

Welcome to the 2009–2010 Season

August 31, 2009

Rowers and Parents

Welcome to Lake Brantley Rowing Association's 2009–2010 rowing season! We anticipate this year to be an exciting and competitive year of rowing.

We had many parent and athlete volunteers step up this summer and give their time in helping to make great strides in improving our Club. Several athletes volunteered hours of their time in assisting our summer camp coaches in whatever capacity that was needed. Our Head Coach, Travis Raker, who was supposed to take the summer off, continued to spend hours doing whatever was needed, whether at the boathouse repairing equipment, corresponding with athletes or being present at many of the planning meetings, he was there in full support.

Travis Raker, LBRA team Head Coach, will also continue in his role as Men's Head Coach. Sean Brody will be the new Men's Novice Coach and John Dalles, the new Assistant Men's Coach. We are also excited to announce our new Women's Coaching staff: Jason Berric, Women's Varsity Coach and Aubrey Wetteland, Women's Novice Coach, along with the return of our other coaches from last year, we feel very fortunate to have assembled such a talented and experienced coaching staff to work with our rowers.

Lake Brantley Rowing Association would not be successful if it were not for the many, many volunteers who help out during the year. I encourage everyone to get involved and volunteer on one of our many committees. A list of the committees can be found in the handbook.

The general meetings for parents and rowers are usually held on the first Monday evening of the month, unless otherwise noted. Your attendance at these meetings is very important as we do provide a lot of information about Club functions along with the race season. We will also be holding breakout sessions for all new parents and athletes to educate you, not only on how our Club operates, but also on the many fundamentals of rowing.

If you have any questions, concerns or ideas please feel free to contact me or any Board member.

I look forward to working with everyone this rowing season.

Yours truly,
Carol Richardson
President

August 1, 2009

To the Members of Lake Brantley Rowing Association:

On behalf of the LBRA Legacy Foundation, Inc., welcome to the wonderful sport of rowing! The LBRA Legacy Foundation, Inc., is a 501 © (3) not for profit corporation formed on January 20, 2004. It was formed to provide a continuity of ownership that would allow rowers, like those at Lake Brantley, to continue to row.

Historically, Lake Brantley Rowing Association (LBRA) had been rowing at the Lake Fairview Park, which is owned by the City of Orlando. In December 2003 the city determined that a Seminole County program should not be allowed to use their facilities. This was possibly a club ending decision since suitable lakefront access is both expensive and difficult to come by. As a temporary measure the club rowed out of a warehouse until that lease expired and then paid to use the Veterans of Foreign Wars property on Edgewater Drive. Because LBRA recognized that its future would not be safe without a permanent home the club made the decision that it would purchase its own land and build its very own boathouse. The John McLain-LBRA Legacy Boathouse was formally opened at the Annual Alumni Row on December 20, 2008 in memory of Robbie McLain.

In order to know where you are going, it is important to know where you have been. In its first year, LBRA Legacy Foundation, Inc. purchased two acres of land at 4217, 4219 and 4221 North Orange Blossom Trail on Lake Fairview. The cost of the lakefront property alone was daunting at \$430,000! The final cost of the entire project was \$1,230,567.20. As I write this letter there are outstanding loans of \$1,074,522.70. The club pays \$7,725 a month on two notes but almost \$5,500 a month goes to reducing the balance of the loans as they will have to be renegotiated in April of 2013. LBRA is ultimately responsible for all costs associated with the land and the boathouse, including the mortgage, insurance, etc. The Foundation and LBRA have formed a summer youth rowing program, a master's program, and a program for autistic children to help also try to offset some of these costs.

The future continues to look bright for the club. We are now finished with the construction and have the best boathouse on the best land in Central Florida! It is already obvious that with the opening of the boathouse all programs have grown and will continue to do so.

The Legacy board consists of John McLain, Kate Landis, Keith Begley, Jim Detzel, Linda Larson and Bruce Rogers. Kate Landis and Linda Larson serve as daily liaisons to the club. There is no financial benefit to any member of LBRA Legacy, Inc.

LBRA Legacy Foundation, Inc. would like to thank those who continue to contribute money and services to continue to make the dream a reality. Each person who contributes to either LBRA or LBRA Legacy Foundation, Inc does so with the belief that our club was, and still is, worth preserving so that others can continue in this sport. Failure to do so would have only meant that all of the money previously spent and donated to the club was lost. LBRA Legacy Foundation, Inc. membership is available to anyone who has made a contribution of \$10,000 or more. Our hope is that everyone will have the same passion and desire to give back to this club. It is up to each of you to recognize the sacrifice needed to continue the winning tradition at Lake Brantley!

If you are interested in making a contribution towards the long term health of the club, please contact Kate Landis at 407-862-2685 or myself at 407-538-7921.

John E. McLain III
President, LBRA Legacy Foundation, Inc.

Table of Contents

BOARD OF DIRECTORS.....	6
COACHES.....	6
LBRA SUPPORT TEAM.....	6
INTRODUCTION.....	7
SPECIAL PROGRAMS.....	7
ABOUT OUR COACHES.....	8
CHAPTER 1 – GENERAL INFORMATION.....	9
WHAT IS ROWING?.....	9
SENIOR SCHOLARSHIPS.....	11
CRITERIA FOR EARNING VARSITY LETTER.....	11
CRITERIA FOR EARNING JUNIOR VARSITY PIN.....	12
PASTA PARTIES.....	12
ROWING CAMP.....	12
AWARDS BANQUET.....	13
CHAPTER 2 – ROWER RESPONSIBILITIES.....	14
HAVE YOU GOT WHAT IT TAKES?.....	14
TRAINING AND CONDITIONING.....	14
PRACTICES.....	15
ATTIRE.....	15
RACE DAY NUTRITION.....	15
RACE PREPARATION.....	16
TRANSPORTATION.....	16
RACE DAY SUGGESTIONS.....	17
CHAPTER 3 – PARENT RESPONSIBILITIES.....	18
BASIC INFORMATION.....	18
GRIEVANCE PROCEDURES.....	18
FEEES.....	19
FUNDRAISING GOALS.....	19
CHAPTER 4 – ACADEMIC AND CONDUCT CODE.....	20
ACADEMIC AND CONDUCT CODE.....	21
CONDUCT STATEMENT.....	21
BEHAVIOR GUIDELINES FOR ROWING EVENTS.....	22
CHAPERONE GUIDELINES.....	23

