

GLR FALL 2020

VARSITY, NOVICE & MIDDLE SCHOOL PROGRAMS



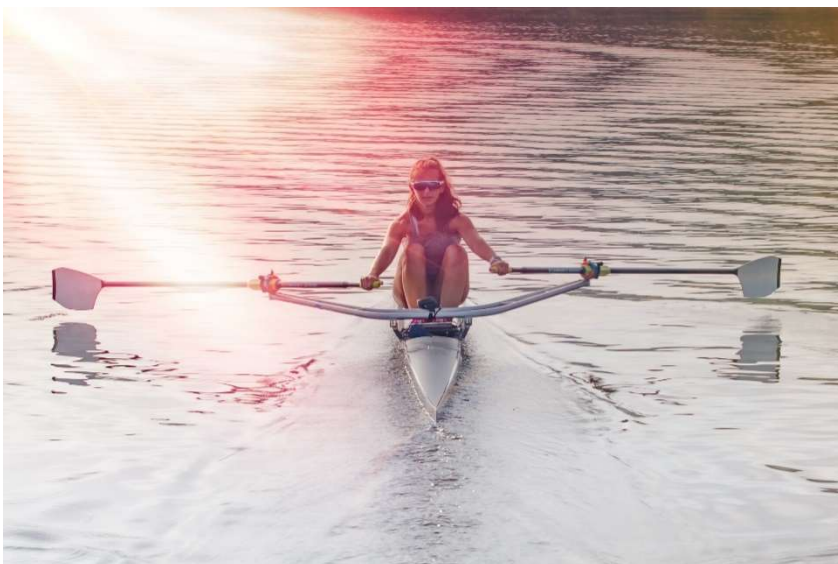
Good afternoon GLR Athletes and Families,

First & foremost, THANK YOU for your patience and continued support during these challenging times. Simply cutting & pasting the traditional Fall Program of many seasons' past was not an option for 2020. This Fall, GLR's Rowing Programs have been built from scratch with the clear purpose of:

- 1 Allowing as many athletes to participate as possible, and
- 2 Doing so in the safest manner possible.

The result: GLR Fall looks a little different this year. Just as was the case in the highly successful Summer Programs, all training will be mixed gender. There will be no separate Varsity Girls, Varsity Boys, Novice Girls, Novice Boys programs this Fall. It is our hope that this structure can resume for Spring 2021 when required, as organized regattas and specific crew racing returns. In a bright spark of hope, World Rowing announced late last week that the European Rowing Championships will be going ahead in October – just a few weeks away. There will be Covid safety protocols of course and no spectators, **HOWEVER, it will be a full schedule of events from 8+ right through to 1x in all FISA boat classes.**

The rowing world continues to cautiously emerge and adapt to Covid-19 & GLR is a part of that adaptation.



As with any activity beyond being completely isolated in a bubble from the surrounding world, rowing brings with it an element of risk as we continue to navigate the global challenges of Covid-19. On the following pages you will find a detailed plan that GLR has in place to minimize that risk as much as humanly possible. We have been guided, not by what other programs may or may not be doing in the fall, but by what we believe is safe and responsible to offer, working under the guidance of the sport's national governing body, USRowing, and the up-to-date health and safety protocols set in place by the Governor of Massachusetts.

As always, it is each individual athlete's and their families' decision to take part in what GLR has to offer for the Fall Season. Please know that your decision either way will be understood & respected.

As most of you know, I have a family too, so I am constantly vigilant in keeping both myself and my loved ones safe. I take very seriously the trust that parents place in me to protect their children as if they were my own while they are under my care at GLR. I LOVE rowing; but I don't love it more than my, or my family's health & safety. In short, I would not be back for the Fall if I considered it unsafe to do so – for me, for you and for our families.



Fall 2020 Programs:

No Eights – Small Boats Only

At this time, GLR continues to follow USRowing Guidance (Updated 7/28/20): “USRowing recommends rowing in the same training groups each day to limit cross-group exposure. Training in team boats may resume when the local infection rate is less than 50 new cases per 100,000 people in total for the last seven-day period. USRowing recommends that organizations determine their rate by county.”

