

Lake Union Crew



MEMBERSHIP HANDBOOK

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Mission Statement

Lake Union Crew (LUC) is dedicated to providing its Members with the best possible facilities, equipment and coaching for competitive and recreational enjoyment of the sport of rowing in a team-oriented atmosphere. Working as a team and supporting each other to achieve our goals is where we get our motto: where teamwork is everything.

Membership

Joining Lake Union Crew

Rowers who participate in the LUC Learn to Row class are offered a Trial Membership of 5 weeks, after which they are invited to join LUC as Full Members. Rowers who have high school or collegiate rowing experience, or who are experienced Masters, are welcome to give rowing at LUC a try by participating in 3 sessions without cost to see if they would like to join. If an experienced rower is qualified and interested in joining the Nationally Competitive Program at LUC, they may need to row as a substitute until line-ups shift for the next set of races.

Initiation Fee

Membership requires the payment of an Initiation Fee, according to the posted fee schedule. Each new Member receives a LUC logo polar fleece vest. Additional or replacement vests may also be purchased.

Types of Membership

Upon initiation, a new Member selects one of the following levels of participation, each of which has a different fee structure. Fees can be paid annually or monthly.

- *Gym Membership* Benefits include:
 1. Receiving LUC communications, including regatta information, training workouts, and special event information, via e-mail, bulletin board and website updates.
 2. Use of the ergs, space, and training equipment during club hours subject to availability during coached program times.
 3. Private or semi-private lessons with LUC Coaches according the fee schedule.
 4. Eligibility for 'dry' rack space (more difficult to reach) for Member's privately owned shell, according to the posted fee schedule and subject to availability or wait list.
 5. Listing the Member as an occasional substitute rower for Programs that match the Member's skill level.
 6. The Member may invite a Guest to participate in LUC social and work-out activities, some of which require a Guest fee, as posted. Examples are erging, weight training or yoga classes.

- *Program Membership* Benefits include all of the above, plus:

1. Participation in as many of the structured Programs of coached sessions, as time and interest allows. Based upon the Member's skill and interest level, one may choose to scull with one Program and sweep with another. (In depth descriptions of all Programs are later. Practice schedules are posted and seasonally adjusted.)
 2. A year round training plan and coaching for progression to the highest level of participation based upon the Member's skill and interest.
 3. Transportation of shells and equipment, by trailer, to all local regattas in which LUC teams participate.
 4. Eligibility for rack space for Member's privately owned shell, according to the posted fee schedule and subject to availability or wait list.
 5. Participation in LUC activities and periodic clinics covering a variety of training subjects. Sometimes clinics carry a small fee.
- *Nationally Competitive Program Membership* Benefits include all of the above, plus:
 1. Provided Member remains in sight of a LUC coach on the water, independent use of club shells, according to skill level.
 2. Use of certain racing shells is limited to athletes in this Program.
 - *Punch Card Membership* Available to Program Members who aren't rowing frequently enough to warrant full membership. They are the same cost as a month of membership for 10 visits, must be a full Member to qualify and return to full membership for racing.
 - *Collegiate Program* Athletes who are enrolled in any College or University may participate in LUC Programs, on a space available basis. They may use the ergs and weights during their summer break and/or winter break, based upon the posted fee schedule. Boating priority goes to Program Members.

Membership Status Change

A Member may elect to change the type of Membership they hold by notifying LUC before the end of any month. The change will then go into effect on the first of the following month.

Inactivation of Membership

A Member may elect to inactivate their Membership by notifying LUC before the end of any month. The change will go into effect on the first of the following month.

Any Member whose account falls more than 10 days in arrears is not allowed to participate and shall be considered to have inactivated their Membership after 30 days of non-payment.

Inactivation may also occur as a result of a Member's inappropriate behavior, deliberate misuse of equipment, a negative attitude that does not foster a sense of teamwork, and for safety violations of any kind. Inactivation under these circumstances shall be at the sole discretion of the Director. LUC thrives because of the way Members and Staff treat one another and there is little room for discord or lack of appreciation for what we all share.