CHAPTER 5 – LBRA BYLAWS.....24

ARTICLE 1. NAME AND LOCATION.....25

ARTICLE 2. NATURE AND PURPOSE.....26

ARTICLE 3. MEMBERSHIP.....27

ARTICLE 4. OFFICERS.....29

ARTICLE 5. DUTIES OF OFFICERS.....30

ARTICLE 6. THE BOARD.....31

ARTICLE 7. COMMITTEES.....33

ARTICLE 8. MEETINGS OF MEMBERS.....36

ARTICLE 9. PROXIES.....37

ARTICLE 10. ANNUAL DUES AND FEES.....38

ARTICLE 11. AMENDMENTS.....39

ATTACHMENT 1– FEES AND FUNDRAISING COMMITMENT FOR NOVICE ROWERS

ATTACHMENT 2 – FEES AND FUNDRAISING COMMITMENT FOR RETURNER ROWERS

Board of Directors

Carol Richardson	President	321-231-8812
Greg Moshier	Vice President	407-948-6897
Cheryl Caballero	Secretary	407-862-1879
Janet McDermott	Treasurer	407-923-1364
John Hartnett	Membership Chair	603-494-5891
Kate Landis	Legacy/Alumni	407-920-7101
Linda Larson	Legacy/Alumni	321-277-4484
TBD	Hospitality Chair	
Carol Toggweiler	Fund Raising Chair	407-252-4215
Matt Haas	Equipment/Boathouse Chair	407-733-5760
Louise Speak	Communications Chair	407-496-8197
Francia Vogini	Community Relations Chair	321-277-2067
Janice Winn	Crew Store/Scholastics Chair	407-509-1886
Leann Hudson	Race Chair	407-493-1440
Kathy Bair	Finance Chair	407-620-3774
Dean Hewitt	Coach Chair	407-222-8470
TBD	Special Projects Chairman	

Coaches

Travis Raker	LBRA Head Coach/Men's Varsity Coach
Jason Berric	Women's Varsity Coach
Aubrey Wetteland	Women's Novice Coach
Sean Brody	Men's Novice Coach
John Dalles	Men's Assistant Coach

LBRA Support Team

Jerri Kelly	Athletic Director/ Dean of Students, LBHS
Curtis Nash	Facilities Manager, LBHS
Coach Delfiaccio	Faculty Advisor

Lake Brantley Rowing Association

Introduction

Welcome to the Lake Brantley Rowing Association. LBRA was founded in 1988 by a group of students who were interested in beginning a rowing program at Lake Brantley High School. LBRA is a non-profit organization, and our rowing club is entirely self-supporting. We own our equipment, hire our coaches and provide practice facilities.

We are a club open to the entire student body, both women and men. We require no previous rowing experience. Not every sport can make this offer. Rowers' families are encouraged to participate in all aspects of our club.

The coaches' responsibilities are to provide the club with an effective plan of action that will make our student rowers competitive. LBRA is committed to support the efforts of our coaching staff. Our goal is to teach the skills of rowing and sportsmanship as a team, while still having fun.

We do offer scholarships for those who wish to experience the joy of competitive rowing but need financial assistance. You are encouraged to apply, in confidence, to the president, the treasurer or the coach.

On behalf of the Lake Brantley Rowing Association, we are excited to have you as a member of our organization. If you have any questions, please feel free to call any Board Member.

Special Programs

In addition to our scholastic rowing program for the high school students, LBRA also provides a summer rowing program, a middle school rowing program and an adult program.

The summer rowing program is typically a 3 days per week, 6-week program for novice youth, novice adult, and experienced rowers of all ages. The middle school program is offered every Saturday morning except for some Saturdays that fall on a holiday weekend. This program is designed for students enrolled at any middle school who want to make new friends, have fun outdoors, work hard, want to be a part of a team, or are interested in rowing on the high school level. The adult program is offered 1-2 times per week and is open to novice and experienced adult rowers.

Our Coaches

Travis Raker – *Head Coach / Men's Varsity Coach*

Jason Berric *Women's Varsity Coach*

Sean Brody – *Men's Novice Coach*

Aubrey Wetteland – *Women's Novice Coach*

John Dalles – *Men's Assistant Coach*

Please visit our website (www.lakebrantleycrew.org) for further information about our coaching staff.

Chapter 1 – General Information

What is Rowing?

In rowing, boats are divided into two categories, “sculls” and “shells.” In a scull, each rower has two oars each about 9.5 feet long. Sculls can be “singles”, “doubles”, or “quads”. In a shell, each rower has only one oar, 12 feet long. Shells come in “pairs” and “fours” with or without coxswain, and “eights” with coxswain.

In both kinds of racing boats, rowers are able to take long and powerful strokes with the oars because their feet are tied into shoes. They move back and forth on seats that roll on a track about 2.5 feet long with swivel oarlocks.

The racing shells themselves are light and streamlined, made out of special cedar wood skin or of a thin composite less than 1/8 of an inch thick. For example, an 8-oared shell is 60 feet long, weighs less than 250 pounds, and can carry a crew weighing as much as 1,800 pounds.

The common racing distance is 2,000 meters. Under good conditions, an 8-oar crew can row this distance in less than five minutes at an average speed of about 14 mph.

Boat Positions

There are eight rowing positions in a racing shell. Seats 1 and 2 are referred to as the bow pair. This pair is special, as they, “set the boat”. Rowers in these positions must have smooth and fluid technique. Seats 3, 4, 5 and 6 are referred to as the power, or engine seats. Rowers in these positions must be large and strong. Seats 7 and 8 are referred to as the *stern pair*. They set the stroke rate for each side of the boat. The number 8 seat is usually the hardest to row. Bow seats require fluid and consistent rowers. It is important to remember that **all three sections of the boat are equally important**. A good winning boat consists of eight people rowing together as a team under the direction of their coxswain.

The coxswains are team members who are often overlooked, receiving little praise or encouragement (other than being thrown into the water to celebrate a boat’s victory). The coxswain is the eyes and ears of the boat. The coxswain has to be a good motivator because, once the race begins, the coxswain is the only one who can talk to the rowers.

The coxswain must guide the boat to the starting line and get the boat lined up. Once the race begins, the coxswain talks to the rowers, telling them where they are in relationship to the other boats and how much farther they have to go. A coxswain must know rowing technique, so that if a correction is necessary, he/she will know what to do and why to do it. It is vital that the coxswain communicates with the rowers in a motivating way. The coxswain steers by giving directions to the rowers and by keeping the boat in the proper lane to avoid penalties.

