

Welcome to the 2008–2009 Season

September 9, 2008

Rowers and Parents

Welcome to the Lake Brantley Rowing Associations 2008–2009 rowing season! What we anticipate to be an exciting and competitive year of rowing.

We have had another spectacular summer rowing season with more than seventy rowers participating in the program. We also had a successful adult rowing program with many rowers wanting to continue the program on into the fall.

We have a new men's coach in Travis Raker and Christina Blair has been elevated to our head coach with Mary moving to California to pursue her doctorate. 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.

We will also be moving into our much anticipated boat house, more on that later.

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

The general meetings for parents and rowers will usually be held on the second Monday evening of the month. Your attendance at these meetings is very important as we do give out a lot of information about the race season. These meetings are also an opportunity for parents and rowers to ask questions.

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

I look forward to working with everyone this rowing season.

Yours truly,

Gene Markham
President
Lake Brantley Rowing Association

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(C)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 removed our program from that facility. Currently LBRA pays to use the Veterans of Foreign Wars property on Edgewater Drive. Because LBRA has 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 to build its very own boathouse.

In its first year, LBRA Legacy Foundation, Inc. purchased just 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! 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 does look bright for the club. We are now almost finished with the construction and will have the best boat house on the best land in Central Florida!

The Legacy board consists of John McLain, Kate Landis, Keith Begley, Jim Detzel, Linda Larson and Bruce Rogers.

LBRA Legacy Foundation, Inc. would like to thank those contributing money and services to make this dream a reality. Each person who contributed did so with the belief that our club was worth preserving to the point that they contributed so that others who followed could enjoy this worthwhile sport. While LBRA consists of only the rowers and their parents actively enrolled at Lake Brantley High School, LBRA Legacy Foundation, Inc. consists of anyone willing to contribute to the continued viability of LBRA. 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.

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Board of Directors

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Coaches

Christina Blair	LBRA Head Coach/Women's Varsity Coach
Travis Raker	LBRA Head Coach/Men's Varsity Coach
Tabitha Campbell	Women's Novice Coach/Adult Coach
Mike Roblin	Men's Novice Coach

LBRA Support Team

Jerri Kelly	Athletic Director, LBHS
Joe Trybus	Facilities Manager, LBHS
Jason Wysong	Dean of Students/Ass't Principal/LBHS
Juan Artigas	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. Rower's 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, an adult program, and a unique program called One Stroke at a Time for children with special needs.

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 that 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.

About Our Coaches

Christina Blair, LBRA Head Coach

Christina Blair enters her third year as a member of the Lake Brantley Rowing Association coaching staff. She is the head coach responsible for the varsity women's team. Before joining the Patriots' Christina coached at the University of Central Florida for four years working with the lightweight and novice women's team. Some of the team's successes under her guidance are:

	F.I.R.A State Championship	S.I.R.A Southern Championship
2002	F/N 8+ gold	F/N 8+ silver
	F/N 4+ gold	F/N 4 + silver
2003	F/N 8+ silver	F/N/ 8+ bronze
2004	F/N 8+ silver	F/N 8+ "B" silver
	F/N Lt 4 gold	
2005	V Lt 8+ gold	V Lt 8+ silver
	N Lt 8+ silver (varsity event)	N Lt 8 + gold (in open event)

Blair began rowing in 1993 at MAST Academy in Miami, FL and joined the UCF Golden Knights as a lightweight rower in 1997. Christina graduated cum laude in May of 2000 with a degree in psychology and a minor in health science. With a year left of eligibility she decided to continue competing while studying athletic training and earned the team's Most Dedicated Athlete Award. Coach Blair is a U.S. Rowing member and acquired her Level III Coaching Certification in 2001 and is also a certified U.S. Weightlifting Club Coach. Blair resides in East Orlando with her husband Stephen and two sons. As an avid runner, she has competed in the 2004 Disney Half Marathon and 2005 Disney Marathon.

Travis Raker

Travis Raker began rowing at Lake Brantley High School, under the "Legendary" Bram Fowler in the Fall of 1995. He rowed in an undefeated novice 8 that captured the 1996 Men's Novice 8 state title. In his junior year Coach Travis rowed in the 1997 State Champion Men's Lightweight 4 and placed second at Scholastic Nationals in the Men's Lightweight 4. That summer a combined Lake Brantley/Leon Lightweight 8 rowed to an Intermediate Lightweight 8 final appearance at the Canadian Royal Henley. In his Senior year with Lake Brantley Crew Coach Travis rowed in the State-Runner up Lightweight 4 and was Seven seat in the Lightweight 8 that was the first Lake Brantley Men's 8 to make the

Heavyweight 8 final at States. That same Lightweight 8 went on to place 4th at Scholastic Nationals.

