



**New York Rowing Association  
4768 Broadway, P.O. Box 225  
New York, NY 10034  
[www.nyrowing.org](http://www.nyrowing.org)**

Dear Potential New Member,

Welcome to New York Rowing Association (NYRA) and the Masters Team! NYRA Masters is a mostly casual crew and we welcome anyone with interest, regardless of prior experience. Our goal is to provide New Yorkers with access to the exciting and beautiful sport of rowing in a welcoming, low pressure and non-competitive environment.

Enclosed in this packet you will find more information about NYRA and NYRA Masters, a few pages answering our most frequently asked questions, as well as information on membership fees and general safety guidelines. For the most up-to-date information, including access to our email list-serve, message boards and the current schedule of practices and events, please join the NYRA Masters Meetup group at [www.rowing.meetup.com/11](http://www.rowing.meetup.com/11).

If you have any questions, concerns, or would like to discuss anything in more detail, please do not hesitate to contact me.

I look forward to seeing you on the water!

Lauren Rubin  
NYRA Masters President  
[NYRAMasters@nyrowing.org](mailto:NYRAMasters@nyrowing.org)



## **NEW YORK ROWING ASSOCIATION**

### **GENERAL INFORMATION**

New York Rowing Association (NYRA) is a not-for-profit 501(c)(3) corporation. NYRA is dedicated to sharing the benefits of rowing with athletes of all ages and abilities. NYRA encourages the pursuit of excellence through community and school-based rowing programs and supports youth and adult rowing programs in furtherance of that goal. NYRA also enhances local economic development by producing dynamic regattas that host crews from around the globe.

NYRA was founded in 1914 in response to the rapid growth of rowing in New York City. NYRA has its roots in the Harlem Regatta Association, which dates back to 1866. By the end of the 19th Century, the New York City waterways were becoming populated with numerous boathouse and many more rowing clubs. So many, that at this time, the Harlem River was known as “Scullers Row”. NYRA evolved to support the needs of rowers as the sport expanded throughout the region.

In 2003, NYRA invigorated its mission by returning to its ancestral home on the Harlem River through a strategic partnership with New York Restoration Project, the group that developed the Peter Jay Sharp Boathouse—New York City’s first community boathouse build in more than 100 years. NYRA’s programs are anchored at the Peter Jay Sharp (“PJS”) Boathouse, which majestically floats at the foot of Dyckman Street and the Harlem River Drive, nestled within Swindler Cove Park.

NYRA offers a diverse range of programs at all three of its locations, including its Youth Rowing programs, Learn to Row programs for youth and adults, Adaptive Rowing, Summer Development Camps and the Masters Association. For more information, please visit our website at [www.nyrowing.org](http://www.nyrowing.org).



## NEW YORK ROWING ASSOCIATION

### NYRA MASTERS FREQUENTLY ASKED QUESTIONS

**Q. What is NYRA Masters?**

A. NYRA Masters is an informal rowing team open to all adults, ages 18 and older, regardless of past rowing experience. The program is a year-long program, consisting of on the water rowing (April 1-November 1, weather permitting), and erging and running as a team during the off-season.

**Q. What is NYRA Novice Masters?**

A. NYRA Novice Masters program is a “transition program” that meets once a week during the on the water season. NYRA Novice Masters is open to adults who have taken the NYRA Learn to Row course or another qualified learn-to-row course, but is still learning basic rowing technique. The focus is to improve the rower’s skill level to a point where he or she can row comfortably with the NYRA Masters program and ultimately join the NYRA Masters program full time. Any rower who has at least one year of high school, college or Novice Masters rowing experience is likely best suited for the NYRA Masters program, but such decisions are made on a case-by-case basis.

**Q. What if I have never rowed before?**

A. If you have no prior rowing experience, but would like to learn, we offer a Learn to Row course that provides introductory level rowing classes for all ages. We have regularly scheduled day, evening and weekend classes available and new sessions begin every few weeks. Please see [http://www.nyrowing.org/programs-learn\\_to\\_row.html](http://www.nyrowing.org/programs-learn_to_row.html) for more information.

**Q. Is there a minimum time commitment required to be a member of NYRA Masters?**

A. No! NYRA Masters is a casual rowing team and we welcome anyone with interest. As a result, you may come to practice as often, or as rarely, as your schedule permits.

**Q. When are practices held and how long do they last?**

A. Generally, practices are held six to seven days a week for one to two hours depending on the day, weather conditions and the team’s schedule. Please visit our Meetup site at [www.rowing.meetup.com/11](http://www.rowing.meetup.com/11) for a current practice schedule and more up-to-date information.