Operations

Boathouse Hours

With the exception of major holidays and special events, access to all our facilities is from: 5:00 am - 8:00 pm Monday through Thursday, 5:00am - 5:00pm Friday, and 5:00 am - 12:00 pm Saturday.

Member door codes also work Saturdays until 6:00 pm and 6:00 am - 6:00 pm Sundays. During this time the buddy system is in place – Members may use indoor equipment but must do so with a buddy, in case of injury.

Safety

The safety of all Members, Guests and Staff is the highest priority at LUC. Implementation of safety measures occurs at multiple levels. In our facility, we have a sprinkler system, stand-alone fire extinguishers and multiple exits.

Aboard the coaching launches, we carry our cell phones, life jackets, fire extinguishers, hand operated water pumps, foil blankets, flares, overboard retrieval ladders, first aid kits, tow lines, basic tools, throw cushions and a paddle.

Each Member affirms that they can swim or tread water for at least 10 minutes, and everyone who participates in a Learn to Row Class is required to watch the safety video provided by the US Rowing Association.

Each crew shell has a floatation chamber and quick release heel ties. Members rowing club singles are required to take a 'flip test' to demonstrate their ability to at least get their torso back on top of an overturned shell. Flip tests are scheduled periodically, or you may arrange a time to take one with your coach on an individual basis.

The local waterway traffic pattern map is provided in this handbook and is posted in the boat bay. Please observe it very carefully. Navigational lights are required on each crew shell and scullers using LUC boats are required to provide their own lights as a backup. Members who own their own boats are required to properly light their shells or lose their rack privileges at LUC.

Standard navigational lighting is a red light on the port (left) and green on the starboard (right) bow and an all-around white light on the stern. Blinking lights are great for attracting attention but are easily missed by scullers looking over their shoulders. Attaching the light with a lanyard is a good idea to reduce loss to the depths.

Accounting

LUC's accounting procedures are designed to make Membership as hassle free as possible. A Member's first month of dues is prorated based upon their start date. After that, monthly dues are payable on the 1st of each month and Members may keep a credit/debit card on file to use for payment if they wish. Those who pay by check may drop it off in the Office or send it by mail. We

do not send out invoices or statements. Members who elect to participate in racing must be Program Members in the month of the regatta and may also use a credit/debit card for regatta fees.

Payments are considered late after the 5th of the month and incur a late fee of \$25. After the 10th of the month, any Member still in arrears is not allowed to participate or use the facilities. We do not prorate partial months, other than a Member's starting month, and there are no refunds for dues.

Coxing for Membership

Full time, racing coxswains are awarded Program Membership status without paying the Initiation Fee or monthly dues. Their logo vest and racing attire are presented as they accrue practice sessions.

Members who primarily row may cox for other LUC Programs and have their Program Membership dues waived for the following month. At times there is a wait list for this benefit, and interested Members should contact the office to see if space is available. Coxing for Learn to Row classes requires 8 coxing sessions to credit one month's dues; coxing for regular programs requires 10 coxing sessions to credit one month's dues.

To log your coxing sessions, use the sheet on the clipboard at the front counter. Sessions are tallied over the weekend and accounts are credited the following week.

Communication

At present, e-mail is the most often used method of providing information to and among Members. LUC sends out periodic updates via e-mail. Each Program also has a Program Captain who provides the communication link between the participants, their Coach and the Program Director.

Protocols

Noise

It is important to be aware, particularly in the early morning hours, that we need to be very quiet in our parking lot, on our docks and on the water, especially near houseboat communities. Even though we are awake, energized and very active, most of the world would like to stay asleep at that time. Our marina neighbors have filed complaints with the police about noise and interference with their boats. We should work to avoid these problems at all costs.

Parking

The parking lot along Westlake in front of LUC is public parking. Please be careful of bikers and pedestrians when parking. More spots are available in general to the north than to the south. Since it is a public parking lot please abide by City of Seattle laws.

