

# PASSAIC RIVER ROWING ASSOCIATION



Est. 1999  
[www.PRRA.org](http://www.PRRA.org)

## MEMBERSHIP GUIDE 2014

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**MEMBERSHIP GUIDE**  
**PASSAIC RIVER ROWING ASSOCIATION**

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# WELCOME TO THE PASSAIC RIVER ROWING ASSOCIATION



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## I. Introduction

The Passaic River Rowing Association (“PRRA”) is a community-based, not-for-profit rowing club located in Lyndhurst, New Jersey. PRRA promotes youth and community rowing, while providing various programs for all skill levels of rowers, from a signature Learn-to-Row program to development camps for major competitions. The club membership reflects a positive balance of youth rowing, and masters rowing. PRRA additionally strives to achieve a balanced program comprised of sweep rowing and sculling.

### PRRA’s Mission Statement

*Call together and support a community of rowers of every age and ability  
with primary emphasis on youth rowing within the local community;*

*Promote the highest values of rowing in international, national and local arenas;*

*Promote the stewardship of the Passaic River environment; and*

*Strive for excellence in all that we do.*

## II. Location / Facility

PRRA, in cooperation with the County of Bergen, operates a boathouse in the Riverside County Park - South along the banks of the Passaic River in Lyndhurst/North Arlington, New Jersey called “The Bergen County Rowing Center.” The boathouse is in the section of the park which uses an entrance off of Riverside Ave, just opposite of Wilson Street. The boathouse is easy to get to, and is only minutes from major highways. Parking for members and visitors is available in the park’s large asphalt parking lot just a short walk away from the boathouse.

The rowing facility boasts a 110-foot long by 24-foot wide one-story structure, ideal for storing rowing boats. Additional storage outside in secure pens is also available for club boat storage and PRRA-affiliated boat clubs (i.e. high schools). PRRA is also proud to have a premium rowing dock located parallel to the shoreline of the Passaic River. The club’s state of the art 120-foot long rowing dock, which has been fully approved by all state regulatory agencies, can accommodate the full length of two rowing eights end to end. The public is also encouraged to use the dock for other recreational small boating activities (i.e., canoeing, kayaking, and rowing boats).



The Passaic River is a wide river in North Jersey offering club members the opportunity to row as far south as Newark, and as far north as Garfield. The total distance of available miles to row between both points is approximately 12 miles.

Due to ongoing construction work on the Route 3 bridge, rowing restrictions near or under the Route 3 may be enforced.

Bathroom facilities for club members and visitors are available in the clean and well-kept public bathrooms adjacent to the parking lot.

PRRA's club owned equipment includes a wide variety of equipment for the sweep rowing and sculling programs. The club also has sweep and sculling oars for members use.

### **III. General Membership Information**

PRRA offers a multitude of annual membership options for sweep rowing (one oar) or sculling (two oars), to accommodate various levels of rowing experience from the beginner to the highly competitive rower. The membership calendar year runs from March 15th through March 14<sup>th</sup> of the following year. The minimum age for participants is 14 years old. Participants under 18 years old must obtain prior permission from a parent or guardian in writing.

As a not-for-profit organization, PRRA relies heavily on volunteerism to fulfill its mission. Club activities are managed by the PRRA Council and its various committees and subcommittees. Members can become actively involved in committees concerning rowing programs, equipment, club communications, social events and the environment. Members are also encouraged to volunteer occasionally throughout the year to help with the normal upkeep of the boathouse as well as improvements to the rowing facility.

Participants must submit a completed registration form online on RegattaCentral.com which mirrors the attached registration form (*see Part I and II of enclosed Registration Form*) and have a digitally signed waiver of liability (*see Part III*) on file in order to row. Members must know how to swim and complete the online statement of their ability to swim (*see Part IV*). Payment in full must be made at registration on RegattaCentral.com either electronically or through submission of a check, membership will not start until payment has been received. **No exceptions can be made.**

On occasion, members will be permitted to bring a guest to row. Before doing so, the club member must first receive approval from the coach and verify that there is an open seat to row for the guest. The guest must also complete a membership application form (no fees required) and sign the liability waiver before rowing. A \$5.00 guest fee will be assessed to the club member per day.