Rowing Fundamental Terms

Crew: Common American name for the sport of competitive rowing.	Pair: Seats two oarsmen—each individual with two oars.
Rowing: Descriptive name for moving a boat with a lever.	Double: Seats two oarsmen—each individual with one oar.
Oar: Lever against which work is applied – not paddle.	Single: Seats one oarsman requiring one oar in each hand – premier event.
Eight Man Shell: Seats eight oarsmen with or without a coxswain.	Sculling: Rowing with two oars – one in each hand.
Four Man Shell: Seats four oarsmen with or without a coxswain.	Scull: Smaller scale oar designed for one hand management.
Sweep: Full scale oar designed for both hands on one oar.	Blade: Spoon face of oar – captures water resistance.
Port: Coxswain’s left – oarsmen on coxswain’s left.	Sleeve: Protective material along pivot point of oar shaft.
Starboard: Coxswain’s right – oarsmen on coxswain’s right.	Collar: Ring around sleeve designed to position oar and prevent movement.
Keel: Center line of boat – point of balance.	Gunwale: Essentially parallel wood edges of boat – rigger attachment point.
Bow: Forward area of boat – common name of first oarsman.	Rigger: Metal frames attached to gunwales – support oar pivot point.
Stern: Rear of boat – common name for coxswain and stern pair.	Oarlock: Usually plastic clamp at outer point of rigger in which oar pivots.
Coxswain: Steersman and proper authority in a boat in motion.	Catch: Moment of blade entry in water – immediate application of power.
Stroke: Final oarsman in seating sequence – sets cadence of motion.	Drive: Physical pull on oars using legs, back and arms.
Stroke Rate: Cadence of rowing – number count of cycles per minute.	Release: Finish of stroke when blade exits water.
Sliding Seat: Rolling platform for sitting – allows use of leg motion.	Crab: Sometimes punishing error in execution of rowing stroke.
Slides: Tracks of guiding seat motion.	Recovery: Preferably controlled outreach for another stroke.
Foot Stretcher: Adjustable platform against which leg drive is applied.	

Fundamentals of Racing

In general, there are two seasons for rowing. In the fall, “head” races are conducted. Some popular head races are The Head of the Charles held in Boston and The Head of the Hooch in Tennessee at the 1996 Olympic venue. In a head race, crews race in staggered running starts for time over winding river courses lasting several miles. These heats usually take between 15 and 20 minutes. These head races require great endurance. The spring season is sprint season. Crews are held stationary at the start and take off on the commands of the regatta official. Should a crew anticipate the command and cause a false start, the starter or referee will call all crews back to the start. A crew assessed two false starts may be disqualified. Once the race has begun, only the referee may stop the crews. A referee in a motor launch follows the race. The referee is the sole authority on whether the crews are complying with the rules of racing. The boats must stay in their lanes. However, crews that stray out of their lane will not necessarily be penalized as long as they do not interfere with or impede any other competitors. A group of judges at the finish line determines the order of finish and records the times. The winning boat is the one whose bow first crosses the finish line.

A good crew must be precise. The oars and rowers must move together as one. At the beginning of the stroke, the oars should catch the water quickly. During the stroke, the oar blades should remain buried. At the finish of the stroke all oars should leave the water together without splashing. Between strokes, on the recovery, the oars are turned parallel to the water. This is called feathering and the purpose is to cut down wind resistance and avoid hitting the water. As the rower approaches the catch, the oar is squared up again.

While the finish is obviously an exciting part of any race, the start is often the most thrilling part of rowing a race. The sight of six eight-oared shells pounding off the line at forty or more strokes a minute is one of the most exciting moments in crew. Even the most inexperienced spectator can spot a good crew. A well-rowed shell will run smoothly through the water with very little check between strokes.

Senior Scholarships

LBRA will present two scholarships to seniors (*one female and one male*) who best exemplify what rowing is all about. Senior essays determine scholarships. These awards will be presented at the annual Lake Brantley Rowing Association Banquet at the end of the season.

Criteria for Earning Varsity Letter

In order to receive a varsity letter, the rower must have demonstrated attitude and character consistent with the qualities outlined in the Lake Brantley Rowing Association Code of Conduct. Varsity letters will be awarded to each rower who has met any or all of the following criteria:

1. The rower competed in the majority of races in a varsity boat.
2. The rower is a senior and has completed at least four years of rowing.
3. The rower may be awarded a varsity letter at the discretion of the coaching committee, but only if he/she consistently exhibits exceptional leadership skills, work ethic, and attitude.

Criteria for Earning Junior Varsity Pin

In order to receive a junior varsity pin, the rower must have demonstrated the attitude and character qualities as stated in the Lake Brantley Rowing Association Code of Conduct. Junior varsity pins will be awarded to each rower who has met any or all of the following criteria:

1. The rower competed in the majority of races in a junior varsity boat.
2. The rower is a senior and has completed at least three years of rowing.
3. The rower may be awarded a junior varsity pin at the discretion of the coaching committee, but only if he/she consistently exhibits exceptional leadership skills, work ethic, and attitude.

Pasta Parties

Team pasta parties will be held on Friday night for all races except those races that are out of our area. This is to ensure a healthy meal and an early night.

- Rowers' families volunteer to host pasta parties on a rotating schedule either at their home or at the boathouse. Please be considerate and RSVP to the designated host family.
- Each rower will be asked to bring something to contribute to the meal such as **pasta, beverages, bread and salad.**
- Since rowers often need to arrive for races the following morning by 6:00 A.M. (generally 45 minutes prior to the coaches and coxswains meeting), coaches request that they go home after the dinner, and **any further activity is highly discouraged such as sleepovers or any other late night activities.** *Remember your teammates depend on you to be alert and motivated. Proper rest and nutrition are a must.*

Rowing Camp

One weekend or week, determined by coaches, where rowers spend the days improving rowing technique and building relationships and team spirit. Coaches will work with the rowers during the day and parent chaperones may be asked to assist with food preparations and assist coaches when needed. It is a great camp for rowers, coaches, and parents.

Awards Banquet

The final event of the season is an awards banquet to recognize the efforts of the crew team, coaches and their families. The banquet is open to all rowers and their families, alumni, honorary guests, and LBRA sponsors. Highlights of the evening include:

- Recap of LBRA'S season
- Special recognition will be awarded to rowers for outstanding performance and varsity letters will be distributed to those who qualify.
- Special recognition of corporate sponsorships and volunteers who have contributed to the club's success.
- Seniors are recognized and receive a fond farewell.

Chapter 2 – Rower Responsibilities

Have You Got What It Takes?

Have you got what it takes to be a team player in rowing? To be a part of an energetic and enjoyable crew takes consistent effort and a lot of thought. Here are some things to think about:

- **KEEP YOUR WORD** – Only promise what you can deliver. If you promise to meet the group at a certain time, be five minutes early. Be consistent in your actions.
- **CARRY YOUR FAIR SHARE OF THE LOAD** – Both on and off the water the term “pulling together” is very appropriate. Don’t expect others to pick up the slack.
- **BE A FRIEND** – Take your other teammates’ best interest to heart. When asked for advice, give it, but don’t offer unsolicited advice. *Be a good listener.*
- **NEVER MAKE A FELLOW ROWER LOOK BAD** – Praise in public, criticize in private. If you have concerns with a fellow rower, discuss them in private with the coach.
- **GO ABOVE AND BEYOND** – Deliver more than you promise. Volunteer to help out the team. Your fellow rowers will be there when **you** need them.
- **LIGHTEN UP** – Rowing is a sport to be enjoyed. Try not to get stressed out over situations or people. Interact with your team. You’ll learn about them as well as about yourself.
- **CAN YOU SWIM?** Rowing is a water sport. For your safety it is important that you can swim. Be sure to notify your coach if you can’t swim.