The bike rack under our reader board is for use while rowing. Please do not bring bicycles inside.

Attitude

The sport of rowing is not easy and sometimes practices can be frustrating. When a boat comes together it is magic, but the times when it is a struggle can be very challenging. We try hard to leave the stresses of the day on the dock and look for the best in ourselves and each other as we push off. Talking in the boat is highly discouraged so that everyone can focus and avoid distraction. There will be times during each practice when the Coach or Coxswain asks for feedback. That is the time to discuss and make adjustments....with lightheartedness of course. The best improvement comes when people are comfortable and relaxed in their efforts. Technique feedback and coaching should only be done by the Coaches and Coxswains, not by the rowers.

Damage to Equipment

Accidents can happen, but we take many precautions to prevent them. All Members must be attentive during docking and boat handling. Even though the Coxswain is responsible for being in command of the boat everyone must watch for problems. In the event of accidental equipment damage, the program during which the accident occurred or the rower of the small boat involved hosts a work party to help offset the cost of repairs. Those who can pitch in financially do so.

Racing and Regattas

Schedule

The list of regattas LUC typically attends each year is posted on our website, www.lakeunioncrew.com. At LUC, the year in rowing is divided into 5 seasons, each of which culminates in a particularly noteworthy race. Within each season, there are also local races, which provide great venues and many racing opportunities. The schedule is somewhat fluid, but generally the seasons are:

1. Mid-November through January, ending with Ergomania.
2. January through March, ending with the San Diego Crew Classic.
3. April through Mid-June, ending with the NW Regional Championships.
4. Mid-June through August, ending with Canadian Henley & Masters Nationals.
5. September through Mid-November, ending with the Head of the Charles & Head of the Lake.

Line-ups

Several weeks or months before each race, an e-mail will ask Members to let their Coach know, by a certain date, if they want to participate in a given race. Participation includes the cost of entry fee(s) and a prorated share of the Coach's regatta pay and trailering fees. Members must be full Program Members in the month of the regatta in order to race. Once a Member signs up to race, he/she has committed to that event. Coaches then make line-ups that will race together in specific categories. It may well be that not everyone gets a chance to race or that some people will race in multiple races.

In the event someone has an emergency and a substitute rower must take that person's place, the original Member who signed up to race still incurs the costs of that regatta. Depending on the situation, sometimes the substitute is willing to reimburse the original Member, but this is handled directly between the Members. If a rower or a line-up backs out of a race, that individual or line-up will still incur the costs for that entry and the host organization may also charge a 'scratch fee' in addition to the entry fee(s). If a rower signs up to participate in a race, it is understood that he/she

will make every effort to attend each practice until the event. If attendance at practice is not possible, this needs to be communicated to the Coach, Captain and/or team.

At LUC, we value the experience of racing and believe that it helps to improve skills at all levels, however, it is by no means a requirement of Membership. With the exception of the advanced teams that will travel and race at National regattas, we treat local racing as an experience rather than being all about winning...but winning is a lot of fun!

During regular practice times immediately before a race, priority boatings will go to the combinations of people who will be racing at the next event. On some regatta days, when nearly all the Coaches, boats and rowers are at the regatta, regular practice does not occur, and non-racing Members are encouraged to use the ergs and weights, or attend another practice which is not racing at the regatta.

Selection for National Events

For those advanced rowers who wish to race at national caliber regattas, the selection process can last several weeks. Entry into these boats carries certain skill and fitness standards that are age and weight adjusted. The process includes weekly erg workouts and monthly timed erg pieces. In addition, we seat race to ascertain which rowers can move a boat most effectively. LUC has standard seat racing protocol which is available upon request from a Coach or the Director. Final Line-ups are determined by the Coach. While rowers may or may not agree with their decision, it is respected and not questioned.

