



# TEXAS ROWING CENTER SUMMER CAMP PACKET

## Summer 2010

### GENERAL INFORMATION

#### TEXAS ROWING CENTER

1541 West Cesar Chavez

Austin, Texas 78701

(512) 467-7799

[www.texasrowingcenter.com](http://www.texasrowingcenter.com)

**Dates:**

| <b>Elementary School Camp Dates</b>   |                    |                    |
|---|--------------------|--------------------|
| June 7 to June 11   | June 14 to June 18 | June 28 to July 2  |
| July 5 to July 9  | July 12 to July 16 | July 19 to July 23 |
| Aug 2 to Aug 6  | Aug 9 to Aug 13    | Aug 16 to Aug 20   |
| Elementary School Camp Cost: \$150 per week.  |                    |                    |
| <b>Middle School Camp Dates</b>   |                    |                    |
| June 7 to June 11   | June 14 to June 18 | June 21 to June 25 |
| June 28 to July 2   | July 5 to July 9   | July 12 to July 16 |
| July 19 to July 23  | July 26 to July 30 | Aug 2 to Aug 6     |
| Aug 9 to Aug 13   | Aug 16 to Aug 20   |                    |
| Middle School Camp Cost: \$275 for 1 <sup>st</sup> week and \$175 for each additional week. |                    |                    |
| <b>High School Camp Dates</b>   |                    |                    |
| June 21 to June 25  | July 26 to July 30 |                    |
| High School Camp Cost: \$195 per week.  |                    |                    |

**People to know:**

Matt Knifton

Owner

Alvin Cantu

General Manager

**TRC Hours of Operation:**

Monday through Sunday: 6:00 a.m. to Dark

**TRC Boathouse/Office Phone:**

(512) 467-7799

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# **TRC GENERAL SAFETY RULES (APPLICABLE TO ALL CAMPERS)**

1. **NO RUNNING OR HORSEPLAY:** DO NOT RUN OR ENGAGE IN RECKLESS BEHAVIOR ON THE DOCK OR ANYWHERE ON THE TRC PREMISES.
2. **TRAFFIC PATTERN:** ALWAYS OBEY THE FOLLOWING TRAFFIC PATTERN RULES:
  - NEVER ROW OR PADDLE IN THE MIDDLE OF THE RIVER.
  - STAY TO THE NORTH SHORE WHEN TRAVELING WEST.
  - STAY TO THE SOUTH SHORE WHEN TRAVELING EAST.
  - WAIT FOR FAST MOVING TRAFFIC TO PASS BEFORE CROSSING THE RIVER.
3. **AVOID ACCIDENTS:** ALWAYS BE ALERT AND BE AWARE OF OTHER BOATS (SCULLS, KAYAKS, CANOES, LAUNCHES, AND TOURIST BOATS). COMMUNICATE (YELL) TO LET OTHER ROWERS OR KAYAKERS KNOW THAT YOU ARE BEHIND OR NEAR THEM. DO NOT WAIT UNTIL IT IS TOO LATE!
4. **CAPSIZED, SWAMPED, OR DISABLED BOATS:** DO NOT ABANDON THE BOAT OR ATTEMPT TO SWIM TO SHORE. TURN THE BOAT OVER, HOLD THE OARS TOGETHER, AND PRESS YOURSELF BACK INTO THE BOAT. IF YOU ARE UNSUCCESSFUL, STAY WITH THE BOAT UNTIL ASSISTANCE ARRIVES, OR PADDLE THE BOAT TO SHORE.
5. **HELPING OTHERS:** ALWAYS STOP TO HELP OTHER BOATS IN DISTRESS. IF NECESSARY, ALLOW THE ROWER/KAYAKER IN DISTRESS TO USE THE BOW OR STERN OF YOUR BOAT AS A FLOTATION AID. STAY WITH THEM UNTIL THEY GET BACK INTO THEIR BOAT OR UNTIL THEY ARE OUT OF DANGER.
6. **PASSING OTHER BOATS:** FASTER BOATS SHOULD MOVE TOWARD THE INSIDE (MIDDLE) OF THE RIVER TO PASS SLOWER BOATS. SLOWER BOATS SHOULD MOVE TOWARD THE SHORE WHEN BEING PASSED.
7. **IF CAUGHT IN A STORM:** DO NOT ATTEMPT TO ROW BACK TO TRC OR TO STAY IN THE MIDDLE OF THE RIVER DURING STORMY CONDITIONS. SEEK SHELTER IMMEDIATELY AT ANOTHER DOCK, UNDER A BRIDGE, OR ALONG THE SHORELINE.

