

Top 10 Questions and Answers about HMC Youth Rowing for Parents

My athlete kayaks/canoes/paddle boards etc. Can he/she skip the beginner class and go right into one of the experienced classes? What about if they use an Indoor Rowing Machine at the gym?

While your athlete's on-water experiences will undoubtedly help with his/her balance and boat sense, rowing is completely unlike any other paddle sport. The technique and equipment is unique. Beginner Youth Rowing is a prerequisite for anyone who has never participated in this sport.

While your athlete's practice on the indoor rowing machine will definitely help with fitness and body sequencing when he/she gets in a boat, rowing on the water has different equipment and technique than rowing at the gym. Beginner Youth Rowing is a prerequisite for anyone who has never participated in this sport on the water.

Will they get wet?

Our goal is to always be 'on' the water and not 'in' the water. That said, rowing is a water sport and there is often a little splash or spray while rowing. The boats the youth row are very stable, it's nearly impossible to fall in. Smaller boats are 'tippier' and the chance is greater that rowers go in... yet this is a rare occurrence. Our coaches are equipped to handle these situations quickly and safely, and each class watches a safety video before going on the water.

What should they wear to rowing?

Wear clothes that are comfortable for exercising and appropriate for the weather. We will go out in all conditions – hot, cold, rain, snow, etc. The only conditions that prevent rowing are thunderstorms, high winds, and fog. Check the weather frequently and come prepared for the conditions. The weather can be much different on Hingham Harbor than at HMS and even from wharf to water the temperatures can shift 10 degrees. Be prepared! Clothing should be form-fitting and not baggy. Loose or baggy clothing can get caught on the oars and seats of the boats. Shorts and pants should be tight - think spandex! Long/loose shorts will get caught in the seat. In cold weather, remember that cotton will not keep you warm if it gets wet. Man-made layers of cool-max, polypropylene or fleece works best. Wear athletic/running/tennis shoes and socks. Practices will include core, erging, and stretching on land as well as rowing on the water. Old athletic shoes and wool socks are recommended to keep your feet warm, as they almost always get splashed. Please put your name on all your personal items as many items get left in lost and found during the season.

What else should they bring to rowing?

A water bottle or better yet, two! Rowers will not be allowed on the water without a water bottle. It is important to stay hydrated when working out on the ocean. HMC does not have running water - we do have a drinking water bubbler where you can refill a reusable water bottle. We encourage the use of reusable water bottles over single-use water bottles at our boathouse. A rain jacket, hat, sunglasses, and sunscreen are all good items to have on hand. Please put your name on all your personal items.

Are there bathrooms or changing facilities at the boathouse?

There are portable toilets equipped with toilet paper and hand sanitizer on the wharf. They are regularly maintained by the vendor. There are no bathrooms or locker facilities at the boathouse. Bags and personal belongings can be locked in the boathouse during the classes. Although rowers are expected to come to the boathouse in workout clothing, they can change in the portable toilets when needed.

Can my child arrive late/leave early from rowing?

Classes will begin promptly at the scheduled times. We manage our resources across all of the rowing programs based on the scheduled class times. If you are unable to participate at the scheduled class time please check out our private lesson options. If you will need to miss a rowing class or expect to be late, please let the Rowing Director know at least 12 hours in advance by emailing rowing@hinghammaritime.org. Similarly, rowers needing to leave more than 15 minutes early should contact the Director via e-mail or in person in advance to discuss options. It is very difficult for a rower to leave early as it requires an entire boat plus a coach to come in early. Please do not schedule other commitments that will require a rower to leave early or come late. We recognize that adolescence is a time for youth to try out different activities to find out where their interests and talents lie. If you have another commitment, please contact the Director of Rowing to see if you will be able to row with Hingham Maritime Center. If a participant is consistently late to class they may have difficulty transitioning to the new activity, miss out on important information, and it may detract from the overall experience. We strive to make sure that all participants experience a safe, fun, learning environment. Please support us in this goal by making sure your athlete arrives on time and ready to row!

Will class be cancelled?

Rowing is rarely, if ever, cancelled. The only conditions that prevent rowing on the water are thunderstorms, high winds, and fog. If we do not end up going on the water, a land based workout will take place. If classes are cancelled due to extreme weather, we will attempt to notify rowers ahead of time via email and/or update the HMC Facebook page. Please follow Hingham Maritime Center on Facebook for announcements. Emails will be sent to the email address used for registration. Please make sure this is accurate.

They started rowing today but didn't go on the water?

The first classes of beginner rowing are land based. That is where the rowers will learn all the fundamentals of equipment handling, the rowing stroke, safety, navigation, and teamwork. The rowers will be on land, on the docks, in the boats on the dock or tethered, and on the 'ergs' indoor rowing machines during the first few classes. Once they have mastered the fundamentals they will be ready to row out on the Harbor.

My athlete said they were in the launch/coxswain seat/4 seat today. What does that mean?

Rowing at Hingham Maritime Center exposes youth athletes to all aspects of the sport. Participants will get the chance to row in team boats where different seats in the boats have numbers. If your athlete rowed in 4 seat he was the rower in the stern of the boat setting the rhythm for the rest of the crew. All participants will also get a chance to cox. The coxswain or "cox" is the brains of the crew. He or she is in charge of safety of the crew and steering the boat. The coxswain navigates the Harbor and verbally guides the rowers through the workout. The coxswain is an essential part of any crew and often makes

the difference in a successful practice. Participants will also get the opportunity to ride along with the coach in the motor boat “launch” allowing for observation of the rowers and boats from a different perspective and offering a great chance to “talk rowing” directly with the coach.

Do they get to race?

The beginner and recreational youth rowing programs do not participate in regattas. This is a non-competitive rowing program for Middle School athletes. Emphasis is on rowing technique, boat handling, physical conditioning, teamwork and fun. There may be racing among teammates depending on the day’s practice plan. We do help athletes get ready to race for HMC, Hingham High School, or other high school program if that is an athlete’s goal.