PASSAIC RIVER ROWING ASSOCIATION

Est. 1999
www.PRRA.org

MEMBERSHIP GUIDE
2020

OFFICERS
President: Ben Delisle
Vice President: Thomas Apicella
Secretary: Janice Holzman
Treasurer: Jose Antunes

COUNCIL MEMBERS
Fabian Cortes
Jeffrey Gingold
Dan Gurkas
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 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 Bergen County, operates a boathouse in the Riverside County Park 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.

PRRA’s club-owned equipment includes a wide variety of boats for both sweep and sculling programs. To learn more about the available equipment please take a look at the Equipment Usage Guide located at http:\\www.prra.org\. In addition, the club has a number of indoor and outdoor spaces available to store one’s personal shell.

III. General Membership Information

PRRA offers a multitude of annual membership options to accommodate various levels of rowing experience from the beginner to the competitive rower. The membership calendar year runs from March 15th through March 14th of the following year. Youths may begin rowing at thirteen (13) years old, but unsupervised rowing is not allowed for underaged rowers in accordance with US Rowing safety guidelines.
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. For information on the committees see the listing and description of each committee at www.prra.org. Members are encouraged to volunteer occasionally throughout the year with such activities as the normal upkeep of the boathouse, improvements to the rowing facility, and regattas hosted jointly or separately by PRRA.

Prospective members must complete the registration form online on RegattaCentral.com which includes digitally signing a liability waiver. Members must also know how to swim and attest to it in an online statement. We encourage electronic payment in full through RegattaCentral.com, but payment by check is also acceptable. Membership nor rowing privileges will commence until payment has been received. No exceptions will be made.

On occasion, members will be permitted to bring a guest to row. The guest must complete a guest membership registration form online on RegattaCentral.com prior to being allowed to row at PRRA (no fees required) and sign all the correspondent waivers digitally.

IV. Rowing & Membership Programs

Novice (beginner) rowers are required to take a Learn to Row class.

A. Learn-to-Row Community:
The Learn-to-Row Community will be a combination of what was previously known as the Learn to Row sessions and the Community Row program. In an effort to expand the club’s membership, Community rowers will be expected to assist Learn-to-Row coaches in their efforts to educate new members on proper form and technique more quickly and efficiently. Once those new members have learned to row, they will be expected to “pay it forward” by helping the new members after them. At this point, the original Community rowers would have a larger pool of experienced rowers to choose from.

The program will be a continuous cycle of sessions to encourage new rowers to row with those who can help them learn. Once the seasoned rowers have “paid their dues,” they may choose to continue rowing on their own or with the experienced rowers that they helped to create. Under the supervision of experienced rowers and coaches, participants will receive an introduction to the sport with ample personal attention. Those who do not wish to assist the coaching staff in their endeavor to expand this community and PRRA at large may wish to enroll in the Recreational Program.

The class is designed to teach the basics of rowing. Instruction includes orientation, rowing technique, safety, boat handling and coxing. All graduates are encouraged to participate in the Club Masters Program. Payment and application for the LTRC must be received in advance to reserve a spot for that session. Refunds will only be issued if cancellation is received at least two days prior to the start of the first class or if the class is canceled. Sessions: Running Continuously from May to September.

B. Recreational Rowing Program
This program is open only to experienced rowers who are comfortable rowing in small boats. It is intended for those members who plan to row individually 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.

**Rowing Season: March 15th - December 15**

*Weather Dependent

**C. Club Masters Program:**
The Club Masters Program serves as an intermediary step between the Learn to Row Community and the Competitive Team. The program offers a transitional coaching style to normalize rowers to a competitive coaching style. There are two coaching sessions per week, one as the Club Masters group and the other combined with the Competitive team aiming to encourage these members to race. Club Masters rowers also are encouraged to enter the Carnegie Lake and Head of the Passaic Regattas and race under PRRA colors. Payment must be received in advance of the start of the program. Rowers may be of collegiate age if they are seeking such membership and may row in Collegiate categories through the Club Masters program. However, keys may only be requested if above the age of 21. If eligible to race, entry fees, trailer fees and uniform fees are to be paid in advance.

**Sessions: Running from March 15th - November 15th**

*Weather Dependent

**D. Competitive Masters Program:**
The Competitive Rowing Program is open to all experienced, adult rowers who are looking for intense training and coaching, and who will likely be participating in regattas. Practice schedules, workouts, equipment use, and regatta entries are coordinated by the coach and the Competitive Rowing Committee. There will be at least three coached sessions and payment must be received in advance of the start of this program. Regatta and trailer fees are required to be paid in advance and are not part of this membership fee. Competitive Rowing Members can request keys to the boathouse doors. The competitive rowing program typically practices at 5:00 AM, Monday through Saturday. Competitive members have priority for equipment and regatta entries.

**Rowing Season: March 15th - December 15**

*Weather Dependent

**E. Youth Rowing Programs:**
PRRA offers a variety of youth programs ranging from learn-to-row, to spring, summer and fall competitive rowing sessions. There will be at least two but no more than five races in any one season. Regatta fees and boat transportation costs will be 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.