## ADDITIONAL TRC SUMMER CAMP RULES

In addition to the General TRC Safety Rules (see above), there are the following Summer Camp Rules that will be strictly enforced with the “consequences” listed below:

1. **Listen to TRC employees:** Listen and do what a TRC manager or counselor tells you to do.
2. **No Horseplay:** This Rule applies anywhere at the facility, including dock and boathouse areas. The term "horseplay" will be broadly interpreted to include abusing equipment, cussing, public displaces of affection, and other more traditional acts of horseplay. If you think it might be horseplay, it probably is.
3. **Life Jackets must be worn at all times:** This includes while rowing, kayaking, canoeing and swimming, any time that you are in or on the water.
4. **No Swimming:** Unless it is during the specified Town Lake Swimming time period (see schedule) and allowed by camp staff. Life jackets have to be worn at all times in the water and absolutely no running or pushing.
5. **No Crowding the Trail or the Office:** Upon arrival, campers should go directly to the picnic table on the dock, and should not be in the office or anywhere near the trail.
6. **No Jumping between the Dock and Land (between ramps):** Do not jump between the dock and the shore. Please think safety first!
7. **Shoes must be worn at all times:** Please have closed toe shoes that can be worn in the water and are comfortable to go walking in.
8. **Throw away trash:** Throw away all your trash; do not leave it on the dock.
8. **Equipment handling and care:**
  - A. Do not stand on kayaks
  - B. Do not flip over kayaks
  - C. Do not sink kayak paddles (you will be charged \$35)
  - D. Put away kayaks (and drain), life jackets and paddles
  - E. Rowing shells are fragile use caution around boats and listen to instructors
  - F. Wash rowing shells before putting them away (hatch cover and stern plug must be open)
  - G. There is a skeg on the bottom of a rowing shell that can break if you are not careful, if it breaks you will be charged \$35 to repair the boat
  - H. Do not play with buckets, sponges, or other boat cleaning materials on the dock.
  - I. Do not sit on boat slings.
9. **Sign and return packet:** Read over the packet with your child to make sure they understand the rules and return the packet on the morning of the second day of camp.

## CONSEQUENCES FOR VIOLATING SUMMER CAMP RULES

1. **First Violation:** Verbal warning specifically to the camper and the rule is reiterated to the rest of the camp.
2. **Second Violation:** Child has to sit out for 5 minutes and a discussion of the rules will follow.
3. **Third Violation:** Child has to sit out for 10 minutes and a discussion of the rules will follow, there will be a brief conference with parents at the end of the day.
4. **Fourth Violation:** Expulsion from camp, for the day, without a refund.
5. **Fifth Violation:** Expulsion from camp, for the week, without a refund

# **TOWN LAKE TRAFFIC PATTERNS AND RIVER RULES**

## **Turning Pattern at Red Bud Island**

Watch for on-coming traffic before heading up into either the north or south side of the island. Most westbound rowers tend to go into the south side of the island rather than the north. If you do row up to the north side of the island, stop and turn your boat to cross to the south shore and then turn again to proceed east.

## **Tree Between Red Bud and MoPac**

The tree is still there but is now 18 inches below the normal water level. This is only an issue for launches. Avoid the area where it is/was when the water level is low.

## **MoPac**

There is a high flow of traffic near the MoPac bridge and little room for boats to travel under the bridge. The middle arch is used for westbound traffic only and the south arch is used for eastbound traffic only. Pay attention to the water level- if the level is low, westbound traffic must hug the pillar to the left (south) of the middle arch; if the water level is high you can row in the middle of the arch to open up more space for other boats. The sandbar is on the north shore and can stretch to the center of the westbound arch when the water level is low.

Race pieces through MoPac should only occur when a launch is present to help look out for other boats. Passing is not permissible westbound under MoPac.

Large boats have the right of way here and on all parts of the river, but be cautious of smaller boats- call out to the boat if needed.

## **Rowing Dock and UT Varsity Docks**

Use caution through this area because the docks are right across the river from one another and is a high traffic area near MoPac.