Training and Conditioning

Training and conditioning are important for each rower’s performance. All aspects are equally important; nutrition, rest and exercise.

- All rowers need **plenty of sleep**. Sleep is important to rowers because it gives their muscles time to recover and rebuild. A consistent amount of sleep each night is more important than one long night before a race.
- If a late night is necessary, it is crucial that it does not fall on Thursday or Friday, since the **sleep two days prior to a race is most important** to race day performance.
- Diet should be high in protein and carbohydrates, including lots of fruits, vegetables, white meats (chicken and fish) and complex carbohydrates like pasta, potatoes and rice. A good breakfast and lunch is a must. A healthy snack low in protein and fat before practice is recommended for energy.

- The **night before a race it is important** to avoid heavy, greasy foods and heavily sugared, caffeinated drinks.
- Lightweights should maintain their weight. **NO CRASH DIETING!!!!**
- **DRINK PLENTY OF WATER!!!!**

Practices

- The coaches will determine practice times and days. If practice is canceled, the coach will attempt to notify the school or captains as soon as time permits.
- Each rower should have a good pair of running shoes and their own closed water bottle for every practice. Sunglasses and sunscreen are highly recommended.
- No one is allowed to launch a boat without a coach present at all times.
- **Your tardiness and absence affects the entire training and racing schedule.** Each team should refer to their prospective head coach with any questions. Attendance will be taken at each practice. Emphasis will be placed on attendance record, as well as skill level by coaches when assigning boats. This is particularly important during the spring racing season. Written and signed notice from a parent and provided to your coach is required for any absence from a scheduled event.

Attire

- Rowers' clothing should be clean and not offensive at practice and races. Both men's and women's teams must wear a shirt/top.
- Unisuits should be clean for all races.
- Appropriate attire for weather (it gets cold and wet in winter and hot and humid in the spring). Be sure to wear layers of clothing in the winter.

Race Day Nutrition

Nutrition on race day is especially important to the rower's performance and the guidelines below should be followed:

- Avoid greasy food, sugared cereals, caffeine and dairy products.
- At most races, LBRA will provide meals and snacks for the rowers. Check with your coach the day prior to each race regarding food availability.
- Water will be provided during the race day. **DRINK PLENTY OF WATER!!!!!!**

Race Preparation

The upcoming crew season will challenge our rowers mentally and physically. Rowers will be required to maintain an extensive training schedule, with races almost every Saturday – March through May. They must also keep up their grades and meet all other school and family responsibilities.

- **BE POSITIVE AND SUPPORTIVE** – It helps when everyone tries to be sensitive to each other, parents and rowers alike.
- **FIND CONFIDENCE** – The mental attitude needed for racing comes from the skills and confidence gained through your practice sessions.
- **BE PUNCTUAL** – You will be treated as a responsible young adult.
- **BOATS AND EQUIPMENT** – When rowers arrive at the race site, **they help rig the boats.** Everyone is responsible for seats, riggers and oars. The coxswain is responsible for his or her cox box. Make sure all equipment is accounted for before leaving for the race site and when returning.
 - ❖ Boats are de-rigged and loaded on Friday before each race. Boats are unloaded at the boathouse after each race. All rowers are required to assist in the process. Coaches will let you know if this will take place immediately after the race or the morning after.

Transportation

All rowers will be allowed to drive themselves to regattas in Orange and Seminole County. If outside Orange and Seminole County, a parent or guardian is required to drive rower(s) to the race.

Lake Brantley Rowing Association does not provide and is not responsible for transportation to and from practice or for local rowing events. On occasion, LBRA might hire a company to be responsible for transporting rowers to away events. Lake Brantley Rowing Association is not responsible for any injuries/damages sustained when accidents occur. All parents should discuss with their rowers the inherent dangers of riding and providing transportation to others and whether they are physically and mentally capable of doing so.

- Bus transportation may be provided for out of area trips. **Buses leave promptly at departure time. Rowers must arrive early and check in with their coach.**
- **If for any reason a rower cannot leave with the team or must leave a regatta early, *the coach must receive written notice and must approve the change prior to race day.***
- Parents are responsible to coordinate or provide transportation for their rower(s) to and from regattas except when LBRA hires an outside company.

What To Bring To Races (suggested items)

- Books, cards and magazines for relaxation between races.
- A pillow and sleeping bag/blanket to rest.
- Sunscreen, sunglasses, hat or visor and insect repellent, cooler w/food & drinks (if concession stand is not available).
- Towels and dry change of clothes (rowers)
- Personal items such as soap, paper towels, moist towelettes and toilet paper.
- Money to purchase regatta tee shirts usually sold for approximately \$15-\$30
- LBRA provides food the rowers, not the parents, due to the increased cost.

CHAPTER 3 – Parent Responsibilities

Basic Information

- Parents are encouraged to come to practice and races, however, please *do not distract* athletes until after the boats and equipment are secured inside the boathouse or on the trailer. Please remain outside in front of the building until practice is over.
- Parents will be required to volunteer a minimum of 8 hours per season. There are multiple volunteer opportunities available, whether behind the scenes, at races, or lawn/boathouse maintenance.
- Parents are encouraged to come early on race days and stay for the entire day. **Look for the Lake Brantley Tent or the LBRA hospitality trailer** to find other parents.
- The following items are suggested to bring to watch a regatta:
 - Binoculars, cameras (still or video), lawn chairs, blankets, reading material, sunscreen, sunglasses, hat or visor and sun umbrellas.
 - Bring money to purchase food from concession stands (if available).
 - Parents should lead by example and refrain from consuming alcoholic beverages, and tobacco products around the immediate race site. Ensure language is not foul, abusive, or disrespectful to those present.
- Parents should not get involved in the coaches' decisions regarding boat assignments for any given race. *Please do not approach any coach on race day for any grievances. If you have a concern or issue please see the Coaching Chair.*

Grievance Procedures

During the season, questions and/or concerns may arise. In most instances talking this over with the coaching chair can help alleviate your concerns. However, if that does not suffice, you may elect to file a Grievance Form. The Grievance Form will help answer or solve problems that may be more complicated. The Grievance Form can be found on our website www.LakeBrantleyCrew.Org. After you complete the form, please mail it to: LBRA, PO Box 915653, Longwood, FL 32779. Our goal is to respond to each grievance within 14 days of receipt. Your grievance will be presented during the next board meeting and the response will be communicated back to you via mail or email. If appropriate, we will share the concern or question during the next general meeting so that everyone can benefit. We may not solve everyone's issues or questions completely, but know that our mission is the success of the program and to make your child our first priority.

Fees

LBRA charges an annual registration fee of \$100.00 per rower, plus \$35.00 for team t-shirt and team polo.