Coach Travis then moved on to rowing for Central Florida Crew at UCF. He rowed and coxed for the Knights for two years, winning the 2000 Men's Lightweight at FIRA.

Coach Travis returned to Lake Brantley Crew in the Fall of 2001 to take over a very small but dedicated number of athletes on the Men's varsity program. With renewed energy and determination Lake Brantley men went on to float out one of its largest Crews with 37 athletes and earning its first medals in the Men's Varsity 8 at States with a Bronze, along with another Lightweight 4 State title and a Second place in the Freshmen 8. In his second year (2002–2003) at the Men's Coach Lake Brantley men swelled to 64 athletes (31 varsity, 33 novice) and was the largest Men's team in the State of Florida. The 2003 campaign was one of Lake Brantley's finest with the Men's Varsity 8 again earning a Bronze at States, the First Lightweight placing 3rd in the JV8, the 2nd Heavyweight 8 placing 2nd in the 3rd varsity, the 2nd Lightweight 8 winning the Lightweight 8, the Ltwt4 placing 3rd, and the Frosh four winning a Gold. This year marked the first time Lake Brantley had captured not only the Men's Points trophy but also the program winning the Women's points and was the first Crew to unseat Winter Park for the overall points at States in nearly a decade. The 2003 Lightweight four went on to place 6th at Scholastic Nationals.

After these successes Coach Travis moved onto the College club ranks helping to coach the Central Florida Crew lightweight program in the Fall of 2003.

In the Fall of 2005 Coach Travis took over the Head Coaching position of Central Florida Crew. The 05–06 captured the Metro Cup points Trophy, the Augusta Invitational points Trophy and was 2nd place in overall points at the FIRA state Championships and a FIRA's championship in the Men's Frosh Itwt4. The 06–07 was highlighted by again capturing the Metro Cup points Trophy, the Petrakis Cup points trophy, a Frosh Men's four Victory at FIRA, a third place finish in the Men's V8 at FIRA and the Men's Club by itself placing third overall at states. The Men's Heavyweight Freshmen four also earned an appearance in the Dad Vail final finishing 6th out roughly 50 entries. Coach Travis and his Father also worked tirelessly to garner 501c3 status for the club, making it the only tax-exempt collegiate rowing club in the South.

Coach Travis is an Environmental Chemist with Orange County Utilities and has a Bachelor's degree in Biology and a minor in Marketing from the University of Central Florida.

Tabitha Campbell, Women's Novice Coach and Adult Coach

Tabitha Campbell has made crew a part of her life for the past thirteen years. She started as a high school freshman at Cape Cod Academy in Cape Code, Massachusetts. During summers she was part of a community rowing team based on the Charles River in Boston. Crew continued through high school at Rollins College where she was a captain her senior year. After Graduating she began coaching. She spent two years coaching Gainesville High School and then three years coaching at Boone High School before joining the Lake Brantley family. In her spare time, she teaches fourth grade at Lake Silver Elementary in Orange County.

Mike Roblin, Men's Novice Coach

Mike raced for three years in high school at OARS and went to US Rowing Youth Nationals twice scoring a third and a tenth place finish. He then coached at Gainesville Area Rowing for 3 years as the Men's Varsity Coach while attending college at UF. He is extremely excited to be a part of the Lake Brantley coaching staff, and is looking forward to a great season.

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 and they have 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, watches for competing boats ahead and behind, and keeps the boat in 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 headraces are The Head of the Charles held in Boston and The Head of the Hooch in Georgia at the 1996 Olympic venue. In a headrace crew’s race in staggered running starts for time over winding river courses lasting several miles. These races usually take between 15 and 20 minutes. Obviously these headraces require great endurance. The spring season is the season of the “Sprints”. 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 of whether the crews are complying with the rules of racing. The boats are to stay in their lanes. 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 determines the order of finish and takes 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*) that 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 require an overnight stay. This is to ensure a good carbohydrate meal and an early night.