## **Lamar**

There is a tree just below water line under the southernmost arch. Avoid the southernmost arch and use the two north arches to travel westbound and the other two south arches to travel eastbound.

## **Lamar, Railroad and Footbridge**

These three bridges are close together and the arches of the railroad bridge are narrow. There is no passing, turning or stopping in this area.

## **1<sup>st</sup> Street to Railroad Bridge**

Westbound traffic move south of the buoy at the power plant and proceed through the third arch from the north side (the pillar without any brush will be on your left). If multiple boats are present, proceed through single file. Eastbound traffic proceed through the third opening from the south shore (the pillar without any brush will be on your left). Be cautious of traffic heading west. No passing, turning or stopping in this area.

### **ARC to Joe's Crab Shack**

The river curves and rowers tend to drift to or across the center to maintain a straight course and ARC is conducting learn to row classes in this area. There is a shallow area at Joe's Crab Shack that extends about 40 feet from the shore and is currently buoyed. There is also a shallow area just east of ARC on the north shore that extends about 20 feet out from the mouth of Waller Creek. Stay to starboard with the curve of the river, no straight-line rowing in either direction except during regattas when the river is divided with buoys. Be alert for classes and novice rowers.

### **East Island (Bird Island)**

Circle the island counterclockwise only (stay to starboard as usual). If not circling the island, stop before the west end of the island.

### **Fisherman**

Fishing is permitted with trolling motors and fisherman do go out in the dark without lights- watch out for unlit boats.

### **Right of Way**

Rowers stop at various points on the river for water breaks and coaching and other boaters stop under bridges in the shade or on either side of a bridge. Go to the middle of the river to pass. If you need to stop, pull off to the side of the river. Row a safe distance away from bridges before stopping.

### **Safety Equipment**

Bow balls/heel ties (with less than 3 inches of slack) are a must. Bow and stern lights are required by law. Lights need to be affixed to the boat or otherwise high enough above the water line to be visible.

### **Organizational Responsibility**

Each club is obligated to assist any rower, regardless of club affiliation. Rowers docking at a club other than their own for whatever reason will be able to call for rowing or emergency related assistance. They can temporarily store their equipment at that facility if needed. Clubs are also responsible for providing assistance to any person on the lake in need of safety/first aid.

## NOTES, GUIDELINES, AND REMINDERS...

- Camp begins at 8 am each day and ends at 5 pm – if you need to pick your child up early please let a counselor know in advance and arrangements will be made.
- Our basic day consists of rowing and kayaking in the morning with an activity in the afternoon.
- We do take numerous breaks throughout the day for water and sunscreen. Part of the afternoons will be spent in the shade during particularly hot or rainy weeks
- If you child has allergies or medical needs, please let a counselor know.
- We will be taking a few trips during the week ( Middle School Camp Only).
  - Monday – Austin Nature Center
  - Tuesday – Deep Eddy and Snow beach (admission to Deep Eddy is covered by TRC, \$ 3 is needed for snow cone)
  - Thursday – Deep Eddy (admission covered by TRC)
  - Friday – Mangia Pizza (\$6 is needed for lunch)
- It is absolutely necessary that all campers are respectful and thoughtful of one another. Teasing and bothering is unacceptable and will be addressed, case by case, by the counselors.

### What to Bring:

- Water bottle (refillable)
  - o There will be a \$2 charge for a water bottle if your child forgets (or throws away) theirs
- Lunch
  - o We recommend a healthy lunch and discourage packing soda and candy.
  - o We do not have a refrigerator available at the club, so make sure the lunch will stay cool.
- Sunscreen
- Towel
- Hat
- Sunglasses
- A bag that will fit all your child's belongings
- Snacks as needed
- Closed toed shoes such as Crocs. Flip-flops are not acceptable

Please do not bring electronics such as ipods or cell phones.

TRC is not responsible for your child's belongings.