GLR is located in Essex County, MA with a population of just under 800,000. Data as of today (08/17/20) for confirmed new Covid-19 cases in Essex County over the most recent 7 days of available data is 231. (*Source <https://usafacts.org/visualizations/coronavirus-covid-19-spread-map/state/massachusetts/county/essex-county>) Dividing that past 7-day new infections figure by 8 (based on a county population of 800,000) gives an approximate rate of 29 per 100,000, which continues to be lower than the USRowing guidance of 50 new cases per 100,000.

In addition to USRowing Guidelines, GLR operates under the safety of Massachusetts Phase 3, Step 1 Reopening protocols.

<https://www.mass.gov/doc/safety-standards-for-youth-and-adult-amateur-sports-activities-phase-iii-step-1/download>

The State defines Crew as a ‘Moderate Risk’ sport, in the same company as baseball, softball, sailing, track and field, running clubs, team swimming, volleyball, dance class, fencing, field hockey, girls’ lacrosse, soccer.

Utilizing State Sports Activity protocols, GLR has been, and will continue to adhere to the “cohort training concept” which allows for “Level 2 Training: Competitive Practices (Intra-team/group games, contact drills and scrimmages)”. The cohort concept is described as: “Cohorts can be no larger than ten (10) participants. Cohorts must workout together in all practices. Participants cannot be a member of multiple cohorts. Cohorts must be separated by 14 feet. Class sizes should be capped by the number of available training areas, based on the size of the facility. In no event should there be more than 25 people on a playing surface. A cohort can compete against other cohort, if each cohort performs separately from other cohorts (e.g., pair figure skating, or small group synchronized swimming)”. As ‘cohort’ applies to rowing, read “crews with consistent lineups of athletes”. In GLR’s case, at the Varsity Level, a crew means 4’s. While we could *technically* include an 8+ boat under Cohort Training Concept of 10 participants or less, we have chosen to continue with caution, following USRowing guidance, and restrict maximum crew size to 5, including a coxswain. By the end of Fall, we may be able to take the Hudson for a run, but only if it is safe to do so.

<https://www.mass.gov/doc/sports-activity-level-assessment-framework/download>

GLR Summer Program athletes trained together in contained ‘training pods’ (Cohort Training Concept) in groups of 10 -12 for 8 weeks. As the Summer progressed at the **HPG** and **U19 Comp** level, we cautiously allowed trusted training partners to gradually move out of single seat boats into doubles, joining the numerous sibling pairings. The ‘trusted training pods’ slowly widened until by the end of Summer, we were able to train and even race in Quads, Doubles, Pairs and of course Singles. It is with this same cautious approach that we will move into Fall. There were ZERO cases of Covid-19 among all Summer Rowing athletes across all summer rowing programs. The same goes for the Boathouse’s Summer Sailing & Youth Programs – also operating with contained ‘pods’ of 10 or less.



What if!?

What happens if:

- There is a surge in new cases across Essex County and or Massachusetts?
 - GLR & The GLCBP Inc's executive team will continue to monitor infection rates daily and will act swiftly in suspending programs if we think safety is compromised – just as we did in the Spring. It is our hope that this will not become necessary.
- An athlete or member of Coaching staff tests positive to Covid-19?
 - Programs will be suspended for 72 hours. The Boathouse and all equipment will be subject to a deep clean. Athletes or persons who may have had direct exposure to a confirmed case will be required to quarantine for 14 days OR provide a negative test result before returning to Fall training.
- An athlete has symptoms that *could* indicate Covid-19?
 - That athlete will be immediately excluded from training and quarantined for 14 days or until such time as they have returned a confirmed negative test result. GLR will NOT act on unconfirmed 'maybe' cases that would result in unnecessary, widespread disruption and panic. For *confirmed* cases, if applicable, see above.