- Rowers' families on a voluntary rotating schedule will host the parties. Please be considerate and RSVP to the designated host family.
- Parties began at 7:30PM and end by 9:30-10:00PM.
- Each rower will be asked to bring something to contribute to the meal of **pasta, bread and salad.**
- **Please remember to always respect other people's homes and property as your behavior reflects LBRA's image.**
- Since rowers often leave for races the following morning by 6:00 A.M., they are to go home after the dinner, and **any further activity is highly discouraged by the coaches such as sleepovers or any other late night activities. *Remember your teammates depend on you to be alert and motivated. Proper rest and nutrition is a must.***

Rowing Camp

One weekend during the month of January, rowers spend three days rowing, erging, and building relationships and team spirit. The coaches work with the rowers during the day and parent chaperones assist with food preparations and chaperone at night. It is a great weekend 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 to 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 all 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.
- Diet should be **low in sugar** since it tends to lower the body's tolerance for pain and doesn't provide the long-term energy supply needed for endurance workouts.
- Since carbohydrate loading is only effective one to two hours before an event, the most **effective strategy is carbohydrate storage** during the entire week throughout the rowing season.
- The **night before a race it is important** to avoid heavy, greasy foods and heavily sugared, caffeinated drinks.
- Lightweights should only maintain their weight. **NO CRASH DIETING!!!!** Lightweight categories are for women weighing less than 130 lbs and men weighing less than 150 lbs.
- **DRINK PLENTY OF WATER!!!!**

PRACTICES

- The coaches will determine practice time and days. If practice is canceled, the coach will attempt to notify the school by 2:00 P.M.
- 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.** The men's team should refer to Coach Travis's training manual. 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 notice from a parent 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. Men's team must wear a shirt.
- Uniforms 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:

- Rowers should be awake and active at least three hours before their race, so the body is prepared for the demands soon to be placed on it.
- Eat a high fiber breakfast of whole-wheat toast, juice, muffins, pancakes, waffles, etc. Bagels/muffins, fruit and juice will be available at regattas for the rowers.
- Avoid greasy food, sugared cereals, caffeine and dairy products.
- Water will be provided during the race day. **DRINK PLENTY OF WATER!!!!!!!**
- Food intake is limited prior to the race, but not afterwards. Rowers can bring money to purchase food from concession stands after the race or

bring along a lunch (since not all race sites have concessions). At some races, LBRA will provide lunch and snacks for the rowers. Check with your coach the day prior to each race regarding food availability.

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.
 1. Rowers put their boats in the water up to **one-hour before their race starts. Please listen carefully for your boat's call time.**
 2. 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.

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 overnight trips. Buses leave promptly at departure time. Rowers must arrive early. Parents always have the option to drive your child to overnight trips; however, *communicate your travel plans with your coach and/or head chaperone.*
- 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 find 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, and to buy food *after races.*
- LBRA feeds 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*** crew until after the boats and equipment are secured.
- Parents are encouraged to come early on race days and stay for the entire day. **Look for the tent with the Lake Brantley Banner or the LBRA hospitality trailer** to find other parents at race sites.
- The following items are suggested to bring to watch a regatta:
 1. Binoculars, cameras (still or video), lawn chairs, blankets, reading material, sunscreen, sunglasses, hat or visor and sun umbrellas.
 2. Bring money to purchase food from concession stands (if available).
 3. 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.*

Grievance Procedures

During the season, questions and/or concerns may arise. In most instances talking this over with a board member can help alleviate your concerns. However, if that does not suffice, you may elect to speak with the Coaching Chairperson or file a Grievance Form. The Grievance Form will help answer or solve problems that may be more complicated. In order to help us resolve a complaint or concern you might have, we ask you to complete the Grievance Form. The Grievance Form can be found on our website www.lakebrantleycrew.org. After you complete the form, mail to: LBRA, PO Box 915653, Longwood, FL 32779. Our goal is to respond to each grievance within 14 days of receipt. We will do our best to explain or resolve each issue to your satisfaction. Your grievance will be presented during the next board meeting and the response will be communicated back to you via mail. 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.

LBRA offers multiple payment plans for returning rowers. Novice fees are \$95.00 a month with a \$300.00 annual fund-raising obligation. 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 will not participate in practicing or regattas if dues are not current by the 7th day following the monthly general meeting.

****DUES CAN BE MAILED TO: Janet McDermott**

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.

Fund-Raising Commitment

All novice rowers have a fund-raising commitment of \$300.00 a year. 50% is due December 31, 2009. 50% of returning families fund-raising commitment must be met by December 31, 2009 also, regardless of your selected dues payment schedule. If you selected the Platinum plan, you automatically accomplish your 50% fund-raising commitment due December 31, 2009.

Fund-Raising Commitment deadline is April 1, 2009

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.

Rower Accounts:

Rower accounts are similar to individual savings accounts that accumulate with monies from *rower account fundraisers* only.

