Carleton University
Ravens Rowing Team
Information Package
Carleton Ravens’ Rowing Season

The Ravens Rowing season starts on the first day of classes and runs until the end of October or early November. Recruitment for the Novice team (no prior rowing experience) will be held during the first or second week of school, with tryouts usually before mid-September. Offseason training starts, after a short break following the competitive season and runs until the end of the spring semester.

Where We Train

During the rowing season the Ravens Rowing Team trains at the Ottawa Rowing Club located at 10 Lady Grey Drive, Ottawa (see map below).

After the season is over, the rowing training moves indoors to the Carleton athletics facility.
**When We Train**

During the on-water season the Ravens Rowing team trains 6 mornings a week, Monday to Saturday. Athletes are expected to arrive at the Ottawa Rowing Club by 5:00 am. Practices are over by approximately 7:30 am. Weekend practices normally start at 7:00 am.

One can expect at least 1 and a half hour of rowing per workout.

A second cross training workout in the afternoon is encouraged but is not mandatory.

Keep in mind that there will always be practices regardless of the weather so always come prepared to train either on or off the water.

In the off season there are team workouts scheduled for six days of the week. Monday to Friday practice starts at 6:00 am and is over by 7:30 am at the latest. Team members have the option of doing the workouts later in the day on their own. Saturday’s workout is done on your own. Sunday is off.

**How to Get to Practice**

Most athletes bike to practice. The Ottawa Rowing Club is a 20 to 30 minute bike ride along the Rideau Canal to the Carleton University Campus. Athletes are encouraged to bike as a group in the mornings. Some athletes may have cars, so carpooling may be a possibility. There is no bus service currently available from the University to the Rowing Club that arrives in time for practice.

**Before You Can Get On the Water**

There are a few requirements that must be met before anyone can get on the water:

1. You must be registered for a fall membership with the Ottawa Rowing Club.
2. You must watch a safety video.
3. You must take an Ottawa Rowing Club safety course (about 30 to 40 minutes in length).
4. During the later portion of the season we will be starting our workouts in the dark, therefore you must have a light and a whistle attached to your person. The club sells both for $15 (their cost). Or if you prefer the same whistle light combination can be purchased at Canadian Tire in the marine department.
5. You must complete a 2000m ergometer test, witnessed by a coach.

**Regattas**

The Ravens rowing team will compete at the following regattas.

1. **PD Ross**- This a challenge race between the Carleton Ravens and the University of Ottawa GeeGees. It is held on the Rideau Canal, in Ottawa.
2. Head of the Rideau (Ottawa)
3. Head of the Trent (Peterborough)
4. Brock University Invitational Regatta (St. Catharines)
5. Ontario University Regatta (TBD)
6. Canadian University Rowing Championships Regatta (Location changes from year to year)

The novice team attendance at the Brock Invitational Regatta will be at the discretion of the novice coaches. Only the varsity team members will be eligible to attend Canadian University Rowing Championships.

Regattas 1 through 5 are supported by Carleton University. Event 6, the Canadian University Rowing Championships Regatta is not.

The maximum team size that can attend the Canadian University Rowing Championships Regatta is 12 male and 12 female athletes, plus up to two coxswains per male and female team. Teams for this event will be selected by the coaches based on performance, and may not comprise the full contingent. This is an athlete funded event with minimal support from the university. Attendance at this regatta is not mandatory but athletes wishing to attend will be responsible for all the associated costs. Final team selection will be at the discretion of the coaches.

The exact dates for each regatta will be conveyed to the team at the beginning of the season.

In addition to the races indicated above, an entry may be submitted to the Head of the Charles (Boston). The decision to apply for entry into this regatta is at the discretion of the coaches and will be based on the ability of athletes in attendance at the pre-season training camp. This event is also athlete funded.

You will be required to miss some Friday classes when the team attends out of town regattas, so plan ahead to stay on top of your work load. For the Ontario University Development you will be required to miss Thursday and Friday Classes.

Most professors are very accommodating to student athletes and will make alternate arrangements for exams and assignments. However, they need to be informed as soon as possible.

**Expectations of Varsity Athletes**

Rowing at Carleton is a varsity sport and as such there are several expectations of the athletes:

- **Attendance at practice.** The university season is very short and attendance at practice is essential. Excessive missed practices is grounds for being removed from the team roster.
- **Commitment to year round rowing training the minimum requirements are:**
  - University season: 6 mornings a week totally approximately 10 hrs/week.
  - Winter training: 8-10 hrs/week (cardio 5 hrs – at least 3.5 hrs on the erg, weights 3 hrs)
  - Summer season: Row competitively, preferably in Ottawa but any other club is also acceptable.
• **Attendance at training camp.** Athlete assessment and crew selection is primarily accomplished at training camp. Missing training camp may preclude you from being considered for some crews.