Full details of the Boathouse COVID-19 Health & Safety Protocols can be found on the GLCBP website: <http://www.boatingprogram.com/>

In addition to these measures & specific to rowing:

- All programs are scheduled with a 20 minute break between them to allow for GLR's comprehensive equipment cleaning protocols, to eliminate athlete cohort crossover and to maintain on-site capacity caps.
- All athletes will enter the Boathouse via the main door and will be checked in by a member of staff, their temperature checked and their hands sanitized prior to entry
- All athletes will wear a mask on land and around the boathouse. Masks may be removed once launched
- We have copious amounts of hand sanitizer and 'Covid-19 Kill-on-contact' disinfectant spray to keep all oars and equipment as safe as they can possibly be between programs
- Where boats require BAT Logic Quick Release shoes (all racing shells) athletes will be assigned a pair of rowing shoes that will be theirs for the duration of the Season. (Supply permitting)

Weather Contingency: In the event inclement weather prevents safe on-water training, due to the Governor's policies limiting the number of athletes inside the building, practice will need to be canceled and athletes will be sent home. If athletes are sent home, a workout plan will be added that day to take the place of the on-water practice.



The Squads:

"Varsity 1"

Start Date: Monday August 31 (10 Weeks)

5 Days per week: Mon – Friday 5:40pm to 7:30pm - Coach Mitch, Coach Bob, Coach Bueno

This group is by **invitation only** for **Summer 2020 HPG & U19 Comp Athletes** continuing improvement of high-performance sculling & sweep skills in small boats. Established 'trusted training pods' will continue from Summer.

Boats used will include 1x, 2x, 2-, 4x and 4+ shells. Initially, 4x and 4+ lineups will be built and maintained with existing 'trusted training partners' established and proven over Summer, thus creating safe training cohorts, including a coxswain where applicable.

The only exception to the Summer Program rule will be for three Senior Coxswains who will be permitted to join the group. All Coxswains will be coxing in 'bow-loader' 4+ shells (i.e. The very front of the boat facing forwards and not directly facing any rower) and will be required to wear masks for the first 14 day training period with their training cohort. All coxswains will have their own dedicated CoxBox, SpeedCoach and Microphones for the duration of Fall. There will be ZERO sharing of Coxswain's equipment.

"Varsity 2"

Start Date: Monday August 31 (10 Weeks)

5 Days per week: Mon – Friday 3:30pm to 5:20pm - Coach Mitch, Coach Bob, Coach Bueno

This group is by **invitation only** for **Summer 2020 Varsity LTS & Youth Rec Athletes** and **Returning GLR Varsity eligible athletes**.

Focus will be on continuing improvement of sculling & sweep skills in small boats and 'Learn to Scull' for those entering the group without sculling experience. Established 'trusted training cohorts' will continue from Summer. New 'trusted training cohorts' will be gradually established among entering athletes, starting in singles and doubles.

Boats used will include 1x, 2x, 2-, 4x and 4+ shells. Initially, 4x and 4+ lineups will be built and maintained with existing 'trusted training partners' established and proven over Summer, thus creating safe training cohorts, including a coxswain where applicable.

Just as with **Varsity 1**, all Coxswains will be coxing in 'bow-loader' 4+ shells (i.e. The very front of the boat facing forwards and not directly facing any rower) and will be required to wear masks for the first 14 day training period with their training cohort. All coxswains will have their own dedicated CoxBox, SpeedCoach and Microphones for the duration of Fall. There will be ZERO sharing of Coxswain's equipment.

FAQ: *"Hey Coach, I really thought I was looking good for the 1V Squad this season, but you've listed me in 'Varsity 2' – what's with that!?"*

Answer: There are a number of 1V athletes in both Varsity 1 and Varsity 2. The groups are split SOLELY based on established Summer Training Pods for continuity of team health & safety. That's it. Plain & simple. V1 and V2 will ALL be doing the identical training plans with the same coaching staff. As the Fall season progresses, there *may* be opportunity for selected athletes to move between lineups from Varsity 2 to Varsity 1 and visa-versa. Regattas are not happening until Spring 2021. Trust that at that time, you will be in the crew that I know you have earned the right to race in.

The Squads: (Continued)

"Varsity 3"

Start Date: Monday August 31 (10 Weeks)

5 Days per week: Mon, Wed, Fri 3:30pm to 5:20pm. Tue & Thur 5:40-7:30pm - Coach Mike, Coach Bueno

***** Please note varying program times in daily schedule *****

This group is by **invitation only** for **Summer Novice Athletes** and **Returning GLR Varsity eligible and Advanced Novice athletes**. Only 16 places are available in this group.