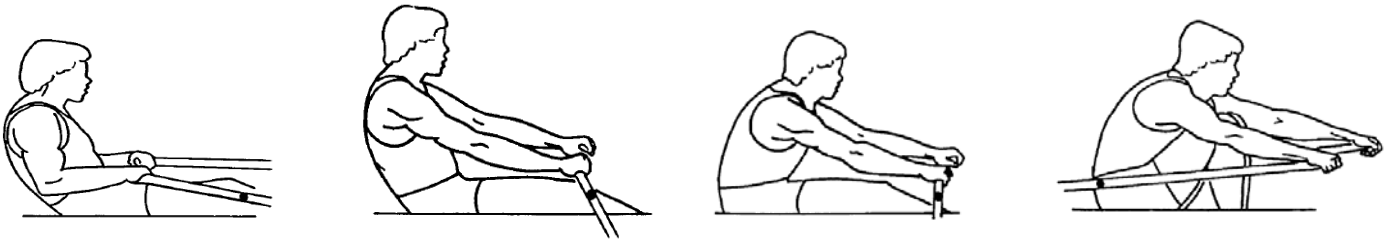
## SCHEDULE FOR ELEMENTARY SCHOOL

|            | Monday                           | Tuesday          | Wednesday             | Thursday         | Friday                  |
|------------|----------------------------------|------------------|-----------------------|------------------|-------------------------|
| 9:00 a.m.  | Registration                     | Trail Hike       | Kayak to Red Bud Isle | Barton Springs   | Kayak to Barton Springs |
| 9:30 a.m.  | Orientation                      | Kayak Class      |                       | Splash Exhibit   | Barton Springs          |
| 10:00 a.m. | Austin Nature and Science Center | Field Games      | Deep Eddy Pool        | Dock Games       | Deep Eddy Pool          |
| 10:30 a.m. |                                  |                  |                       |                  |                         |
| 11:00 a.m. |                                  |                  |                       |                  |                         |
| 11:30 a.m. |                                  |                  |                       |                  |                         |
| 12:00 p.m. | Snack Time                       | Snack Time       | Snack Time            | Snack Time       | Snack Time              |
| 12:30 p.m. | Arts and Crafts                  | Kayak around TRC | Tie Dye Shirts        | Kayak around TRC | Arts and Crafts         |
| 1:00 p.m.  | Games                            |                  |                       |                  | Games                   |

## SCHEDULE FOR MIDDLE SCHOOL

|            | Monday  | Tuesday                             | Wednesday                           | Thursday                            | Friday                     |
|------------|---|-------------------------------------|-------------------------------------|-------------------------------------|----------------------------|
| 8:00 a.m.  | Registration  | Rowing around the dock              | Rowing around the dock              | Rowing around the dock              | Kayaking at the Dock       |
| 8:30 a.m.  | Intro to Camp - packet and boathouse tour                                     |                                     |                                     |                                     |                            |
| 9:00 a.m.  | How to Erg  |                                     |                                     |                                     |                            |
| 9:30 a.m.  | Dock Trainers   | Break                               | Break                               | Break                               |                            |
| 10:00 a.m. | Break   | Kayak to the Barton Springs         | Kayak games                         | Kayak to Red Bud                    | Break                      |
| 10:30 a.m. | Rowing in small groups (those not rowing will kayak) - boat handling and care | Kayak to the Barton Springs         | Swimming at the Dock                | Kayak to Red Bud                    | Rowing to Red Bud          |
| 11:00 a.m. |   |                                     |                                     |                                     | Island                     |
| 11:30 a.m. |   |                                     |                                     |                                     |                            |
| 12:00 p.m. | Lunch then -  | Lunch then - Play games on the dock | Lunch then - Play games on the dock | Lunch then - Play games on the dock | Mangia's Pizza (Bring \$6) |
| 12:30 p.m. | Play games on the dock  |                                     |                                     |                                     |                            |
| 1:00 p.m.  | Rowing in small groups around the dock - clean and put away boats             | Deep Eddy                           | Team Boat                           | Deep Eddy                           | Tie Dying                  |
| 1:30 p.m.  |   | Pool                                | Rowing                              | Pool                                |                            |
| 2:00 p.m.  | Shade Break - in the boat house   |                                     |                                     |                                     | FUN TIME                   |
| 2:30 p.m.  | Austin Nature and Science Center  | Shade Break                         |                                     | Shade Break                         |                            |
| 3:00 p.m.  |   | Snow Beach!                         | Adventure                           | Learn to Canoe                      |                            |
| 3:30 p.m.  |   | (Bring \$3)                         |                                     |                                     |                            |
| 4:00 p.m.  | Swimming at the dock  | Rowing around the dock              |                                     |                                     |                            |
| 4:30 p.m.  |   |                                     |                                     |                                     |                            |
| 5:00 p.m.  | Play games & Dry off before parents come                                      |                                     |                                     |                                     |                            |

## PARTS OF THE STROKE



Finish

Arms Away

Body angle forward

Catch

**Catch-** when the blade enters the water, whether the rower is at full compression,  $\frac{1}{4}$  slide,  $\frac{1}{2}$  slide, or  $\frac{3}{4}$  slide. The catch should be quick with a little splash on the back side of the blade.

