• Talk to your Coach
  • Coaches: be honest! Help.
• What matters?
  • Mentally prepared, physically prepared, technically prepared.

Moving through MRA