**Youth Learn to Row Community (Ages 13+): TBD by Coach**

**Summer Competitive Youth Program: 3-5 days per week**

*from June - August

**Fall Competitive Youth Program: 3-5 days per week**

*from August-October

**Rowing Season: June through October (Spring session is based on demand)**

*TBD by Coaching Staff
F. High Performance Team:  
This year, PRRA will be offering a high performance team for those who are interested in competitively racing at the highest of standards. This team will be the most ambitious, most focused and most disciplined of the PRRA programs. Standards will be set at the discretion of the coach. It has been created to provide those rowers who are goal-oriented with opportunities to train for Open style 2K races with the intention of contending at National or International levels. No prior National team experience is required. Training will be offered at a minimum of 5 days/week requiring hard work, dedication and perseverance. Entry fees will be included for planned races for the year. Unisuits must be purchased separately. This program will also offer a summer option to collegiate students seeking the same disciplined style of rowing at a discounted price.  
Rowing Season: March 15th - December 15*  
*Weather Dependent

G. 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.

H. Equipment Storage:  
Limited inside and outside storage of private equipment is available at the boathouse. The 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 either for the Recreational or the Competitive Rowing Programs. To learn more about the storage rules, please read the storage guide posted at www.prra.org.

I. High School + College Rowing Programs:  
To promote the development of youth rowing programs, PRRA works with local high schools and colleges interested in rowing programs. Please contact us to discuss options for rowing programs at row@prra.org.
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 four activities per calendar year, activities will be tracked through in-person sign-ups. Boathouse activities will be scheduled in advance and announced to the membership. Members also are encouraged to volunteer for one or more of PRRA’s committees, see the website for more information.

- Members may not use any privately owned equipment without the prior, expressed permission of its owner(s). **No exceptions.**

- Priority in using PRRA’s equipment will be given to scheduled programs.

- 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. In addition, boats should be selected at the appropriate weight class and skill level.

- 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 as published on the club’s website [www.prra.org](http://www.prra.org). Members are 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 all US Rowing’s and PRRA’s safety rules and regulations as well as the SafeSport policies at all times. All rules and regulations can be found on [www.prra.org](http://www.prra.org). Failure to adhere to the rules and regulations may result in disciplinary action, as outlined in the Constitution, including termination of rowing privileges. A copy of the safety rules shall also be kept at the boathouse.

- All members must submit a completed registration and waiver form online at Regatta Central and pay membership fees 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 they have registered online at regattacentral.com for a PRRA Guest membership and signed all corresponding waivers. After three rows, the rower will be asked to pay the appropriate membership fee. Guest rowers must be guests of current fully paid members. PRRA member must be present during guest rows, and accepts responsibility for guest rower.

- A key deposit of $25 will be charged to Recreational and Competitive rowers that requested a key to the facility, the deposit will be refunded upon return of the key.
VI. Membership Fees

<table>
<thead>
<tr>
<th>Program:</th>
<th>Type</th>
<th>Annual Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Learn to Row Community:</td>
<td>all</td>
<td>see below</td>
</tr>
<tr>
<td>1. Learn to Row classes</td>
<td>all</td>
<td>$100.00</td>
</tr>
<tr>
<td>2. Community</td>
<td>all</td>
<td>$300.00</td>
</tr>
<tr>
<td>B. Club Masters Program:</td>
<td>all</td>
<td>$475.00</td>
</tr>
<tr>
<td>C. Recreational Rowing Program:</td>
<td>adult</td>
<td>$400.00</td>
</tr>
<tr>
<td>D. Competitive Masters Team:</td>
<td>adult</td>
<td>$525.00</td>
</tr>
<tr>
<td>E. High Performance Team:</td>
<td>all</td>
<td>$750.00</td>
</tr>
<tr>
<td>F. Summer Youth Rowing:</td>
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<td>$300.00</td>
</tr>
<tr>
<td>G. Fall Youth Rowing:</td>
<td>youth</td>
<td>$300.00</td>
</tr>
<tr>
<td>H. Social Membership:</td>
<td>all</td>
<td>$50.00</td>
</tr>
<tr>
<td>I1. Indoor Equipment Storage:</td>
<td>per seat</td>
<td>$300.00</td>
</tr>
<tr>
<td>I2. Outdoor Equipment Storage:</td>
<td>per seat</td>
<td>$200.00</td>
</tr>
</tbody>
</table>

Due Date for Fees: March 31, 2020

Fees are non-refundable, and a fee 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 25% reduction in membership fee. A family member is defined as any immediate family member living in the same household with the individual member.

- **Youth Multiple Sessions Credit**: Youth members who pay for a full session will receive a $50 discount per session for subsequent sessions in the same year not including LTR.

- **College Student Discount**: Members enrolled as full time students at a college will receive a $150 discount of the membership fee. (Not to be combined with other discounts).

- **Full-time coxswains**: Membership is free.

- **Prorated Fees**: After August 15th, new members will only pay 50% of the relevant annual program fee, and storage fees may be prorated on a case-by-case basis as determined by the Council.
• Payment Plan: For those who request a payment plan, they may do so by acknowledging in RegattaCentral and coordinating with the club administrator. They must pay the full membership fee in no more than 4 payments throughout the year equal in sum and duration.

Please note: Participants may be required to pay additional fees for special programs held during the rowing calendar year, such as clinics or Development Camps. For more information, please visit our web site at www.prra.org or e-mail us at row@prra.org

TO REGISTER ON LINE GO TO https://www.regattacentral.com/clubs/?org_id=377. You will need to create a Regatta Central login and password if you do not already have one. Alternatively, you can register through the PRRA website.