

# UNION BAY ROWING CLUB

UNIVERSITY OF WASHINGTON, DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

The Union Bay Rowing Club (UBRC) consists of UW students, faculty, and staff who are interested in rowing for exercise and enjoyment. The Club rows competitively in many local regattas, however, participation in competitions is not required of members.

## DUES

If you decide you enjoy the sport, you may join the club for \$40 for students or \$55 for faculty, staff, spouse, or same sex domestic partner (*subject to change*).

## RESPONSIBILITIES

Members are required to show up to the practices they commit to and to coxswain periodically (training is provided). Attendance at one work party per quarter is required. Members must maintain their safety status (annual viewing of safety video and passing a float test). Float tests and safety video viewings are generally held at the beginning of each quarter.

## CLUB MEMBERSHIP

All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club. Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours.

*UW extension, branch campus students, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program.*

## MEMBERSHIP WAIVER CARD

All participants must complete a membership/waiver card prior to club participation. Membership/waiver cards are available from the club president at practice or at the Programs Office, located on the 3<sup>rd</sup> floor of the IMA.

## TRAINING

The UBRC requires novice training, which is offered at the beginning of Fall and Summer Quarters through the IMA Sports Skills classes. Comparable experience is acceptable only at the discretion of the Head Coach. For more information contact the Novice Chair.

Rowers with substantial experience should contact one of the Co-Captains directly. Co-Captains and the Head Coach will assess your level of experience. They will also provide you with an orientation to the Club and arrange for your completion of the safety requirements.

## HOW WE WORK

- UBRC holds coached practices approximately three times per week (depending on demand) at 6:15am in the fall/winter and 5:45am in the spring/summer. Practice generally ends at 8:00am.
- Members sign up the week prior for the days they wish to practice. Boat line-ups are constructed depending on member sign up.

## FOR MORE INFORMATION

### Club Representatives:

Jesse O'Dunne: [jodunne@uw.edu](mailto:jodunne@uw.edu)

### Novice Chair:

Lukas Svec: [lukassvec@gmail.com](mailto:lukassvec@gmail.com)

### Head Coach:

Mitch Sundt

### Club Email:

[ubrc@uw.edu](mailto:ubrc@uw.edu)

### Club Website:

<http://students.washington.edu/ubrc>

### Club Sports Coordinator:

Chris Delaune  
206-543-9449  
[delaine@uw.edu](mailto:delaine@uw.edu)

### IMA Homepage:

<http://depts.washington.edu/ima>