**Q. What does a typical practice entail?**

A. Rowers generally arrive 15 minutes before the scheduled practice time to begin setting up the safety launch and bringing oars onto the dock. Once complete, rowers quickly select boat lineups based on who has arrived, experience and goals for practice and then quickly get the boats out on the water. Practice typically lasts between an hour and an hour and a half (or longer!) based on the day of the week and the weather conditions. The intensity of the row is dictated by the rowers themselves and rowers are welcome to spend the practice “paddling around”, rowing power pieces and even engaging in a little friendly racing. However all rowers must remain near the safety launch at all times, with no exception. Once back at the dock, the rowers quickly wash and put away the oars and boats and head out. Weekend rows are often followed by brunch at a restaurant nearby.

**Q. How much are membership fees?**

A. Full access membership fees are \$1000 annually, payable on June 1 of each calendar year and are non-refundable. Full payment of membership fees entitles you to access to the Peter Jay Sharp, New Rochelle and Acquackanonk boathouses and all sweep and sculling equipment belonging to NYRA at those sites, as well as NYRA’s sailboats, kayaks and other recreational boating equipment available at the New Rochelle boathouse. An installment plan is available to those who are interested. A weekend only membership is also available for \$600 annually and entitles you to access to all three boathouses on weekend days. Please note, however, that only those who are full access members are permitted to race at non-NYRA sponsored regattas. Membership forms and mandatory waivers are included in this packet, or can be accessed at [http://www.nyrowing.org/programs-masters\\_at\\_pjsbh.html](http://www.nyrowing.org/programs-masters_at_pjsbh.html) (under Rowing Fees). All forms must be fully executed and submitted with payment before rowing.

**Q. Does NYRA Masters provide coaching?**

A. Coaching is provided once a week during the on the water season, but is not built into your annual membership fees. We therefore ask for a donation of \$45 per person for the season.

**Q. Does NYRA Masters enter races? Are they optional?**

A. Yes and Yes! NYRA Masters encourages its members to enter the many regional regattas in and around New York, Pennsylvania, New Jersey, Connecticut and Delaware as way of staying motivated and having fun. However, racing is entirely optional and NYRA Masters seeks, above all else, to maintain its cordial, welcoming, low pressure and non-competitive environment. Please visit our Meetup site at [www.rowing.meetup.com/11](http://www.rowing.meetup.com/11) for up-to-date information and a schedule of events.

**Q. Given that the Harlem River is a very busy waterway, what precautions does NYRA Masters take to ensure the safety of its rowers?**

A. NYRA Masters takes the safety of our members very seriously. All NYRA Masters are required to know how to swim in order to row with us. In addition, NYRA Masters requires that the safety launch must accompany all rowers when out on the water and that all boats are equipped with boat lights when rowing before sun rise or after sun set. Finally, NYRA Masters offers mandatory courses throughout the season on safety, including launch duty training, best practices for launch duty and how to reenter a boat after flipping.

**Q. Can I go to the boathouse and row anytime I want?**

A. Unfortunately, no. Because the boathouse contains a lot of expensive equipment, it must remain locked when not in use and only members of the NYRA Masters Board (along with other NYRA personnel) are given keys. In addition, because the Harlem River is a busy waterway, we can only permit rowing in groups with a safety launch nearby. Therefore, in order to row you must attend one of our regularly scheduled practices.

**Q. What is “launch duty”?**

A. Launch duty is the mandatory requirement of all rowers to drive the safety launch up to four times a month during the rowing season. The launch duty schedule is arranged in advance by the Director of Safety.

**Q. What if my schedule conflicts with the launch duty I was assigned?**

A. No problem! Just email the group on Meetup and find someone to switch with you. However, if you miss your launch duty without arranging for a substitute, you will not be able to row with the team until you have made up your missed launch duty.

**Q. I have more questions. Who do I ask?**

A. Send an email to [NYRAMasters@nyrowing.org](mailto:NYRAMasters@nyrowing.org) with any questions and someone will be in touch soon.

**Q. I’m ready to join! What do I need to do?**

A. The first step is to join the free Meetup group, [www.rowing.meetup.com/11](http://www.rowing.meetup.com/11), which will provide you with a lot of information on the message boards as well as an up-to-date calendar of practices, races and social events. Then, you will need to sign a waiver and fill out a masters application, available at <http://www.nyrowing.org/programs-masters-at-pjsbh.html>, and pay your membership fees. It’s that simple. See you on the water!



## New York Rowing Association

### **NYRA MASTERS MEMBERSHIP FEES**

#### **Full Access Annual Membership: \$1000, payable June 1 each year**

A full access annual membership entitles you to year-round access to the Peter Jay Sharp, New Rochelle and Acquackanonk boathouses and all sweep and sculling equipment belonging to NYRA at those sites seven days a week. A full access annual membership also entitles you to race with NYRA at all non-NYRA sponsored regional regattas. An installment plan is also available to those who are interested. \* All members must execute and submit to the address below a membership form and mandatory waiver (included with this packet) with payment before rowing.

