



AJRA ROWER SURVIVAL GUIDE

Wear a t-shirt or tank top, socks, athletic shoes, and thick Spandex shorts (like the JL brand) to every practice. (Check out the article in the new issue of the Current for the AJRA dress code if you have any questions.) Rowers are always losing socks, and they get really dirty so you may want to buy socks in bulk and bring extra pair to practice. It's also a good idea to keep an extra set of clothes and a towel on hand in case you get wet or extra sweaty at practice.

There's just one bathroom at the boathouse if you need to change clothes for practice but allow extra time, if possible, because there's often a wait. There are also two changing rooms in the boathouse.

Mark everything with your name. All AJRA uniforms, spirit wear, etc. look just alike so without your name on an item, there's little chance anyone can figure out who it belongs to.

Check the lost-and-found in the boathouse frequently for anything you're missing. Unclaimed items are donated to charity every few weeks because there's not space to store items long term.

Keep your stuff locked in your car if possible. There's a place at the boathouse for book bags, etc., but there are times when no one from AJRA is there.

Keep your iPod, cell phone, and other important items out of sight as much as possible. There are hooks inside the Boathouse to hang your key rings.

Remember that you will always be outdoors at rowing practice no matter the weather. Whether you are running, erging, or on the water, always dress properly for the environment. It's best to buy light-weight clothing for the temperature extremes in the Fall and Spring and then layer as needed. A hat and gloves are needed in the winter.

Bring a large Nalgene-type water bottle to every practice. Do not bring plastic, throw-away water bottles. They aren't good for the environment, and they stack up quickly in the trash bins around the boathouse.

It's important to stay well hydrated, especially during the extreme heat of the first few weeks of practice. Use the time in the car traveling to practice to rehydrate your body after being in school all day by drinking water or a full-strength or diluted sports drink. And then remember to stay well hydrated as you lose fluids during practice.

When you travel to a regatta, you must ride the team bus to and from unless you have turned in a travel exception form, which can be found on our website. No exceptions! Your transportation, hotel, and food at the regatta site are included in the rowing registration fee for the season. However, you'll need extra money for t-shirts, snacks, and fast-food type meals when traveling to and from the regattas.

Time management is critical. Rowing is a sport which requires a huge commitment of time with practice 5-6 days a week. Rowers learn quickly that they have to apply the discipline and focus required to be a successful oarsman to their academics as well. It's good to determine early in the season a schedule that works for you. Most rowers are starving when they get home from practice so they'll eat dinner, shower, and then get right to their homework.