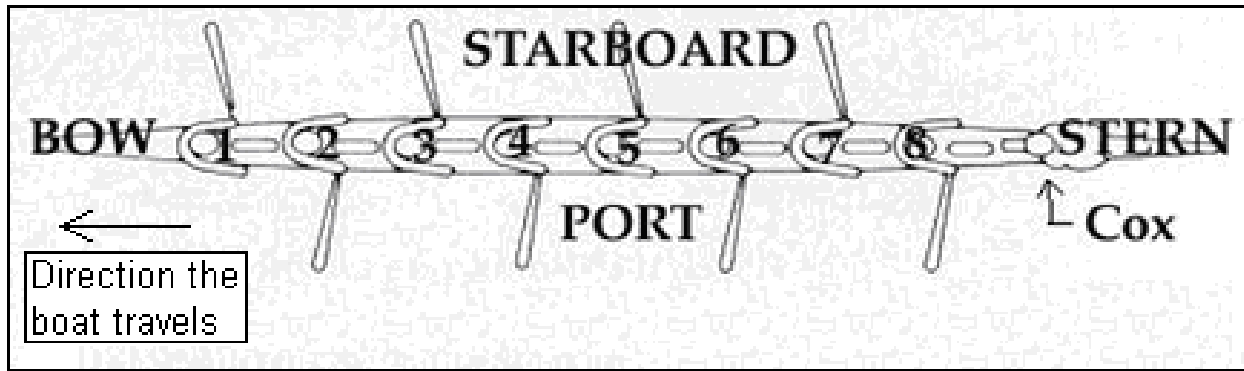
**Finish-** when the rower sits with legs stretched out and as close to the bow as possible, slightly laid back, and with the oar handle close to the body. The finish should be quick and clean, not splashing up water.

**Drive-** part of the stroke when the blade is in the water and the rower is pushing with the legs.

**Recovery-** part of the stroke when the rower slides up towards the stern and the blade is out of the water.

From the finish the stroke sequence is as follows: arms away, body angle forward, slide toward the stern until the shins are vertical and keeping the arms outstretched. Once fully compressed the rower puts the blade in the water and then pushes away first with the legs, then lays back slightly and finally pulls in the arms finishing the stroke and bringing the blade out of the water.

# PARTS OF THE BOAT



**Shell-** another term for a boat.

**Stern-** the “back” of the boat where the coxswain sits.

**Bow-** the “front” of the boat. A ball is always on this end of the boat to serve as a minor bumper but is very small and will not prevent damage in collisions. When in a race, your boat number is placed on the bow.

**Port-** side of the boat to the left of the coxswain and the right of the rower.

**Starboard-** side of the boat to the right of the coxswain and the left of the rower.



**Gunwal-** the rim of the boat.

**Hull-** the main body of the boat.

**Rigger-** on the gunwal of the boat and holds the oar.

**Oarlock-** latch on the rigger that holds the oar in place.

**Tracks-** what the rower’s seat slides on in the boat.

**Footstrecher-** where the rower’s shoes are attached.

**Skeg-** attached to the bottom of the boat under the coxswain’s seat, helps to keep the boat straight.

**Rudder-** a small fin attached to the skeg that the coxswain or bowman controls to steer the boat.

**Steering cables-** the strings the coxswain or bowman uses to control the rudder in order to steer the boat.

**SIGNATURE PAGE**  
**(TO BE RETURNED TO TRC WITH SIGNATURES)**

This is to verify that I have received a copy of the Texas Rowing Center Summer Camp Packet and understand that I will be held accountable for complying with all applicable rules contained therein, and that TRC counselors and staff will strictly enforce these rules.

Printed Student's Name: \_\_\_\_\_

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

As a parent/guardian of the above named student, I understand that the rules contained in the TRC Summer Camp Packet should be discussed with my son/daughter, and that my child will be responsible for complying with those rules.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_