We operate under the principal that every boat is 'open' every season, with pairings and line-ups changing depending on the venue and the entries we will make. The line-ups are set early and athletes are expected to arrange for a substitute for their seat, from a list of approved rowers, if they need to miss a practice.

Traveling to Away Regattas

Those athletes who are selected to race at an away regatta understand that they will incur the costs of travel, shared hotel, prorated race fees, trailering costs and Coaches and Coxswain costs. Typically, Members are advised of the travel and hotel arrangements that have been made for the LUC Coaches and Coxswains and most athletes choose to stay at the same hotel. We usually reserve extra hotel rooms, but it is up to Members to choose roommates and make their own travel plans. LUC has some historical data available about the costs for each venue from previous seasons.

Equipment Allocation

All entries from LUC are submitted together for each regatta by the Regatta Coordinator. Prior to LUC submitting entries to the regatta, the Coaches submit their entries and equipment requests to the Regatta Coordinator. Entries from each Program are reviewed for equipment and racing conflicts and appropriate boats and oars are allocated for each entry. Some regattas allow multiple entries into the same event and others do not. If there is a conflict between the timing of races and the available equipment, the Coaches and the Director will decide how the entries are to be ranked, typically by anticipated speed, and submit them accordingly.

US Rowing Association

Our sport is governed by the US Rowing Association (US Rowing). All LUC Members are required to sign the online waiver provided on the USRowing.org website, which now requires a small fee. US Rowing is the National Governing Body for Olympic rowing and provides our sport with the Rules of Rowing, the Safety Officials and Referees at all local, National, and International venues. Our club code for signing the US Rowing online waiver is 396BF.

Uniforms

One of the rules of our sport is that the members of a team must race in team uniforms. We make two versions of uniforms available. One is a LUC tank worn with solid black lycra shorts and the other is a JL Unisuit. We usually have loose fitting tanks available for purchase at the boathouse. Twice per year we offer an online store through JL Racing. Members can order an assortment of LUC-specific gear online. JL manufactures the entire order at once and ships it to LUC at no additional cost to the rower.

Affiliation

Occasionally, individuals may belong to more than one rowing club. Rules stipulate that an individual may only row for one club per regatta, and two clubs within any year. Details are available in the US Rowing Rules of Rowing.

Trailing

With some exceptions, racing at regattas requires trailering our boats to and from the venue. Trailering to local venues is included with Membership at no additional cost. Signing up to race should be considered a full day obligation and racing Members are expected to do their share of the trailer loading and unloading. The boats are usually loaded the day before, often during practice time, and unloaded and rigged back at LUC after the racing. This can make for a long day, so plan ahead for food and family obligations.

Results

Regatta Central hosts most regatta results and is the most reliable place to find them during and after events. Some regattas use different sites, but there will usually be links to them at Regatta Central. Green Lake regattas do not use Regatta Central but results can be found on their website or at the regatta. You can find photos of our teams in action (or just having fun with each other) on our Facebook page. This is a great place to share photos you may have of events and team activities.

Equipment

Use within Programs

All of LUC's equipment is assigned for use in certain Programs, and within those Programs, further assigned by weight class and skill level. It is the Coach's responsibility to place individuals at given seats in certain boats for each practice. This is most often done by taking height, weight, flexibility and skill into consideration. The goal is for rowers to be comfortable in the boat, to improve, and at the advanced level, to develop maximum speed in a given category.

Use by Individual Members

Individuals who have Program Membership status may use a boat during program times, provided the boat is not already being used in another Program at that time, and that the rower is of the appropriate size and skill level for the boat. The Member must remain in sight of a Program Coach already on the water. This is a great way to get more practice in particular line-ups before big regattas.

Equipment Care and Maintenance

Members are asked to treat LUC's equipment as if it were their own. Keeping tracks clean, wiping down boats after use, and reporting anything suspicious by writing it on the board all help keep our boats in tip top shape. Members should notice basic issues such as foot stretchers being properly aligned, rigger units being snug, oarlocks having enough spacers and pitch adjusters being pushed all the way in to make room for the spacers. Ask your Coach to show you these basic things if you are unsure.