### **IV. Rowing & Membership Programs**

Beginning/novice rowers are required to take the Learn to Row program and upon successful completion, may join the Community Rowing Program for the first year.

#### A. Learn to Row Program:

Learn to Row classes are intended for new members who have little or no experience, or for those who would like to have a refresher course. The program is three weeks long, with three scheduled organized classes per week, for a total of nine lessons. Each class is approximately two hours long. Size of the Learn to Row classes are limited to a maximum of ten (10) rowers on a first



come, first served basis in order to provide the best possible instruction as well as to maintain a high level of safety. Under the supervision of experienced rowers and coaches, participants will receive an introduction to the sport with ample personal attention. The class is designed to teach the basics of sculling and sweep rowing. Instruction includes orientation, rowing technique, safety, boat handling and coxing. All graduates receive a PRRA tee shirt and an invitation to join the club under the Community Rowing Program. Payment and application must be received in advance to reserve a spot in the class. Refunds will only be issued if cancellation is received at least two weeks prior to the start of the first class.

Sessions: June and July additional classes may be added based on demand. Check website at PRRA.org for the schedule.

#### B. Community Rowing Program:

This program is intended to be the next step for graduates of the Learn to Row classes, and for those members whose goals include rowing up to three times per week in a friendly, fun, and social atmosphere. The rows are supervised and are typically based on a group of members agreeing upon a set schedule that works best for them. Rows occur at least three times a week (typically Tuesday and Thursday evenings at 6:30pm, and Saturday mornings at 10:00am). Community rowers will be permitted to enter the Carnegie Lake and Head of the Passaic Regattas.

*Rowing Season: 05/31 – 10/26 (Saturday and Sunday rows only after 09/15)*

#### C. Recreational Rowing Program

This program is open only to experienced rowers and is intended for those members who plan to row most days of the week and do not intend to race competitively. Rowers in this program have access to club owned boats. Ownership of your own equipment is not required. Recreational Rowing Members can request keys to the boathouse doors. Like community rowers, recreational rowers are limited to two regattas per year.

*Rowing Season: 04/12 - 10/26*

#### D. Competitive Rowing Program:

The Competitive Rowing Program is open to all experienced rowers who are looking for intense training and coaching, and who will likely be participating in many of the year's regattas. Practice schedules, workouts, equipment use, and regatta entries are coordinated by the coach and Competitive Rowing Committee. Regatta and trailer fees are required to be paid in advance. Competitive Rowing Members can request keys to the boathouse doors. The competitive rowing program typically practices at 5:00 AM, Monday through Friday.

*Rowing Season: Daily 03/29 - 11/16*

#### E. Youth Rowing Programs:

PRRA offers a variety of youth programs ranging from learn-to-row, to spring, summer and fall rowing sessions. Regatta fees and boat transportation costs are not included and are payable in advance of regatta application date. All youth rowers are required to receive coached supervision from a launch when on the water.

*Rowing Season: June through October (Spring session is based on demand, youth rowers may also join the community rowing program.)*



#### F. Collegiate Rowing Programs:

PRRA offers a program specific for college rowers who are looking to improve their rowing skills and maintain fitness. Regatta fees and boat transportation costs are not included and are payable in advance of regatta application date. All collegiate rowers are required to receive coached supervision from a launch when on the water.

*Rowing Season: Availability based on demand, collegiate rowers may participate in other rowing programs.*

#### G. High School Rowing Programs:

To promote the development of youth rowing programs, PRRA will work with schools interested in rowing programs. Please contact us to discuss options for school sponsored youth rowing programs at [rowing@prra.org](mailto:rowing@prra.org).

#### H. Social Membership:

This membership option is for persons interested in supporting the activities of PRRA. Social members are invited to attend regattas and social events.