• **Participation in team fundraising and volunteer activities.**

• **Staying on top of your studies.**

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**Training Camps/Tryouts**

**Experienced Rowers**

There is a pre-season training camp for athletes who have rowed before. The camp starts 10 days prior to Labour Day. Athletes wishing to be considered for the varsity team are expected to attend the training camp.

It is expected that athletes attending the training camp are physically prepared. The assumption is that everyone has an above average level of aerobic fitness and the work-outs will be planned accordingly based on this assumption.

**Novice Rowers**

Athletes new to rowing will be required to attend a 1 week training/tryout session. No rowing experience is necessary. The novice training session will occur during the first full week of classes. Crew selection for the Novice team will be based on fitness, commitment and team spirit. There is a non-refundable cost of approximately $100 for the week long training/tryout session, which will be credited towards the athletes Ottawa Rowing Club fall membership if they continue with the program.

**Crew Selection**

The objective of the coaching staff will be to field the most competitive crews possible. As such, crew selection will be based on, but not limited to, the following assessments:

1. Erg scores
2. Technical Ability
3. Commitment
4. Compatibility with other athletes
5. Boat moving ability
6. Time trial results
7. Seat racing

Keep in mind that crew selection takes place primarily during training camp.

Version 202-11-01
Pathways to Making the Varsity Team

1. Varsity Team
2. Selection Camp
3. Summer Competitive Rowing
   - Off Season Training
   - Returning Varsity or Senior Club Athlete
4. Summer Development Rowing
   - High School or Junior Rowing
5. Summer Competitive Rowing
   - High School or Junior Rowing
6. Summer Development Rowing
   - Off Season Training
7. Summer Competitive Rowing
   - Off Season Training
8. Summer Development Rowing
   - Novice Team
   - Fall Identification
   - Winter Semester Identification
9. Summer Competitive Rowing
   - Novice Team

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**ERG and On Water Targets**

Although ergometer scores are not the only criteria indicative of a fast crew, they are a strong indication of one’s personal fitness, commitment to varsity level training and they are an excellent indication of one’s improvements in rowing specific fitness. Erg testing will take place during the training camp or tryouts. Athletes that cannot attend the camp will be required to complete the testing before getting on the water. The erg targets in the table below apply to athletes who have rowing experience.

<table>
<thead>
<tr>
<th>Category</th>
<th>Varsity</th>
</tr>
</thead>
<tbody>
<tr>
<td>HM</td>
<td>&lt; 6:25</td>
</tr>
<tr>
<td>LM</td>
<td>&lt; 6:49</td>
</tr>
<tr>
<td>HW</td>
<td>&lt; 7:25</td>
</tr>
<tr>
<td>LW</td>
<td>&lt; 7:47</td>
</tr>
</tbody>
</table>

The target erg scores listed above will be reviewed yearly.

Erg results will be a preliminary criteria for crew assignments. In addition to the erg results, boat moving ability is of utmost importance. This will be assessed through twice weekly time trials. Only crews finishing within 10% of the fastest crew will be considered for entry into the OUA Championship Regatta varsity categories.
### Costs/Fees/Benefits

<table>
<thead>
<tr>
<th></th>
<th>Varsity</th>
<th>Junior Varsity</th>
<th>Novice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Fee</td>
<td>$60</td>
<td>$60</td>
<td>$40</td>
</tr>
<tr>
<td>Trailer loading fee (note 1)</td>
<td>$50</td>
<td>$50</td>
<td>$50</td>
</tr>
<tr>
<td>Training Camp/Tryout fee (note 2)</td>
<td>$100</td>
<td>$100</td>
<td>$100</td>
</tr>
<tr>
<td>ORC Membership (note 3)</td>
<td>$405</td>
<td>$405</td>
<td>$405</td>
</tr>
<tr>
<td>Unisuit (note 4)</td>
<td>$40</td>
<td>$40</td>
<td>Not required</td>
</tr>
<tr>
<td>Hotels</td>
<td>none</td>
<td>none</td>
<td>Athletes expense</td>
</tr>
<tr>
<td>Bus Transportation</td>
<td>none</td>
<td>none</td>
<td>$20 for Trent $25 for Brock and OUA</td>
</tr>
<tr>
<td>Entry fees</td>
<td>none</td>
<td>none</td>
<td>none</td>
</tr>
<tr>
<td>Per Diem food allowance for athlete meeting targets</td>
<td>$25/day</td>
<td>$25/day</td>
<td>none</td>
</tr>
</tbody>
</table>

**Notes**

1. The trailer loading fees is fully reimburse if all trailer loading/unloading commitments are fulfilled.
2. At a minimum the $100 tryout fee must be paid prior to the training camp. The full amount of the tryout fee is put towards the ORC fee if selected to the team. This fee is subject to change by the ORC.
3. The full ORC fall membership fee, less the tryout fee, must be paid to continue rowing following the completion of the training camp.
4. The cost of a new unisuit is approximately $80. The team will pay the additional $40 above that collected. This only applies to new members of the team. Anyone wishing a second unisuit must pay the full $80.