Privately Owned Boats

Rack space for private boats is at a premium at LUC and Members who own their own boats must maintain at least a Program Membership. They are free to use their boat anytime LUC is open and are invited to participate and be coached in the Program that best fits their boat speed and skill level.

Members with private boats need to provide their own insurance and maintain their boats with the proper safety features, including proper lighting for use in darkness. Any Member who does not follow the water traffic safety pattern or is not well lit, both from the bow and the stern, will lose their rack space at LUC.

Ergs and Weights

All Members are welcome to use the ergs and weights any time LUC is open. In the event a regular Program is using them, the Program has priority, but all of our Coaches try to make accommodation for shared usage. When the Holy Names Academy (HNA) team is in session, they will be using the indoor equipment from 4:00 pm to 6:00 pm, Monday through Thursday and from 4:00 pm to 5:00 pm Friday.

We expect that you use the disinfecting solution to spray down the erg seats, handles and slides, as well as other workout equipment, after each use to reduce the spread of germs.

Coaches and Coxswains

Coach to Rower Ratio

Once a Program reaches consistent attendance of more than 20 Members, the Program size is adjusted. Sometimes this occurs by adding a second Coach and sometimes we add another Program time slot. The Coach's goal is to keep multiple boats within sight for safety, give each boat their workout plan for the session and divide coaching time reasonably among the participants. With less

experienced rowers and Coxswains, this can be very difficult due to the inconsistency of performance, which occurs at that level.

Coach Rotation and Guest Coaches

It is common for rowers and Coaches to develop a bond that can be a great experience, but because so much is learned by hearing different Coaches' views and perspectives, we try to shift our Coaches around to different Programs from time to time. Feedback about all our Coaches is always welcomed by the Director, and periodically we request responses to specific questions that help our Coaches know how they are being received.

Coaching Interns

There is a severe shortage of experienced rowing Coaches. At LUC, we believe in training and advancing from within, and that includes our coaching staff. We provide interested Members with the opportunity to learn from our advanced Coaches and receive increasing compensation as their skill and capabilities develop.

Coach's Compensation

Each practice time is scheduled to be an hour and a half. Our Coaches are paid for two hours, which is intended to allow them time to be accessible 10 minutes before practice and to accumulate time to prepare for practice, tinker with boats and to do line-ups for racing. LUC's Coaches are highly valued by our Members and are compensated at the upper end of the region's pay scale, but it is certainly not a job anyone does for the money.

Nationally, there is a wide spectrum of conditions under which Coaches work, from completely volunteer to well-paid collegiate coaching. Mostly, Coaches continue because they feel that they have made a positive difference and get a sense of appreciation from Program participants.

Coxing

The training, development, and appreciation of coxswains are key pieces of LUC's success. Each Program is encouraged to recruit coxswains and, in the absence thereof, the Program Coach develops a schedule that provides everyone with a turn at the helm of a shell.

LUC has a very detailed Coxswain's Manual and other coxing resources available in the Coxswain Corner on our website. The Coxswain's Manual is also available in hard copy. All Members should review it prior to their turn at coxing.

Programs

Learn to Row Program

Learning to row at Lake Union Crew is fun and easy. Classes are offered all year long in 4 week intervals and meet 3 times per week. Missing a session now and then is not a problem. At the end of this 4 week class, rowers and coxswains are invited to join Lake Union Crew and participate in any of the Sweep and Sculling programs listed below. See posted class times at www.lakeunioncrew.com.

List of On-going Programs

Each LUC Program is offered on a 3 times a week schedule and Members are encouraged to choose the one that fits their schedule the best, and then mix and match any additional sessions as they please. Each Program includes both sweep and sculling opportunities, although over time, the Mid-Morning sessions have become predominantly small boat oriented.