The purpose of this account, with its separate fundraising, is two fold. The first is to give, those rowers lacking the financial resources to participate in regattas, opportunities to raise the money. The second is to help fund the *Angel Scholarship Program Fund*. The Angel Program would receive those funds, which are unused by the rowers under the following conditions; Rower quits (a time frame to allow for a change of heart is yet to be determined) , Rower graduates and does not have a sibling in the program or a rising freshman sibling coming into the program.

Utilization of the monies earned would be restricted to travel expenses (mandatory overnight only), unsuit, and any other need related to participation that is approved by the board. The monies could not be used for optional overnight travel.

It is suggested to open a bank account for rower funds in order to keep them separate from the general fund and the accounting of it.

It is suggested that this account be managed by an elected or board approved individual other than the Treasurer. In addition, this person would be in charge of the fund raising activities approved by the board. In other words, it is completely separate from general fund raising. A monthly accounting report would be submitted at board meetings and available to the participants.

Participation in the Program is voluntary.

A *Voluntary Participation Agreement* must be signed, by both rower and parent/guardian to participate in the program. Agreement forms are kept and maintained by the committee chair of the program and passed on to new incoming committee chairs.

To utilize the funds the rower or guardian/parent, signs a request form which is turned into the committee chair. The committee chair records the deduction and the monies are transferred appropriately.

Note: This is one single bank account at the bank, not separate accounts for each rower. Individual rower balances in the account are kept on a spreadsheet for the purpose of tracking the individual funds.

It is understood by the participants that this is separate from the general fund raising obligations. If general fund raising goals are not met by the rower, the funds from this account cannot be used to pay for a trip they are not eligible to go on.

The funds from this account can not be applied/used to meet general fund raising goals.

Rower Accounts Program Agreement Lake Brantley Rowing Association, Inc

1. Rower account fund raisers are separate from the general fund raisers.
2. Rower accounts are similar to individual savings accounts that accumulate with moneys from rower account fund raisers only.
3. This is not a mandatory program.
4. This program is available to all LBRA rowers.
5. All rower fundraisers must be approved by the Board.
6. Moneys are accumulated by each rower based on his/her participation in fundraisers.
7. A rower may maintain his/her account for as long as he/she is a member of LBRA.
8. The balance in the account of a rower who is graduating (a senior) will automatically transfer to their sibling, if sibling is a member of LBRA. If there is no sibling in the Club for the next year (or a rising freshman who will be a member) the remaining balance will automatically transfer into the Angel Scholarship Fund.
9. The balance in the account of a rower who quits will automatically forfeits any and all funds in his or her account, unless it is at the end of the school year and an upcoming (rising) freshman sibling will be a member or if they have a current member sibling. Funds eligible for forfeiture will automatically transfer to the Angel Program.
10. Each rower is responsible for any moneys collected relating to the rower account fundraisers. (If you lose it, you replace it)
11. Moneys from rower accounts are to be used strictly for rower related expenses to unisuit purchase, out of state trip expenses, mandatory overnight stays or other related rower needs approved by the board provided the rower is current with all other financial obligations to LBRA.
12. The only way to place money in the student account is through a board approved *rower account fundraiser* or event.

Rower Signature

Parent Signature

Date

CHAPTER 4 Academic and Conduct Code

Lake Brantley Rowing Association (LBRA) requires a minimum GPA of 2.0 unweighted. AGPA 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 rowers GPA. If a rower is taking a yearlong A/B course, that grade will not be part of the cumulative GPA until May grades. High school grades earned in middle school will not be included for freshman only in the GPA requirement. A rower who falls below this requirement will be on suspension from the team for a full semester after the grade requirement was not met. A suspension shall mean that a rower will not practice or race with the club. If a rower's cumulative GPA attains a status of 2.0 or greater the following semester, the rower shall be reinstated with full privileges.

A novice rower (first year rower) must have a 2.0 GPA to join crew.

A Faculty member will be contacted by the scholarship chair to check the GPA of the rowers including incoming freshman. I further understand that a faculty member will then let the scholarship chair and head coach of the club 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 for awards at the annual crew banquet in the spring. In the event a rower must be suspended from racing due to grades, the Lake Brantley High School Faculty member will notify the scholarship chair and head coach, 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 becoming an athlete of LBRA and Lake Brantley High School. 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 drug.

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. Before curfew, the door must remain open if anyone other than assigned roommate(s) is visiting.

For a second offense the rower will be removed from the team for the remainder of the season. Should the seriousness of the violation warrant, I will 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 of other LBRA members will be allowed PRIOR to curfew. Before curfew, the door must remain open if anyone other than assigned roommate(s) is visiting.
7. Under no circumstances will a team member be allowed to leave their assigned room AFTER curfew. In the case of emergency, contact a chaperone.
8. A rower allowing anyone other than a member of LBRA to visit his or her room is in violation of the LBRA Conduct Code.
9. The head chaperone in conjunction with the head coach will determine the organized activities in which the rowers will participate accompanied by chaperones.
10. When buses are used, there will be a head bus chaperone that will be responsible for all decisions while traveling by bus.