#### I. Equipment Storage:

Limited inside and outside storage of private equipment is available at the boathouse. The Rowing Site/Equipment Committee will assign space. All private equipment must be insured by the owner and will not be covered by the PRRA's equipment insurance. Members requesting storage must register for one of the Rowing Programs.



## V. Membership Terms and Conditions

- PRRA is a not-for-profit organization that depends upon volunteerism to maintain equipment, boathouse and functioning of the association. All members are requested to volunteer at a minimum of two weekends per calendar year. Boathouse activities will be scheduled weeks in advance, other options for volunteering are by participation in one of the association's operating committees, i.e., Equipment, Rowing Programs, Rowing Site, Communications, Environmental, and Social. The scheduling of rowing programs is subject to the availability of volunteers.
- Members may not use privately owned equipment without the expressed permission of the owner.
- PRRA equipment priority is given to the scheduled program. New rowers must gain proficiency in training boats before rowing in less stable boats. Rowing shells are expensive and readily prone to damage when misused. Consequently, all rowers must demonstrate care and skill in handling older equipment before rowing new equipment.
- An Association Council governs the PRRA in accordance with its Constitution and Bylaws. No individual member or group of members may obligate or represent the PRRA without the express consent of the Association Council.
- All members are required to adhere to the rules, policies, regulations and mission of the PRRA. Every member is required to conduct themselves in a responsible and civil manner towards all members and the general public. Failure to adhere to the rules and regulations may result in disciplinary action, as outlined in the Constitution, including termination of rowing privileges.
- All members are required to review and comply with US Rowing's and PRRA's safety rules at all times. Failure to adhere to the rules and regulations may result in disciplinary action, as outlined in the Constitution, including termination of rowing privileges.
- All members must have submitted a completed registration form and membership fees must be paid in full before being allowed to row.
- All Competitive rowers who intend to race must participate in an escrow account system, maintained by PRRA, for the payment of race and trailer fees. Rower contributions to the escrow account must be made prior to the race entry for that rower. A positive balance must be maintained at all times.
- Guest rowers may row up to three times in one calendar year provided that a waiver is signed and on file. After three rows, the rower will be asked to pay the appropriate membership fee.



## VI. Membership Fees

### FEE SCHEDULE

Program:	Type	Annual Fee:
A. Learn to Row Program:	all	\$250.00
B. Community Rowing Program:	all	\$250.00
C. Recreational Rowing Program	adult	\$350.00
D. Competitive Rowing Program:	adult	\$425.00
E. Youth Rowing Program:	youth	TBD
F. Collegiate Rowing Program:	college	\$225.00
G. High School Rowing Programs:	Spring or Fall	
	Email PRRA at <a href="mailto:programs@prra.org">programs@prra.org</a> for more information.	
H. Social Membership:	all	\$50.00
I. Equipment Storage:	per seat	\$200.00

**Due Date for Fees:** March 31, 2014





Fees are non-refundable, and a fee of \$20 will be assessed for returned checks. Reductions of membership fees are available under the following circumstances:

- Family Discounts: The first family member pays the highest member fee; each additional family member receives a 30% reduction in membership fee. A family member is defined as any immediate family member living in the same household with the individual member.
- Credit for Learn to Row: Participants of the Learn-to-Row program will receive a 25% discount for their annual membership fee.
- Credit for Multiple Sessions: Youth members who pay for a full session will receive a \$50 discount per session for subsequent sessions in the same year.
- Full-time coxswains: Membership is free.
- Prorated Fees: After August 15th, new members will only pay 50% of the annual program fee, and storage fees will be prorated on a case-by-case basis.
- Scholarships: Youth members may be eligible for full or partial membership scholarships. Please email [programs@prra.org](mailto:programs@prra.org) for more information.

**Please note:** Members may be required to pay additional “seat fees” for special programs held during the rowing calendar year, such as Development Camps.

## VII. Racing / Regattas

Passaic River Rowing Association participates in various rowing regattas throughout the year. Fees for these regattas are not included in the program fees listed above. Members are required to pay these separate fees prior to registering for the event. Go to PRRA's website to view the regatta schedule.

