

Atlanta Junior Rowing Association

The Current

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MID-WINTER
2009

Upcoming Dates to Remember

Parent Social—Chili Cook-off
Sunday 2/8
ATL ERG Sprints –GA Tech
Saturday 2/14
Dual with CCR
Friday, Saturday 3/6-3/7
OARS Invitational
Friday –Sunday 3/13-3/15

Coxswains Rule! Listen UP!

The role of a coxswain is to lead the other rowers by calling the strokes and directing the strategy of the race. 46 coxswains from AJRA, St Andrew's, Westminster, Atlanta Rowing Club, Georgia Tech, UGA, Emory and Alabama attended a coxswain clinic. Speakers included US Rowing officials who offered their perspective from the other side, and a sports psychologist, nutritionist and collegiate coach/former US National Coxswain, all of whom have Olympic experience. We are already making plans for continuing coxswain recruitment and education at AJRA, and plans to attend another Southeastern clinic next year! Rowers need coxswains!

Attention Parents!

We are all in this together! Why not come out and meet other parents in the AJRA family and enjoy good food and drink at the same time? It's our annual chili cook-off! Even if your competitiveness is with your rower, there will be plenty different of kinds of chili to try and sample. It's fun, it's enjoyable, and it's no kids! See you on February 8!

Uniforms: Last chance to get measured for uniforms is January 31st at the beginning of practice. If you do not have a uniform or need a new one this is your last chance to get measured and order. Remember without a uniform you cannot participate in a regatta. Questions? Call Mary Kay Snyder (404)374-8318

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New Season - New Rowers - Same Rules

The parking lot.....always busy. Please remember to pull all the way into a space or go into the lot as far as possible if all spaces are taken. We do not want to cause a safety hazard to other drivers on the main street. All drivers.....please be aware and courteous!

Also, remember that practice schedule is mandatory! Please review the absentee rules on our website. Missing practice means missing regattas. There is also mandatory varsity practice from Thursday to Saturday of Spring Break. Plan your time accordingly!

Boathouse Needs: Old bath/beach towels (to keep our boat clean and happy)

Cold Weather Practice Preparation

Parents, please try to help you rowers remember some basics. We are noticing that some rowers are not dressing appropriately for the weather. Here are some reminders.

- Dress in layers!
- Have hat and gloves available.
- Bring enough water! Larger water bottle (e.g., Nalgene) is preferable. It is as important to hydrate even in the cold. In the cold weather young athletes can forget to hydrate since they are not as hot. But they are still losing fluids and it is vital they stay hydrated.
- ALL should keep a change of dry clothing in their cars/bags during the colder months, to change into after an extra-sweaty workout or if, heaven forbid, they end up in the water.
- Practice will rarely be cancelled due to cold weather. It wouldn't hurt to remind everyone that though the cold can't make you sick, putting your body into the position of having to work harder to stay warm and protected diverts energy that would normally be used to fight off illness and infection.

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