Focus will be on continuing improvement of sculling skills in small boats and 'Learn to Scull' for those entering the group without sculling experience. Established 'trusted training pods' will continue from Summer. New 'trusted training cohorts' will be gradually established among entering athletes, starting in singles and doubles.

Boats used will include 1x, 2x, 2-, 4x shells.

This group will have a new dedicated on-water coach for whom we are currently in the selection process. Just as with **Varsity 1** and **Varsity 2**; as the Fall season progresses, there *may* be opportunity for selected athletes to move between lineups from **Varsity 3** to **Varsity 2** and visa-versa. Regattas are not happening until Spring 2021. Trust that at that time, you will be in the crew that I know you have earned the right to race in.



"Novice 1"

Start Date: Tuesday September 8 (9 Weeks)

4 Days per week: Monday / Wednesday / Friday 3:30pm to 5:20pm & Tuesday / Thursday 5:40 to 7:30pm

***** Please note varying program times in daily schedule *****

Coach Kara, Coach Bueno, Coach Lizzy

Programmed for **Novice Athletes with at least one season of rowing experience** continuing to develop sculling skills acquired in GLR's Summer Novice Sculling Programs and / or Novice rowers learning sculling for the first time.

Boats used will include 1x training and recreational single sculls.

"Novice 2 / Middle School (Year 8)"

Start Date: Tuesday September 8 (9 Weeks)

3 Days per week: Tuesday / Thursday / Friday 3:30pm to 5:20pm

Coach K, Coach Bueno, Coach TBA

Programmed for **Novice and/or Middle School (Year 8) Athletes** seeking to learn & develop sculling skills for the first time.

Boats used will include 1x training single sculls.

"Middle School 2 (Learn To Scull)"

Start Date: Friday September 10 (9 Weeks)

2 Days per week: Friday 5:40 - 7:30pm, Saturday 9:30 - 11:30am,

***** Please note varying program times in daily schedule *****

Coach Mike, Coach Kara, Coach Bueno

Programmed for **Middle School Athletes** seeking to learn & develop sculling skills for the first time.

Boats used will include 1x training single sculls.

Payment:

Registration for ALL Fall Programs is via Regatta Central.

VIP: If you have a credit from the Spring Program, please DO NOT PAY VIA REGATTA CENTRAL. Regatta Central is a third-party booking company and they do not have any visibility to GLR's accounts. They have no record of your credit. Therefore, you will be charged full price for your selected program and obtaining a refund will be a time-consuming and painful process for you, as you will need to sort that out with Regatta Central.

All athletes with remaining Spring credits (not already used on Summer Programs) should still REGISTER on Regatta Central but select the *pay by check* option and then mail your adjusted payment (i.e. New fee – remaining credit) **WITH A NOTE detailing your credit calculations**, to:

GLR Fall Rowing
P.O. Box 955
Lawrence, MA 01842

If you are new to GLR or have fully used your Spring Credit, you of course have the option of paying online through Regatta Central or mailing a check to the above address. All checks should be made payable to "GLR".

BEFORE REGISTERING, please **triple check that you or your athlete is eligible for a particular program**, by reading this document fully. At least twice.

The GLR Family will always be offered first priority, but I can guarantee you, somebody wants your seat in a boat, if you're not quick to claim it.

Thank you for your understanding.

Kind regards,

Mitch McManus
Rowing Director & Head Coach, Greater Lawrence Rowing

Program Summary: Varsity Fall Season August 31 - Nov 6 20 20 - August 14 (10 Weeks)

Varsity 1 5 Days per week	Mon 5:40-7:30pm	Tue 5:40-7:30pm	Wed 5:40-7:30pm	Thu 5:40-7:30pm	Fri 5:40-7:30pm
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For **Summer 2020 HPG & U19 Comp Athletes** continuing improvement of high-performance sculling & sweep skills in small boats; Scrimmages TBA against other programs later in the Fall

Cost: \$650
Boats: Racing Singles, Racing Doubles & Pairs, Racing Quads & Fours
Max Capacity: 25 Athletes by invitation
Coaches: Coach Mitch, Coach Bob & Coach Bueno
Current Status: **OPEN for Registration**