LBRA offers multiple payment plans for returning rowers. Novice Dues are \$95.00 per month (through December), \$120.00 per month (January through July), plus a required \$60.00 per month boathouse fee. Participation in annual fundraising activities is also expected. Please see the attached novice payment page. Returning families please refer to attached fee schedule options page.

****NOTE:** Rowers will be required to pay any outstanding fees prior to registering for the current rowing year.

****NOTE:** Rowers may not be allowed to participate in practices or regattas if dues are not current and/or if alternate arrangements are not facilitated.

****DUES CAN BE MAILED TO: LBRA Treasurer**

Other fees rowers will be expected to pay during the rowing season are:

- A team unisuit (approximately \$70.00)
- Expenses for overnight regattas (transportation, lodging and meals). We typically will participate in one (1) or two (2) overnight regattas in the fall and one (1) or two (2) overnight regattas in the spring. One regatta in the fall will be for returners only.

Fundraising Goal

All rowers have an annual fundraising goal per year. The fundraising will be split into quarter intervals, with each quarter consisting of 56 days. If you selected the Platinum plan, you automatically accomplish your 50% fundraising commitment due December 31, 2009.

Fund-Raising Goal Completion deadline is April 4, 2010

Monies that accumulate towards your commitment are computed from the LBRA profit margin, not from the gross sale of a product, i.e. (if an entertainment book sells for thirty dollars (\$30.00), LBRA would only receive ten dollars (\$10.00) for the sale of the book). Thus, ten dollars (\$10.00) would then be calculated towards a rower's obligation.

Chapter 4 – Academic and Conduct Code

Lake Brantley Rowing Association (LBRA) requires a minimum GPA of 2.0 unweighted. A GPA is a cumulative grade point that is figured twice in a school year, once from the January report card (first semester grades at the end of December) and again in August (second semester grades and summer school if applicable). Progress report grades are not included in a rower's GPA. High school grades earned in middle school will not be included for incoming freshman only in the initial GPA requirement. A rower who falls below this requirement will be unable to participate in any FSRA race. If a rower's cumulative GPA attains a status of 2.0 or greater the following semester, the rower may be reinstated with full privileges.

A Faculty member will be contacted by the scholarship chair to check the GPA of the rowers. I further understand that a faculty member will then let the scholarship chair know the names (not the GPA) of the rowers below a 2.0 GPA. The faculty member will also notify the scholarship chair of each class' highest grade point average for awards at the annual crew banquet in the spring. In the event a rower falls below the 2.0 GPA, the Lake Brantley High School Faculty member will notify the scholarship chair, who will then personally contact the rower and his/her parents/guardians.

Conduct Statement

I agree, that as a rower of the Lake Brantley Rowing Association (LBRA), and as a student of Lake Brantley High School, my actions and language reflect the standards placed upon me by these two organizations. I agree to conduct myself at all times with conduct appropriate for an athlete of LBRA and Lake Brantley High School whether on or off campus, including the use of public user groups/forums on the web, i.e. Myspace, Facebook, Twitter, etc. LBRA and Lake Brantley High School have a zero tolerance for the use of alcohol, tobacco or illicit drugs. Furthermore, I agree that I will abide by rules designed for my own safety and those of others.

Accordingly, I agree to a suspension of four consecutive weeks of rowing, which must include one race regatta, if any of the following rules are violated:

1. I must not be under the influence or in the possession, custody or control of any alcoholic beverage, tobacco, or any illicit drugs at any time.
2. I must not allow anyone other than a member of LBRA to visit my room on an LBRA overnight trip. No one may visit my room after curfew. **Under no circumstances will visiting rooms of opposite gender be allowed at any time.**

If a second offense occurs, the rower may be removed from the team for the remainder of the season. Should the seriousness of the violation warrant, the rower may be permanently dismissed from the team and forfeit all financial payments made to LBRA.

Behavior Guidelines for Rowing Events

The following rules were established by the Race Committee and approved by the Board of Directors of LBRA for all rowing events:

1. For all races, rowers are expected to remain at the race site until the event is concluded and all equipment is packed and loaded.
2. Rowers may not leave the race site, hotel or planned activity without permission from the head chaperone. Also, parents may not give their child permission to leave the race site, hotel or planned activity without consulting the head chaperone.
3. When coaches are not present the head chaperone is in charge.
4. The curfew the night before an overnight race will be at the discretion of the head coach.
5. In the event a rower displays non-compliance with published guidelines for conduct on an overnight trip, that rower may be asked to room with their parent(s). If the parent(s) are not in attendance, the rower may be assigned to a coach or chaperone's room. The rower may also incur further punishment.
6. Room assignments will not be changed without the permission of the head chaperone/ coaches, but visitation from other same gender LBRA members will be allowed PRIOR to curfew.
7. **Under no circumstances will visiting rooms of opposite gender be allowed at any time.**
8. Under no circumstances will a team member be allowed to leave their assigned room AFTER curfew. In the case of emergency, please contact a chaperone.
9. A rower allowing anyone other than a member of LBRA to visit his or her room is in violation of the LBRA Conduct Code.
10. The head chaperone, in conjunction with the head coach, will oversee the organized activities in which the rowers will participate, accompanied by chaperones.
11. When buses are used, there will be a head bus chaperone that will be responsible for all decisions while traveling by bus.
12. During bus trips, rowers will only be allowed to go to designated restaurants. Other establishments in the area are off limits.

Chaperone Guidelines

1. LBRA strives to follow the Seminole County School Board chaperone guideline ratio of 10 to 1 (ten students per one adult). We encourage parents to attend all regattas and help share in chaperone responsibilities and other race duties.
2. All chaperones who have volunteered are expected to fulfill their commitment as the team is depending on them. It is difficult to find replacement chaperones on short notice.
3. *Chaperones should lead by example. Please refrain from consuming alcoholic beverages, tobacco products or taking illegal drugs at any time. Also, please ensure that language is not foul, abusive, or disrespectful to those present.*
4. Chaperone duties include accounting for rowers, accompanying the team to any planned activity, conducting room checks and enforcing curfew.
5. On a single trip, volunteers may choose to be hotel chaperones, bus chaperones or both.
6. Rowers, coaches and all chaperones will stay in the same hotel at an overnight event.
7. Chaperones will bring concerns to the head chaperone and abide by decisions of the head chaperone.
8. The head chaperone will be determined prior to overnight events and announced before departing for the event. The head chaperone will be the central reporting person and will make all final decisions.
9. The curfew the night before an overnight race will be at the discretion of the head coach. The head chaperone, in conjunction with the coaches, will oversee the organized activities in which the rowers will participate, accompanied by chaperones.
10. The Race Committee will designate a head bus chaperone. The Race Committee for each overnight event will decide the number of bus chaperones.
11. The head bus chaperone will be responsible for all decisions while traveling by bus and will be in possession of the medical release forms for the duration of the trip.
12. Trip itineraries and specific chaperone duties and assignments will be distributed prior to each overnight event.
13. Chaperones must remain on duty for at least one (1) hour after rowers' curfew.