For more information, please visit our web site at [www.PRRRA.org](http://www.PRRRA.org) or e-mail us at [programs@prra.org](mailto:programs@prra.org).





## Passaic River Rowing Association

### VIII. 2014 Registration Form

**How to register:** Please complete all parts of this registration form. Sign waiver of liability and ability to swim sections. Send completed registration form and payment to: **PRRA P.O. Box 440 Lyndhurst, N.J. 07071-0440**

**I. Personal Information:** Can your name, address and telephone number be published in a membership directory? **Yes No** Can PRRA use your e-mail address as a primary method of contact? **Yes No**

**Print Name:**

**Date of Birth:**

**Address:**

**Preferred Contact Tel No:**

**City:**

**State:**

**Zip:**

**Lwt: \_\_\_\_ (W130lbs-M160lbs)**

**Mwt: \_\_\_\_ (160-180Lbs)**

**Hwt: \_\_\_\_ (>180Lbs)**

**(Optional) Professional Occupation:**

**E-mail Address: (please print clearly, indicate zero with strike through )**

**\_\_ PRRA LTR Program**

**(T-Shirt Size \_\_\_\_\_)**

**Emergency Contact Name:**

**Emergency Contact Tel No:**

**II. Health Information:** Do you have any physical disorder or health condition (such as asthma, diabetes, heart problems, seizures, or back, joint or muscular problems, allergies) or any other condition that may affect your ability to row safely, or that your coach should know about? **Yes No** If yes, please explain:

### III. Waiver of Liability:

I understand that my participation involves rowing in an open craft in a physically demanding activity where there may be unusual risks to my health and safety. In addition, I understand that certain on-shore activities such as carrying boats, may pose unusual risks to my health and safety. My decision to participate in this program is made by me in full recognition of these risks and is entirely voluntary. I represent that I am in adequate physical condition to participate in these activities and that I will notify the coach or Association Council if I develop any physical or health condition that may affect my ability to participate in these activities without posing a danger to my health or safety or the health and safety of others. In consideration of your acceptance of this application, I hereby agree for myself, my executors, administrators and assigns to hold harmless PRRA, its Association Council, officers, employees, representatives, successors, agents and assigns from all liability on account of injury, loss, claim or damage to my health, well-being or property during my participation in this program.

Signature of participant:

Signature of Parent or Guardian (*if participant is under 18*):

Date:

Date:

**IV. Ability to Swim Certification:** I hereby certify that I am able to swim and can remain afloat for at least 5 minutes.

Signature of participant:

Signature of Parent or Guardian (*if participant is under 18*):



Print Name: \_\_\_\_\_

**V. Program Fee Schedule**

**Fees**

1. Enter rowing program name: \_\_\_\_\_ 1. \_\_\_\_\_  
Enter fee from Section VI on line 1.  
  
Primary Family Member: Yes \_\_\_\_ or No \_\_\_\_  
  
If no, provide name of primary family member: \_\_\_\_\_
2. Equipment Storage: Complete Section VI. below. Limited storage is available for singles or doubles. Circle shell type: single or double. Multiply the number of seats by \$200.00 and enter amount on line 3. If you are designating your shell for general PRRA use, enter 0 on line 3. 2. \_\_\_\_\_
3. Sub-Total (add lines 1 and 2). Enter result on line 3. 3. \_\_\_\_\_
4. If you would like to make an optional, tax-deductible contribution to PRRA, enter the amount of line 4. 4. \_\_\_\_\_
5. Total Amount Due (add lines 4 and 5). Send payment (checks payable to PRRA) and signed registration form to: 5. \_\_\_\_\_  
**PRRA, P.O. Box 440, Lyndhurst, N.J. 07071-0440.**

**VI. Request for Equipment Storage:**

If you are requesting equipment storage, complete this section and attach a copy of your insurance coverage. Shell Type: \_\_\_\_\_ Number of Seats: \_\_\_\_\_

