**LMRC Youth Rowing FAQ**

**What is LMRC’s Youth Rowing program?**

Lake Merritt Youth Rowing is an athletic program offered by Lake Merritt Rowing Club that introduces middle and high school aged kids to the sport of rowing. Participants learn new skills while having a fun workout in a safe and friendly environment. Most practices will be on the water and will focus on developing fundamental rowing skills in small boats, with the goal of helping every rower become comfortable and able to succeed at a competitive rowing program at another club or school in the future.

**Does my kid need to know how to swim?**

Everyone is welcome! Participants are asked to complete a swim test at a local swimming pool.

Anyone who does not know how to swim or does not complete a swim test will wear a life vest provided by the program. All participants are also required to sign a waiver in order to row.

**What should my kid expect?**

To have fun! To meet new friends! And to learn an exciting sport in a beautiful setting! LMRC Youth Rowing introduces kids to a sport that can bring them joy, opportunity, and challenges throughout their life. Only two high schools west of the Mississippi offer competitive rowing for high school students and they are both in the Bay Area. LMYR can be a fun introduction to the sport for kids who may want to pursue it in high school, college, or beyond. Even for kids who have no aspirations to compete, rowing is a sport that fosters camaraderie, builds cooperation and teamwork, and encourages self-esteem. Kids can expect to learn how to work together to row a boat as one team. They will spend time on and off the water learning about the boathouse, the equipment, and the lake and local environment. They'll also learn about the rowing terminology, culture, and challenges that make the sport unlike any other.

**What should my kid wear?**

Participants should wear athletic clothing that is not too loose. Layers are recommended, as temperatures on land and on the water can fluctuate. During sunny summer days, sunscreen, hats, and sunglasses are encouraged. During winters a light water proof jacket or long sleeves is recommended.

**Will my kid be served lunch?**

Food will not be provided. Participants should arrive fueled by breakfast or lunch and ready to participate in physical activity.

**Is transportation available?**

Lake Merritt Rowing Club is conveniently located to public transportation, but private transport is not provided by the club. The boathouse is a short walk from Lake Merritt BART station, and several AC Transit bus lines are also close by, with multiple stops within walking distance.

**What ages is this program appropriate for?**

The program is designed for boys and girls ages 12-18.

**How are the kids supervised?**

Coaches Chris Dadd and Brandon Caesar head up the program. They will be on the water for safety and coaching during every session, along with several Assistant Coaches. Coach Chris began his rowing career with the Humboldt State University Lightweight Crew and returned to rowing with the Lake Merritt Rowing Club in Oakland. In the mid-1990s he began working with the Summer Youth Rowing program. He has decades of experience as a rower, instructor, and coach. Coach Brandon also coaches for the East Bay Rowing Club and is the men's rowing coach at Oakland Tech High School. He started rowing at Berkeley High School in 1999 and joined the Lake Merritt Rowing Club in 2000. All staff have US Rowing and Safe Sport Certification.

**What if I have more questions?**

No problem! Just email youthrowing@lakemerittrowingclub.org to contact a volunteer who can help answer your questions.