LAKE BRANTLEY ROWING ASSOCIATION

Chapter 5

LBRA Bylaws

Article 1. Name and Location

Article 2. Nature and Purpose

Article 3. Membership

Article 4. Officers

Article 5. Duties of Officers

Article 6. The Board

Article 7. Committees

Article 8. Meetings of Members

Article 9. Proxies

Article 10. Annual Dues and Fees

Article 11. Amendments

Article 1

Name and Location

Section 1. Name

The name of this corporation shall be Lake Brantley Rowing Association (hereinafter called the "Club").

Section 2. Location

The principal location of the Club shall be: 4217 North Orange Blossom Trail, Orlando, FL 32804. All correspondence shall be mailed to: Post Office Box 915653, Longwood, Florida 32791-5653.

Article 2

Nature and Purpose

Section 1. Nature

This Club shall be a charitable, educational, non-profit corporation with no capital stock, but with perpetual existence.

Section 2. Purpose

To support and assist the Lake Brantley High School Crew Team during its season, and in the off season to support a program of rowing intended to benefit athletes who have, or are likely to, participate in the Lake Brantley High School Crew Team; and in general to support and encourage the sport of rowing; and engage in all lawful, not-for-profit activities related thereto.

Article 3

Membership

Section 1. Eligibility

There shall be four classifications of membership in this Club, namely General Members, Athlete Members, Alumni Members and Honorary Members.

General Memberships shall be open to parents of Lake Brantley High School students who are members of the Lake Brantley High School Crew Team. Such persons shall be entitled to all of the privileges of the Club, as defined in the Handbook, including voting and holding office. They shall pay annual membership dues as established by the Board.

Athlete Memberships shall be open to all Lake Brantley High School students who are members of the Lake Brantley High School Crew Team. Athlete memberships shall also be open to any home school students that are zoned for Lake Brantley High School and not attending any other high school. Such persons shall be entitled to all of the privileges of the Club except voting and holding office.

Alumni Membership shall be open to all persons who have previously been a member of the Lake Brantley High School Crew Team, their parents, and supporting friends and organizations. Such persons shall be entitled to privileges of the Club except voting and holding office. They shall pay annual membership dues as established by the Board.

Honorary Membership may be awarded by majority vote of the Board to any person for distinguished service who is not a General Member. Such persons shall be entitled to privileges of the Club except voting and holding office. They shall pay no initiation fee or annual membership dues. Crew coaches and Lake Brantley High School Faculty Advisor(s) shall be classified as Honorary Members without Board vote and shall be entitled to all the privileges of the Club.

Section 2. Admission

Persons eligible for membership shall be admitted upon timely payment of the established dues and/or fees for General Members, Athlete Members and Alumni Members. Honorary Members shall be admitted based upon the provisions stated in Article 3, Section 1.

Section 3. Voting

General Members only shall have a right to vote. Each parent or legal guardian of a member, or members, of Lake Brantley Crew Team shall be entitled to one (1) vote per family. The voting rights shall accrue upon the payment of all applicable membership dues.

Section 4. Term and Obligations of Membership

Membership in this Club shall be from year to year unless the Secretary receives a member's written resignation. A resignation shall not relieve any member from liability for any dues accrued and unpaid before resignation. Memberships may be suspended or persons expelled from membership as provided in Section 5.

Section 5. Discipline

If the conduct of a member has endangered the good order, welfare or character of the Club and the provisions of the Bylaws, any five (5) members may present to the Board written charges subscribed to by themselves against such member.

If it shall appear to the Board, upon inquiry, after ten (10) days written notice to the member so charged of the nature of the charges, and an opportunity is given the member to be heard in his or her own defense, the Board may, by two-thirds (2/3) vote, suspend or expel such member or declare his or her membership forfeited.

A member suspended or expelled for cause other than non-payment of dues shall have the right, within one (1) month after receiving notice of such action, to appeal to the members of the Club by filing a notice of such appeal with the President or Secretary, and a special meeting shall be called within 30 days after the filing of such appeal; but if he or she shall not so appeal, or unless such action of the Board be reversed as herein provided, such suspension or expulsion shall stand. If two-thirds (2/3) of the entire membership, by secret ballot, reverse the action of the Board, the appellant shall be restored to membership; but until such reversal he or she shall not be entitled to any of the membership privileges.

This provision is not intended to apply to disciplinary actions brought against athlete members.

Article 4 Officers

Section 1. Titles

The offices of President, Vice President, Secretary and Treasurer shall be elected by secret ballot from and by the Board of Directors at a meeting to be held within seven (7) days from the time of the annual meeting at the discretion of the newly elected Board. Upon completion in the elections of Officers, the Nominating Committee shall certify in writing, the results, and the certified copy shall be physically affixed in the minute book to the minutes of that meeting.

Section 2. Terms of Office

The President, Vice President, Treasurer, Secretary and Board Members shall hold office for a term of one year, and/or until his or her successor(s) have been duly elected. They may be re-elected without limitation as to tenure. Committee chairpersons shall serve during the pleasure of the Board.

Section 3. Qualifications

All nominees for President, Vice President, Secretary and Treasurer must be General Members of the Club.

Article 5

Duties of Officers

The officers shall perform the duties that usually devolve upon their offices, together with those set out in these Bylaws, and such other duties as the Board may from time to time prescribe.

Section 1. President

The President shall call meetings of the Board at such time or place as he or she may desire.

The President shall be a member ex-officio of all committees, except the Nominating Committee.

The President shall be one of two signatories on all Club Financial Accounts.

The President MAY appoint an Assistant Treasurer, an Auditor, and a Parliamentary Advisor.

Section 2. Vice President

The Vice President shall preside at all meetings in the absence of the President.

The Vice President shall perform the duties that usually devolve upon this office.

The Vice President shall assist the President when requested.

Section 3. Secretary

The Secretary shall keep record of meetings; keep a complete, updated roster of all current members; conduct the general correspondence of the Club; send notices of all meetings and other notices where previous notice is required; notify officers and committees of their election or appointment; notify those members who may have forfeited membership; and shall perform such other duties as requested by the President or Board. All minutes shall be filed and passed on each year to each newly elected secretary. Original ballot counts for all newly elected Board members or Officers at Annual Meeting should be kept on file.

Section 4. Treasurer

The Treasurer shall collect and disburse all funds of the Club; account for them in written form at all meetings as called for; be custodian of the Club financial records and documents; keep a complete, updated roster of all current members; and arrange to have the books of the Club audited, at the request of the Board. The Treasurer shall be one of two signatories on Club Operating Account. The Assistant Treasurer, when, as, and if appointed, shall assist the Treasurer when called upon; in

the absence of the Treasurer shall collect and disburse all funds of the Club; and shall be responsible for reporting to the Board, when requested.