Rowers who are interested in focusing on and training for competition should let their Coach know, and the Coach will guide them to the next step, which may include shifting to another Program time.

- Sweep and Sculling Program (participate in as many sessions as you like)
 - Early Mornings
 - Mon, Wed, & Fri 6:45 – 8:15 am – *Sweep & Scull*
-Emphasis on building skills and fitness in all boats.
 - Mid-Mornings
 - Mon, Wed, & Fri 9:45 – 11:15 am – *Sweep and Scull*
-Emphasis on building skills and fitness in all boats; smaller class size allows for more small boat practice.
 - Evenings
 - Mon, Wed 6:30 – 8:00 pm, & Sat 9:00 – 10:30 am – *Sweep & Scull*
-Emphasis on building skills and fitness in a combination of eights and some small boat rowing.

- Advanced Sweep and Scull Program (participate in as many sessions as you like)
 - Early Mornings
 - Mon, Tue, & Thu 6:45 – 8:15 am – *Advanced Sweep & Scull*
-Emphasis on higher intensity workouts and boat speed.
 - Mid-Mornings
 - Mon, Wed, & Fri 8:30 – 10:00 am – *Advanced Sculling*
-Emphasis on distance rowing.
 - Evenings
 - Tue, Thu 6:30 – 8:00 pm, & Sat 8:15 – 9:45 am – *Advanced Sweep & Scull*
-Emphasis on higher intensity workouts and boat speed.

- Locally Competitive Program
 - Early Mornings
 - Tue, Thu 5:15 – 6:45 am, & Sat 5:30 – 7:00 am – *Women’s Local Comp & Men’s Local Comp*
 - Tue, Thu, Fri 5:15 – 6:45 am, & Sat 5:30 – 7:00 am – *Competitive Sculling/ Small Boats*
 - Evenings
 - Tue, Thu 6:30 – 8:00 pm, & Sat 7:30 – 9:00 am – *Women’s Local Comp & Men’s Local Comp*

- Nationally Competitive Program
 - Early Mornings
 - Mon, Wed, & Fri 5:15 – 6:45 am – *Women’s Nat Comp & Men’s Nat Comp*

Beginning and Advanced Sweep and Sculling Programs

This ongoing Program is offered at multiple times of the day/week and Members enjoy the rowing experience for its beauty, challenge, camaraderie and fitness improvements.

Coaching Objectives

In Sweep and Scull programs the Coach aims to expand rowers’ and coxswains’ understanding, skills and enjoyment of moving a boat while building rhythm, balance, power, acceleration and consistency. They tailor their coaching efforts to the desires of the participants: some Members want to become proficient in a single scull so they can row on their own with confidence; some want to be part of a consistent team boat; others want to improve their fitness as their life’s schedule allows without anyone else depending on their attendance; still others want to get good enough to race as soon as possible.

Rower Expectations

The point is to enjoy yourself! Let your Coach know your interests and goals and then have fun. Progress in this sport is not linear and even a frustrating session on the water will bring improvement a few days later.

Ergometer

The erg is used to warm up and to develop sport specific fitness. Ergs give rowers direct feedback on consistency and improved connection. Those who want to see more rapid progress start to do the weekly erg workouts from resources provided by your Coach or found at concept2.com.

Locally Competitive Program

This program is designed for Members who wish to dedicate more time and effort to the sport on a consistent basis and to race at most local regattas. Members who are able to perform the basic components of the rowing stroke with steadiness and good matching skills, and who can demonstrate age-appropriate fitness are invited to participate in this program.

Coaching Objectives

Locally Competitive Coaches provide participants with an environment that allows for the expansion of fundamental skills, with the objective of moving into the competitive arena. Rowers learn fitness improvement techniques and how to measure progress objectively.

Rower Expectations

Line-ups within boats start to be set at this level and consistent attendance becomes valued. Rowers begin to be able to respond to coaching feedback with understanding and

appropriate technique adjustments. Sport specific endurance improves as does racing experience. Fitness and technical improvement are constant objectives. Participants depend on one another to develop boat speed. Rowers with nationally competitive ambitions are exposed to increasingly competitive situations. Athletes are expected to do a minimum of 120 additional minutes of aerobic work each week, and most lift weights, erg and cross train.