For varsity crew members (does not include JV), most if not all of your season’s expenses will be covered by Carleton University Rowing Team budget. Depending on the size of the team this may include travel, accommodations, regatta entry fees and a uniform. Due to the increasing size of the rowing team and the strain on the team’s budget, only varsity athletes meeting the ergometer standards will also receive a per diem food allowance when travelling.

For development and novice rowers, the costs associated with attending a regatta are the responsibility of the athletes. This includes hotels and meals and a team shirt. Cost associated with regattas will vary.
from year to year. An estimated additional $175 should be budgeted for the 3 regattas that the novice group attends.

**Varsity Handbook**

It is suggested that all athletes take the time to review the Carleton University Ravens Varsity Handbook for additional information pertaining to varsity status athletes.

**Financial Sports Assistance**

Following the completion of the competitive season Carleton University distributes funds to support eligible varsity athletes. To be eligible athletes must maintain an average mark of 70% for second year students or 80% for first year students. Recommendations for the distribution of the funds will be limited to the top performing varsity athletes at OUA championships. The university has the final say as to the distribution of funds.

**Athlete Responsibilities**

Attendance is of the utmost importance for all events during the season, trailer loading being one of the most important. There will be a $15 dollar fine for Varsity athletes and $10 for Novice athletes for each failure to attend trailer loading and unloading unless a written/emailed notice is provided to the team captain 2 days prior outlining a legitimate reason for not attending. The penalties will be deducted from the fees held in escrow.

The money collected from those who have missed trailer loading/ unloading sessions will be put into a bank account for the rowing team and used at an appropriate time of need. The use of said money will be decided by athlete representatives in consultation with the coaches.

**Ravens Rowing - Code of Conduct**

As a student of Carleton University you have agreed to follow a number of rules with your registration and status. These rules are not to be toyed with otherwise consequences will be in order. Likewise being a member of any sports team at Carleton there are a number rules to go along with being an athlete. As an athlete you are representing the whole university. One must display sportsmanlike behaviour and represent the school in the most dignified and respectful way. Below you will see a list of rules that the Ravens Rowing team must abide by which are in addition to and in support of University rules:

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1 The Ravens Rowing Code of Conduct was written by the athletes but are supported by the coaching staff.

Version 202-11-01
1. Absolutely NO tolerance of **alcohol or drug** use during practices, traveling to or from regattas, or at the regatta site.

2. No Cannabis: Although legal it is still a banned substance in competition

3. All athletes must show up to practices. If absent for an unexplained reason your whole crew will be off the water. If absences are a recurring issue further actions will be implemented by a coach or the executive.

4. As a Carleton athlete there is a strict **no hazing** policy. This means that:
   - No new or returning athlete will be made to carry out illegal or dangerous actions as a part of the team.
   - There will be no “initiation” process carried out for rookies or novices
   - Outside of practice no athlete (new or returning) will be made to attend a social gathering against his or her will

5. As representatives of both Ravens Rowing and Carleton University, there are to be no events or activities involving alcohol or illegal actions affiliated with the team. If attending such an event outside of rowing, you are asked to not wear any team gear (jackets, sweatshirts, toques, etc) affiliated with the crew as this is a misrepresentation of the team.

6. All athletes are required to show up at every trailer loading/unloading session. Attendance will be taken at each of these sessions. If an athlete is documented absent without a coach approved excuse two days before the loading session, fees will be collected and donated to the Ravens Rowing Fundraising Account.

7. All athletes must agree to paying an ‘absence fee’ at the beginning of the season (amount to be determined). If the athlete attends all trailer loading/unloading sessions there money will be reimbursed at the end of the season. If an athlete misses a session without permission of a coach an amount from the required ‘absence fee’ will be docked (amount to be determined).

8. Fundraising is a major part to our team; each athlete should volunteer at each event and support the team. This money allows us to help reduce fees for the novice program, purchase equipment for the use of Carleton rowers only (i.e. Cox Box’s, bow lights, megaphones, etc.)

9. If for any reason an athlete is caught with alcohol or drugs during a scheduled rowing related event, their entire “attendance fee” will be kept and donated into the Ravens Rowing Fundraising account and their status as members of the team will be reviewed. (Can include “showing up to the varsity banquet drunk is unacceptable”).

10. There will be no tolerance for “trash talking” to and behind each other backs. We will respect each other and spread positive comments about one another everywhere, no matter what.

11. There will be zero tolerance of disrespectful comments towards other members on social media, including private group chats.