Article 6 The Board

Section 1. Responsibility

The Board shall direct the affairs of the Club in a fiscally responsible manner. The actions of the Board under these Bylaws are final.

Section 2. Composition

The Board shall be composed of a maximum of 16 voting members including all the officers of the Club. In the case of a tie, the President shall be the deciding vote. The 16th position will be a representative from the LBRA Legacy Foundation and determined by Legacy. Voting members shall be the elected Board Members only. Non-voting *ex-officio* members of the Board will include the head coaches and the Lake Brantley High School Faculty Advisor.

Outgoing Board positions shall be requested to provide transitional assistance for the newly elected board for at least one (1) month.

Section 3. Term of Office

The Board Members shall hold office for a term of one year, and/or until his or her successor(s) have been duly elected. They may be re-elected without limitation as to tenure.

Section 4. Qualifications

All Elected Board Members shall be General Members of the Club.

Section 5. Resignations

The President or Secretary must receive written notice of any Board Member's resignation.

Section 6. Vacancies

Any vacancy on the Board or by any officer must be filled by an appointment of the President subject to approval by majority vote of the Board at the next scheduled Board Meeting.

In the event of presidential resignation or incapacity the Vice President shall serve as President until the next Board meeting. At that meeting the Board Members shall elect a successor President.

Section 7. Meetings

The Board shall hold meetings at such times and places as the President may designate. Any three (3) Board Members may also call meetings within a reasonable time to attain a quorum. Notice of such meeting shall be to all Board members and shall be written, by telephone, by newsletter publication, or by email.

Section 8. Quorum

The quorum for the transaction of business at any regular or special meeting of the Board shall be one-half (1/2) of the Board Members in attendance.

Section 9. Attendance

It is important for the transaction of Club business that all Board Members attend regularly scheduled meetings. A member missing three (3) consecutive meetings or an aggregate of five (5) meetings will be dismissed from the Board. Reinstatement can be achieved by request to and approval from the Board.

Section 10. Budget

The Board shall approve a budget, first submitted by the Finance Committee. The Board shall determine the amount of the annual budget by the second meeting of the general membership in the fall. The Club shall be responsible for raising funds to meet approved costs and expenses related to the Lake Brantley Rowing Association.

Any and all purchases must have approval from Finance Chair to attain reimbursement.

Article 7 Committees

Section 1. Standing Committees

There shall be the following Standing Committees, appointed by the Board, and subject to annual review.

- a. **Finance** (or “Ways and Means”). This committee shall consist of three (3) members and in addition thereto the Club President, Treasurer, Legacy Member, and if so appointed by the President, the Auditor and Assistant Treasurer. They shall prepare an annual budget to be submitted to the Board at least 14 days prior to the second meeting of the general membership in the fall, and propose to the Fund Raising Committee the ways and means for raising the necessary funds and will be Chairperson of the Angel Program.

The Angel Program (Committee) shall be a sub-committee, under the Finance Chair, and shall be appointed in agreement by the President and Finance Chair. The Treasurer shall sit on the committee as an ex-officio member of said committee.

- b. **Membership.** This committee is responsible for keeping accurate records of the membership, as outlined in Article 3. It is also responsible for keeping the membership up-to-date with current activities. There will be four (4) sub-committees:
 1. **Forms Committee:** Responsible for rower’s records.
 2. **Recruiting Committee:** Responsible for recruiting eighth graders at the local middle schools.
 3. **Telephone Committee:** Responsible for a calling tree.
 4. **Directory Committee:** Responsible for preparation and distribution of a complete listing of each rower’s name, parents’ names, address, phone number and e-mail address. Directory is to be revised by September 30 and again January 31.
- c. **Communications:** This committee is responsible for maintaining open lines of communication within the club and for the following:
 1. **Website:** Keep Website current on all club activities.
 2. **Handbook:** Prepare a copy of the handbook which will be available on the LBRA website for all members. The preceding season’s handbook shall be used as a guide for new handbooks each season.

- d. **Hospitality.** This committee organizes socials, including the end of year banquet, coordinates drinks and food arrangements for all events, and organizes the care and transport of the crew trailer.
- e. **Equipment/Boathouse.** This committee shall be responsible for working with the coach(es) to oversee the proper maintenance and storage of all equipment belonging to the Club; to present recommendations to the Board regarding any additional equipment needs; and maintaining a written inventory of all equipment (and approximate value) belonging to the Club. The committee is also responsible for arranging transportation of boats and equipment to all events as well as proper maintenance of boathouse and grounds, access to boathouse, rules for boat storage and displaying rules of conduct at the boathouse.
- f. **Fund Raising.** This committee shall be responsible for providing a projected fundraising budget with planned activities by July 31 of each year, and keep accurate records of each rower's fund raising efforts.
- g. **Coaching.** This committee recommends the hiring, dismissal, compensation of the coaching staff as well as duties and responsibilities within a (10) month contractual period that will run from August 1 to May 31. In association with and in support of the coach(es) the committee assists and helps to establish the coaching policy, guidelines and rules of rower conduct at any LBRA activity as well as working in tandem with the coaching staff and Racing Committee in determining race events each season. The committee conducts a review of the coaching staff at the end of the fall season and again at the end of the spring season.

Within (7) days of the completion of State Championship Regatta, the Coaching Committee shall ensure that the coaches report to the Board their recommendations for those individuals who should participate in post season races.

The committee also organizes and implements rowing.

- h. **Race.** This committee, in conjunction with the Coaching Committee and the coaches, determine the regattas in which our Club will participate; coordinates local races; transportation of rowers; arranges for housing for overnight trips; and provides maps for all regattas.
- i. **Scholastic.** This committee will work with the rowers and the school to ensure that all rowers are given an opportunity to receive scholarships to colleges. This committee shall also be responsible for the monitoring of GPA status for each rower's academic eligibility.

- j. **Community Relations.** This committee shall arrange for news releases, public appearances, moving pictures and any and all documentary material evidencing good publicity and good public relations, including, but not limited to, appropriate recognition of the Lake Brantley Rowing Association in the LBHS Annual Yearbook. This committee shall act as liaison to the local newspaper and LBHS school newspaper, and shall pursue corporate sponsorships.
- k. **Alumni.** This committee will be the tool for growing and building Alumni into a supportive and integral part of LBRA. The committee will be responsible for an Alumni newsletter, keeping a current database, organizing the annual "Alumni Row", and renewing and maintaining all Alumni membership from 1988 to present.
- l. **Special Projects/Research and Development (R&D).** This committee shall work with the Board in providing information for the Board and for special projects via research which will result in a plan to implement said project/idea.

Committee will also research avenues in attaining Grant and revenue opportunities, along with Corporation Sponsorship in funding rower scholarships and for advertising co-op's.