Ergometer

Ergs are used for warm up, cardio and technical improvement as well as team technique bonding. Doing the weekly erg pieces in addition to water time is expected. Monthly erg tests are used to measure individual fitness and improved connection.

Nationally Competitive Program

The focus of this Program is competition at the National and International level. The experience, fitness and skill levels of the rowers and coxswains are intended to be the highest the team can produce in various age and weight categories. Workouts are designed on a yearly plan of waves that build toward specific regattas.

Coaching Objectives

Nationally Competitive coaches execute a training program that maximizes each participant's physical, mental and technical capabilities. They select line-ups and boatings that fit specific entries at the most challenging venues that Lake Union Crew attends and develop boat speed that is within medal performance range. They motivate, inspire and set the tone for highly competitive individuals with ambitious work ethics to push each other beyond previous limits, in an atmosphere of unity for a common goal.

Rower Expectations

"To have a blast going really, really fast."

Every seat in every boat is open each of the 5 seasons. Line-ups are made to be event specific. A philosophy of "any seat, any day, any race" is used to build a team that is versatile in its ability to match, blend and enjoy each other. Once selections are posted, rowers and coxswains are expected to fill their seats for any practice they might have to miss, from a list of appropriate substitutes. Athletes are expected to do a minimum of 300 additional minutes of aerobic work each week, and most lift weights, erg and cross train.

Ergometer

Ergs are used for warm up, cardio and technical improvement as well as team technique bonding. Doing the weekly erg pieces in addition to water time is expected. Monthly erg tests are used to measure individual fitness and improved connection. Age and weight adjusted minimum 2K and 6K pieces assist Coaches in selection.

LUC Outreach Foundation

Our non-profit foundation was established in 1998 to support our local community by providing the benefits of rowing to underserved members of our community, targeting at-risk youth, the developmentally disabled, and the physically challenged.

In time our horizons expanded to take on non-rowing efforts, and since then we have been welcomed with open arms in our own community and small villages half a world away. Our aim has always been to foster the understanding in everyone that the smallest contribution to the whole is magnified by the power of many.

Our Mission is to share that spirit of teamwork we enjoy at Lake Union Crew by engaging our local community in service to others. Our service work partners are domestic and international communities in need, with a focus on education and HIV/AIDS.

Any LUC Member who is interested should contact the Director who will connect the Member to one of the Foundation's Board Members.

Team Building

There is a natural fit of rowing as a metaphor for a group of individuals in a work environment trying to coordinate as a team. In 2003, Rome Ventura, founder of LUC, set up the Seattle Team Building Institute with this in mind. Outside of the formal business environment, we will provide participants with an entirely new team building experience.

Our Team Building program provides a unique opportunity to step outside the day-to-day office routine and to get to know one another better. Experiencing something new together and sitting in one of our 8-person shells levels the playing field. Everyone's roles are new and exciting and the lake stretches out with a myriad of discoveries in front of you.

Coordinate your business or organization's unique team building experience for groups of up to 40 individuals, in a fun-packed two-and-a-half to 3 hour rowing lesson.

Volunteerism

LUC is a place where we foster an atmosphere of friendliness, appreciation and good natured competitiveness. It should be acknowledged that it is the little extra efforts that people put forth to care for the equipment, keep things tidy and support the organization that keep our Membership costs so low.

There are many easy ways to help out, some of which are:

- recruiting new members
- encouraging friends to take a Learn to Row class
- paying dues on an annual basis
- supporting our fundraisers, raffles and regattas
- donating services

- offering to host a work party
- recommending us as a venue for team building
- commemorating a person or concept on a Blade of Honor

Welcome to LUC. We'll see you on the water!

Waterway Traffic Pattern Map