Varsity 2 5 Days per week	Mon 3:30-5:20pm	Tue 3:30-5:20pm	Wed 3:30-5:20pm	Thu 3:30-5:20pm	Fri 3:30-5:20pm
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For **Summer 2020 Varsity LTS & Youth Rec Athletes** and **Returning GLR Varsity eligible athletes** seeking to learn or improve sculling technique & sweep skills in small boats; Scrimmages TBA against other programs later in Fall

Cost: \$650
Boats: Racing Singles, Racing Doubles & Pairs, Racing Quads & Fours + Trainer Singles
Max Capacity: 25 Athletes by invitation
Coaches: Coach Mitch, Coach Bob & Coach Bueno
Current Status: **OPEN for Registration**

Varsity 3 5 Days per week	Mon 3:30-5:20pm	Tue 5:40-7:30pm	Wed 3:30-5:20pm	Thu 5:40-7:30pm	Fri 3:30-5:20pm
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For **Summer 2020 Novice Athletes** and **Returning GLR Novice athletes stepping up to Varsity** seeking to learn sculling or improve sculling technique & sweep skills in small boats; Scrimmages TBA against other programs later in Fall ***** Please note varying program times in daily schedule *****

Cost: \$600
Boats: Racing Singles, Racing Doubles & Pairs, Racing Quads & Fours
Max Capacity: 16 Athletes by invitation
Coaches: Coach TBA & Coach Bueno
Current Status: **OPEN for Registration**

***Erg & Weight training sessions available to Varsity Athletes on a restricted capacity via advance booking: 5:20-7:30pm Monday, Wednesday & Friday**
Some 'Varsity 1' Group Athletes may be programmed for land work at these times as part of their strength & conditioning training program.

Program Summary: Novice Fall Season September 8 - Nov 6, 2020 (9 Weeks)

Novice 1 (9 weeks) 4 Days per week	Mon 3:30-5:20pm	Tue 5:40-7:30pm	Wed 3:30-5:20pm	Thu 5:40-7:30pm	
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Programmed for **Novice Athletes with at least one season of rowing experience** continuing to develop sculling skills acquired in GLR's Summer Programs and / or Novice rowers learning sculling for the first time.

*** Please note varying program times in daily schedule ***

Cost per Session: \$480
Boats: Trainer Singles, SUP Scull Singles, Club Singles
Max Capacity: 16 Athletes by invitation and open registration
Coaches: Coach Kara, Coach Bueno, Coach Lizzy & Coach Justin
Current Status: **OPEN for Registration** **REGISTER HERE:** https://www.regattacentral.com/cart/?job_id=1869&sid_401=1

Novice 2 / Middle School (9 weeks) 3 Days per week		Tue 3:30-5:20pm		Thu 3:30-5:20pm	Fri 3:30-5:20pm
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Programmed for **Novice and/or Middle School (Year 8) Athletes** seeking to learn & develop sculling skills for the first time.

Cost per Session: \$360
Boats: Trainer Singles, SUP Scull Singles, Club Singles
Max Capacity: 16 Athletes by open registration
Coaches: Coach Kara, Coach Bueno, Coach Lizzy & Coach Justin
Current Status: **OPEN for Registration** **REGISTER HERE:** https://www.regattacentral.com/cart/?job_id=1869&sid_402=1

Program Summary: Middle School Fall Season September 8 - Nov 6, 2020 (9 Weeks)

Middle School LTR 2 (Scull & Sweep) 2 Days per week				Fri 5:40-7:30pm	Sat 9:30-11:30am
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Programmed for **Middle School (Year 7-8) Athletes** seeking to learn & develop rowing & sculling skills for the first time.

*** Please note varying program times in daily schedule ***

Cost per Session: \$250

Boats: Trainer Single Sculls, Training Sweep Catamaran, Concept 2 Rowing Machines

Coaches: Coach Mike (Saturday), Coach Kara, Coach Bueno and Coach Justin

Max Capacity: 8 Athletes by open registration

Current Status: **ONLY 3 Places Remaining** **REGISTER HERE:** https://www.regattacentral.com/cart/?job_id=1869&sid_404=1



“Yeah GLR!”