Section 2. Nominating

Composition. A committee of three (3) or more shall be appointed by the Board to serve as the Nominating Committee which shall include at least one (1) member of the Board, not an officer, and at least two (2) members of the Club not serving on the Board.

- a. **When appointed.** This committee shall be appointed prior to April 1 each year. The committee shall submit the list of Board nominees in writing to the membership at least ten (10) days prior to the Annual Meeting.
- b. **Additional Nominations.** Other nominations for the Board may be submitted from the general membership at the Annual Meeting.
- c. **Elections.** The Board shall be elected by secret ballot majority vote of those members present and voting. The secret ballot may be waived by a majority of those present and voting. No proxies shall be allowed.

Article 8

Meetings of Members

Section 1. Annual Meeting

The Annual Meeting of the members of this Club shall be held at such place as the Board may designate, in May of each year.

Written notice of intention to hold this meeting shall be given to all members by the Secretary at least fourteen (14) days prior to the scheduled annual meeting. At this meeting all Board Members shall be elected by secret ballot (unless this requirement is waived) and shall take office upon the completion of the Executive Officer Elections as stated in Article 4, Section 1.

Any other business for the good of the Club may be transacted at that time.

Section 2. Regular Meetings

Meetings of the members of the Club in addition to the annual meeting shall be held when and where designated by the Board. Notice of any such meeting shall be to all General Members and shall be written, by telephone, by newsletter publication or by email.

Section 3. Quorum

Twenty-five (25) percent of the General Members of the Club shall constitute a quorum for the transaction of business at a called meeting.

Article 9 Proxies

There shall be no general or special proxies.

Article 10

Annual Dues and Fees

Section 1. Amounts, Methods and Delinquencies

The Board shall establish the annual dues for members, any fees, method of payment and delinquent dates as provided for in the current **LBRA Handbook**. If dues and/or fund raising commitments become delinquent, an Officer of the Club and/or the Head Coach have the option to pull any rower/coxswain off the water as described in the Handbook.

Section 2. Membership

The fiscal year of this Club is from July 1st each year through June 30th of the following year.

Payment of dues are based on the LBRA rowing year from August 1st to July 31st.

Article 11 Amendments

Section 1. Notice

Notice of any proposed amendment to these Bylaws shall be filed with the Secretary in writing in sufficient time to allow the proposed amendment to be delivered to all General Members at least seven (7) days before the meeting at which said amendment is to be voted upon.

Section 2. Vote

Following due notice, these Bylaws may be amended at any business meeting of the Club by a two-thirds (2/3) vote of the Board or by a majority vote of the entire membership.

Revised October 5, 2009

LBRA

2000–2010 Fees and Fund–Raising Commitment for Novice Rowers

The LBRA board has reviewed and implemented an updated fee schedule for the 2009–2010 rowing season. This fee schedule for the novice rowers is as follows. We have a one–time registration fee of \$100 per family. Fall Season ending December 31, 2009, Spring Season beginning January 1, 2010.

The general dues are \$95/month for the novice fall season.

The general dues increase to \$120/month January 1, 2010 – July 31, 2010.

The boathouse fund is \$60/month for 12 months.

The fund–raising commitment is \$600 for the year, with \$150.00 due per quarter.

The General Dues are used to cover the basic costs of the club, including equipment, local regattas, rent, food, water for the rowers at races, and many other operating expenses.

The Boathouse Fund – is mandatory. This portion of the payment helps to reduce the mortgage amount on the boathouse, and may also be tax–deductible if it is made as a separate payment. The check should be made payable to the LBRA Building Fund.

Fund–raising is vital to the success of our club. The \$600 commitment (based on quarterly commitments of \$150.00 each quarter) can be reached in a variety of ways. We will have car washes, candy sales, a golf tournament, and many other events that will allow you to pick and choose those that work best for your rower. Commitment will be prorated for any Rower that starts later in the season.

Multiple Rower or “Family” discounts – We are sympathetic to the needs of families with multiple rowers, so we offer a reduction in the fund–raising commitment for multiple rower families. While each rower will pay the general dues and boathouse fund individually, each rower in a family after the first one will receive a 50% reduction in their fund–raising commitment. For example a 2 rower family would be required to raise only \$900 in fund–raising. A three rower family would be required to raise only \$1050 total.

LBRA

2009–2010 Returning Rower Fees and Fundraising Commitment Plans

The LBRA Board has reviewed and implemented an updated fee schedule 2009–2010 Rowing Season. This year we are offering multiple payment options to fit the needs of all our members. Please review the following plans and select one as your payment option for the year. All plans have a one-time registration fee of \$100 per family. All plans begin payment August 1st.

ANGEL PLAN—Our team has always had generous members who were willing to give a little extra to help those members of our club who were unable to meet their financial obligation. This plan also includes the Fundraising commitment in the monthly payment.

\$240/month for 12 months plus additional payment directed toward Angel Program
\$60 Boat House—mandatory donation
Total Payment of \$300
\$600 minimum fundraising requirement (\$150 per quarter)

PLATINUM PLAN—For those who would like to include their Fundraising obligation in their monthly payment, this is the plan.

\$170/month for 12 months
\$60 Boat House—mandatory donation
Total Payment of \$230
Meets the \$600 minimum fundraising requirement

GOLD PLAN—This is our standard payment plan

\$120/month for 12 months
\$60 Boat House—mandatory donation
Total payment of \$180
\$600 fundraising required (\$150 per quarter)

SILVER PLAN—If you prefer to pay over 10 months and have no summer payments

\$144/month for 10 months
\$72 Boat House—mandatory donation
Total Payment of \$216
\$600 Fundraising required (\$150 per quarter)

Multiple Rower or “Family” discounts. While each rower should select a payment plan individually, each rower in a family after the first one will receive a 50% reduction in their Fundraising commitment. For example a 2 rower family would be required to raise only \$900 in Fundraising. A three rower family would be required to raise only \$1,050 total.

Delinquent Fees and Fund Raising Commitment. At the end of each quarter the Finance Chair will review each Rowers’ account to verify that all dues/boathouse fees and fund raising commitments are up to date. If any rower account is delinquent, whether in dues/fees or fund raising obligations the Finance Chair will make all reasonable efforts to contact parent(s) and discuss ways in which the fees and commitments can be fulfilled. If after that, no contact/response by parent(s) has been expressed, the Finance Chair will advise the President and Head Coach that the Rower will need to be pulled off the water until the account has been rectified. At that point the Rower will not be able to participate on the water whether at practice or a race. Once parent(s) and Finance Chair have agreed on a form of payment to become current, the Rower will be allowed back on the water.

PLEASE NOTE: It is not our desire to pull Rowers off the water and will use every effort to work with families that may need help. It is only when families do not communicate with the Finance Chair when this unfortunate action will take place.