#### **Weekend Access Annual Membership: \$600, payable June 1 each year**

A weekend access annual membership entitles you to year round access to the Peter Jay Sharp, New Rochelle and Acquackanonk boathouses and all sweep and sculling equipment belonging to NYRA at those sites on weekend days. Weekend Access members are not permitted to race with NYRA at non-NYRA sponsored regional regattas. \* All members must execute and submit to the address below a membership form and mandatory waiver (included with this packet) with payment before rowing.

#### **Paying Membership Fees**

All new members must pay their full annual membership fee of \$1,000 (or \$600) upon joining. If joining on some date other than June 1, the new member's fee will be good through the next twelve months, and the following year will be pro rated \$100/month (or \$50/month) until June 1. For example, if a new member joins on April 1, 2009 and pays \$1000, their full access membership will be good until April 1, 2010, at which point they will pay \$100 per month for the two-month period of April 1 through June 1, and \$1000 on June 1, 2010. New members who join during the winter season are not required to pay membership fees until we are back on the water for that season, typically April 1.

NYRA prefers that all members pay their fees through Regatta Central [www.regattacentral.com](http://www.regattacentral.com). If you would prefer, NYRA also takes personal checks and credit cards. Membership fees are non-refundable. If paying by check or credit card, please send payment, in addition to your membership application and mandatory waiver, to the following address:

Vincent Paparo  
New York Rowing Association  
4768 Broadway, P.O. Box 225  
New York, NY 10034

#### **Membership Recruiting**

NYRA offers incentives to members who recruit new members to join NYRA Masters. If you recruit four experienced masters rowers (who pay their fees in full) your membership fees are discounted by 75% the following season; for three new members you receive a 50% discount the following season; for two new members you receive a 25% discount the following season; and for one new member you receive gratitude and respect from your fellow rowers.



New York Rowing Association

## NYRA LOCATIONS



*A photo of the Peter Jay Sharp Boathouse in Manhattan*

**NYRA manages facilities dedicated to sharing the benefits of rowing with athletes of all ages and abilities. NYRA Masters members have access to all three facilities as well as full use of NYRA's equipment kept at each location.**

➤ **Peter Jay Sharp Boathouse**

Swindler Cove Park

Dyckman Street at the Harlem River

(a 5 minute walk from the Dyckman Street stop on the 1 train)

*\*\*All regularly scheduled Masters practices are held here.*

➤ **New Rochelle Rowing Club**

Hudson Park Avenue

New Rochelle, NY 10801

*\*\*In addition to housing NYRA rowing equipment, the New Rochelle Rowing Club houses sailboats, kayaks and other recreational boating equipment, all of which is available to NYRA Masters rowers. Please contact Tom Curry at [tcurry@nyrowing.org](mailto:tcurry@nyrowing.org) for more information and to reserve the equipment.*

➤ **Acquackanonk Rowing Club**

200 Riverfront Boulevard

Elmwood Park, NJ 07407



## Peter Jay Sharp Boathouse Directions

### Directions to Peter Jay Sharp Boathouse

#### By Car

East Side traveling North on the FDR Drive to Harlem River Drive to traffic light at PS 5/Dyckman Street (200th Street). First sharp right turn past light. Follow road (Marginal Street) behind the School. Walk through or around Swindler Cove Park.

West Side traveling North or South on the Henry Hudson Parkway to Dyckman Street exit, east to PS 5/10th Avenue intersection. Take a left at the traffic light then turn right past the school. Follow road (Marginal Street) behind the School. Walk through or around Swindler Cove Park.

Major Deegan traveling North or South to University Heights Bridge/Fordham Road. Cross West over the Bridge into Manhattan. Turn left on 10th Avenue to PS 5. Turn left at the School. Follow road (Marginal Street) behind the School. Walk through or around Swindler Cove Park.

#### By Subway

Take the 1 Train to Dyckman Street. Walk East two blocks on Dyckman Street to the intersection of Harlem River Drive and 10th Avenue. Follow path into the Harlem River Drive Park past the Swindler Cove Park.

Take the A Train to Dyckman Street. Walk East 6 blocks on Dyckman Street to the intersection of Harlem River Drive and 10th Avenue. Follow path into the Harlem River Drive Park past the Swindler Cove Park.

#### By Train

Take the Metro North Hudson Line Train to University Heights. Walk West across the Bridge to Manhattan. Take a left at 10th Avenue to the intersection of Harlem River Drive. Follow path into the Harlem River Drive Park past the Swindler Cove Park.

#### By Bicycle

From the East Side follow Central Park to 110th street and St Nicholas Avenue. Ride North on St. Nicholas Avenue at 110th Street. Stay on St Nicholas Avenue from to 155th Street. Go east until you reach the Harlem River Greenway. Travel North on the Greenway to the until you reach the Peter Jay Sharp Boathouse (200th Street.)

