



## NORC Junior Fall Rowing Program 2021

Eligibility: All athletes, including Learn-to-Row participants must be vaccinated for Covid before attending practices. If this is an issue, please contact Coach Emily at [gass.emily@gmail.com](mailto:gass.emily@gmail.com).

Season Dues: \$375 (payable at <https://www.neworleansrowingclub.org/payment>)

### Coaches

Maggie Daly.....770-639-1838 ([daly.margaretm@gmail.com](mailto:daly.margaretm@gmail.com))  
Emily Gass.....504-579-2612 ([gass.emily@gmail.com](mailto:gass.emily@gmail.com))  
Danny Shapiro.....850-544-5795 ([dgwynnshapiro@gmail.com](mailto:dgwynnshapiro@gmail.com))

### Practice Schedule:

Monday after school ALL: 5:30 - 7 (until daylight savings 11/7)

Wednesday after school GIRLS: 5:30 - 7

Thursday after school BOYS: 5:30 - 7

Saturday morning ALL: 8:30 - 10:30

### Practice Location:

All practices will be held at 5958 St. Bernard Avenue, New Orleans, LA 70112. All athletes are to be dropped off on Soldiers Street (not the Vista Shores parking lot). Due to COVID restrictions at Vista Shores Assisted Living Facility, there is NO BATHROOM access.

### Important Dates:

9/11: First day of fall practice for returning rowers (8:30am-10:30am). Returning rowers, please plan to stay after to help with Learn-to-Row day until 12:30pm. Bring plenty of water and snacks.

9/13, 9/15 (girls only), 9/16 (boys only) will be optional tryout practices for any interested rowers from the Learn-to-Row day.

10/16: Bayou St. John Regatta - Home regatta

10/23: Head of the Charles Regatta - Boston, MA (selected rowers only)

11/6: LA State Championships - Industrial Canal NOLA or False River, LA

11/13: Head of the South - Augusta, GA (all rowers, Master and Junior)

### Clothing:

All athletes are expected to bring water, hat, sunglasses, and sunscreen to practice. Sharing water bottles will not be permitted. Clothing should be tight fitting - cycling shorts/rowing trou and athletic tops are recommended. Shoes must be comfortable for running and circuit training. Do not arrive in flip flops. Season dues include NORC tank that should be worn for Head of the South.

### Weather:

Practices may be cancelled or delayed due to high wind, lightning, low visibility, etc. NORC follows guidance from USRowing to ensure safe rowing conditions.

If poor weather is forecasted, the coaches will try to notify athletes at least 2 hours in advance of practice. If no notification is made, expect to arrive at the boathouse at the scheduled time. The coaches may need to make their official determination based on specific on-site conditions and the weather in real time.