

Atlanta Junior Rowing Association



The Current

EARLY SEPTEMBER

2008

GO TO WWW.AJRACREW.COM FOR NEWS, UPDATES AND CALENDAR

What is AJRA?

AJRA is a not-for-profit section 501(c)(3) organization. AJRA has by-laws, a bank account, files tax returns, and has insurance policies. AJRA is managed by a nine-person Board of Directors. The only paid employees of AJRA are the coaches. Board members are not paid for their efforts on behalf of the organization; in fact, Board members even pay for their own hotel rooms when chaperoning the athletes or attending at overnight regattas!

Did you know?

Did you know that the Chattahoochee River where AJRA rows is part of the National Park Service? Check it out: <http://www.nps.gov/chat/>

College Rowing Opportunities:
Visit:
<http://usrowing.org/uploads/docs/collegedirectory.pdf>

Seat Assignments on Boats

The coaches - not parents, board members, coxswains, or rowers, - have the absolute prerogative to assign seats in the different boats. Seats are assigned based on strength, endurance, height, weight, skill, and experience. Coaches use erg scores, running abilities, and muscular strength measures to evaluate rowers on land. Seat racing and technique observation are used on the water to evaluate rowers. Coaches also create competition between rowers of the same ability for evaluation. The coaches are looking to create boat lineups with the most potential for speed.

During different times of the season, boat line-ups and seating arrangements may change from day to day, or week to week. Switching the line-ups will create different results based on the combination of athletes in a boat. And because rower efforts may increase or decrease at any given time, boat line-ups and seating can also change at any time. Since this is a competitive sport, and we hired our coaches to create the best team; coaches make changes to ensure the fastest boats possible.

Row for the Cure

It's approaching quickly.....September 20th! Fundraising takes time and effort. The sooner you start, the more money you can raise, so START NOW! A small goal of \$200 per rower for our club would yield \$20,000 or more: last year SA raised \$15,000 - let's beat them this year! There are great incentive prizes for top earners, including box seats to a Hawks game! Your coaches will have more information about when your team will be scheduled to be on the water that day.

Reminder: Buy your rower supplies now!

It is a good time for your athlete to get their new Nalgene bottles for the season. These can be found at camping supply or sporting good stores. Your rower also needs crew socks and lots of exercise clothes and spandex. It is best to buy light-weight clothing for the temperature extremes in the Fall and Spring seasons.....plenty of layering goes on! Good but relatively inexpensive exercise clothing can be found at WalMart, Costco, Target and Kohls.

Fall Schedule at a Glance

September

- 8: Development Program Practice Begins
- 13: PARENT Work Day 8:00AM ~ noon

Great way to meet your volunteer requirements. Coffee and doughnuts provided!

- 14: Parent Pot Luck/Social
- 20: Row for the Cure

October

- 3-4 : Secret City Head Race
- 11: Chattanooga Head Race
- 18-19: Head of the Charles (Select Varsity)

November

- 1: Head of the Hooch
- 15: Henley on the Hooch Regatta and Family Picnic

College Contact Parent:

To receive or forward any college info for rowers, please email Mardi Mountford at mtford@bellsouth.net. There are scholarships available for our rowers!

Ordered uniforms will be arriving the last week of September.....splash jackets by mid-October.

We hope this publication will be informative and helpful. If coaches or volunteers have announcements, please forward to lorinol@bellsouth.net