From the West Side Greenway ride until you reach Dyckman Street. Exit and travel East on Dyckman Street until you reach the Harlem River Drive. Follow path into the Harlem River Drive Park past the Swindler Cove Park.



## NEW YORK ROWING ASSOCIATION

### LEARN TO ROW

If you have no prior rowing experience, but would like to learn, we offer introductory level rowing classes for all ages. We have regularly scheduled day, evening and weekend classes available and new sessions begin every few weeks. The program teaches the basics of rowing through a 5-week course, and, upon successful completion of the Learn To Row program, you should be ready to join the Novice Masters team. Please see <http://www.nyrowing.org/programs-learn-to-row.html> for session start dates.

If you have any questions or would like to sign up, please contact:

Thomas P. Curry  
NYRA Executive Director  
(917) 538-5792  
[tcurry@nyrowing.org](mailto:tcurry@nyrowing.org)

## **MASTERS APPLICATION**

The New York Rowing Association Master Crew rows on the Harlem River from the Peter Jay Sharp Boathouse. The Crew supports NYRA's mission of bringing the sport of rowing to the youth of New York City. The Masters Team is more than just rowers—you are stewards of the sport and mentors to youth.

This Form must be fully completed.

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FIRST NAME	MIDDLE NAME	LAST NAME	DATE OF BIRTH
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ADDRESS 1	ADDRESS 2	CITY	STATE	ZIP CODE
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HOME PHONE	MOBILE PHONE	E-MAIL ADDRESS	WEB SITE ADDRESS
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TITLE COMPANY NAME	ADDRESS	CITY	STATE	ZIP CODE
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BUSINESS PHONE	BUSINESS FAX	BUSINESS E-MAIL	BUSINESS WEB SITE
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COLLEGE/UNIVERSITY DEGREE YEAR GRADUATED	DID YOU ROW FOR YOUR SCHOOL?
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POST GRADUATE DEGREE(S)?YES/NO INSTITUTION NAME DEGREE YEAR GRADUATED
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CAN YOU VOLUNTEER? WILL YOUR COMPANY SUPPORT NEW YORK ROWING ASSOCIATION?
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DATE OF PAYMENT METHOD OF PAYMENT CHECK/CREDIT CARD AMOUNT
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NAME ON CREDIT CARD AMERICAN EXPRESS/VISA/MASTERCARD CREDIT CARD NUMBER
EXPIRATION DATE

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EMERGENCY CONTACT FIRST NAME MIDDLE LAST NAME
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ADDRESS (IF DIFFERENT FROM ABOVE)
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HOME PHONE	MOBILE PHONE	E-MAIL ADDRESS	WEB SITE
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TITLE COMPANY NAME	ADDRESS	CITY	STATE	ZIP CODE
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BUSINESS PHONE	BUSINESS FAX	BUSINESS E-MAIL	BUSINESS WEB SITE
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**\*ALL DUES AND FEES ARE NON-REFUNDABLE**

**WAIVER and RELEASE**

IN CONSIDERATION of being given the opportunity to participate in New York Rowing Association, Inc. including Achquechnonk Rowing Club and New Rochelle Rowing Club, New York City Parks and Recreation, New York Restoration Project Inc., Peter Jay Sharp Boathouse, Inc., Peter Jay Sharp Foundation, and USRowing ("Sponsor") activities ("Activity") during the CALENDER YEAR 12/ 31/2007 through 6/1/2009, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releases named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a participant of the Sponsor and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Sponsor, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releases herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

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Printed Name of Participant Phone Number

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Address 1 Address 2 City State Zip Code

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Signature Date

**PARENTAL CONSENT**

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

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Printed Name of Parent/Guardian Phone Number

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Address 1 Address 2 City State Zip Code

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Signature

Date

**NYRA MASTERS**  
**Membership Fees 2009-10 Season**  
**Installment Plan**

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

Payment Schedule:

June 1 <sup>st</sup> :	\$200.00
July 1 <sup>st</sup> :	200.00
August 1 <sup>st</sup> :	200.00
September 1 <sup>st</sup> :	200.00
October 1 <sup>st</sup> :	200.00 or payment in full

The undersigned agrees to the above payment plan and hereby acknowledges the following: (1) the Masters Team fees are owing and earned by NYRA as of June 1, 2009, (2) the fees are nonrefundable, (3) on the third business day after the above dates, or anytime thereafter, NYRA is authorized to debit my credit card, if payment by check has not been received by NYRA and (4) the 2009-2010 season begins June 1, 2009 and ends May 31, 2010.

Signature: \_\_\_\_\_

Name:

Credit Card Information:      Visa, Mastercard, or American Express

Name of Credit Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_