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 that 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, making sure hotel room doors are open when team has open visitation of other rooms, 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 when 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 determine 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.

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 office of the Club shall be 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, 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 all 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 all the 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.

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 before the end of any paid year. 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 between four (4) and seven (7) days from the time of the annual 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 Vice 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 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; 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.

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 records and documents; arrange to keep a complete roster of all members and of all crew boosters who are not members and arrange to have the books of the Club audited, at the request of the Board. 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. 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.

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 at any time or place. 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.

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 first 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 High School Crew Team.

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 and Treasurer. They shall prepare an annual budget to be submitted to the Board at least 14 days prior to the first meeting of the general membership in the fall, and propose to the Fund Raising Committee the ways and means for raising the necessary funds.
- 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. **Newsletter:** Publish the monthly LBRA newsletter informing membership of current club activities and important dates pertaining to membership.
 2. **Website:** Keep Website current and notify e-mail users weekly of current club activities.
 3. **Handbook:** Prepare and distribute a handbook to all rowers by the first week of fall and spring rowing seasons. The preceding season’s handbook shall be used as a guide for new handbooks each season.

- d. **Hospitality.** This committee organizes socials and the end of year banquet and coordinates drinks and food arrangements for all events.
- e. **Equipment.** 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 transporting boats and equipment to all events.
- f. **Fund Raising.** This committee shall be responsible for planning fund raising events and keeping accurate records of each rower's fund raising efforts.
- g. **Coaching.** This committee recommends the hiring, dismissal and compensation of the coaching staff. In association with the coach(es) it defines the coaching policy and guidelines. 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.

Thirty (30) days prior to the National Regatta the Coaching Committee shall ensure that the coaches report to the Board their recommendations for those individuals who should participate in Nationals.

The committee also organizes and implements rowing camp.

- 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. **Scholarship.** This committee will work with the rowers and the school to ensure that all rowers are given an opportunity to receive scholarships to colleges.
- j. **Community Relations.** This committee shall arrange for news leases, 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 High School Crew Team 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.

Section 2. Nominating

- a. **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.
- b. **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.
- c. **Additional Nominations.** Other nominations for the Board may be submitted from the general membership at the Annual Meeting.
- d. **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, preferably following the National Regatta.

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 immediately.

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**.

Section 2. Membership

The fiscal year of this Club is from June 1 each year to May 31st in the following year.

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 ten (10) 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 November 30, 2005

2008–2009 Fees and Fund–Raising Commitment for Novice Rowers

The LBRA board has reviewed and implemented an updated fee schedule for the 2008–2009 rowing season. This fee schedule for the novice rowers is as follows. We have a one–time registration fee of \$100 per family. Payments begin on August 25th. Accounts will be charged a \$5.00 late fee if dues are not paid by the 10th of the month.

The general dues are \$120/month for 12 months with the exception of August.

The boathouse fund is \$40/month for 12 months.

The fund–raising commitment is \$300 for the year with 50% required by December 31, 2008. The remaining 50% is due April 1, 2009.

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 – we have found that most all parents agree that our number 1 priority is to get our kids into the new boathouse and are very excited that we are so close to construction. This portion of the payment 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 \$300 commitment 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.

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 \$450 in fund–raising. A three rower family would be required to raise only \$600 total.

2008–2009 Fees and Fundraising Commitment Plans

The LBRA Board has reviewed and implemented an updated fee schedule for the 2008–2009 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.

\$250/month for 10 months
\$40 Boat House donation
\$0 Fundraising required

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

\$150/ month for 12 months
\$40 Boat House donation
\$0 Fundraising required

GOLD PLAN – This is our basic payment plan.

\$120/month for 12 months
\$40 Boat House donation
\$300 Fundraising required (50% must be reached by 12-31-08)

SILVER PLAN – If you prefer to reduce your monthly commitment, this plan spreads your payments over 12 months*

\$100/month for 12 months
\$25 Boat House donation
\$300 Fundraising required (50% must be reached by 12/31/08)

For your convenience, all payments can now be charged to your MasterCard, Visa or Discover Card.

Multiple Rower or “Family” Discounts – We are sympathetic to the needs of families with multiple rowers, so we offer a reduction in the Fundraising commitment for multiple rower families. 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 \$450 in Fundraising. A three rower family would be required to raise only \$600 total.