

Tulsa Youth Rowing Association - Basic Training Fall 2022 (August 8th-15th)

For the upcoming fall season TYRA invites you to come try our team for two weeks for free to see if rowing is a good fit for you. The basic training will offer various introductory activities as well as provide a chance to experience our team community and meet new friends. For more information on our Learn-To-Row process see this video below:

<https://youtu.be/tnA4Q0t5k44>

Participants are under no obligation to join the team once the two-week trial is complete.

Our official basic training will be from **August 8th through the 15th** (Deadline for registration: Monday, August 22nd, 2022). You can sign up for the Fall Competitive Team or the Fall Recreation gROWth program after your basic training period is over) You can register for this basic training by following the link below:

<https://camperregsecure.com/tulsayouthrowing/>

Joining TYRA

If you took part in our rowing clinic in June/August or participated in our most recent summer camps you are invited to join the team as soon as you are able on or after August 8th. Please register using the link below and contact **Head Coach Tino Angelini at valentinoangelini18@okrowing.com** to let him know you are starting.

If you know you want to join the team already, use the link below and choose between **2022 Fall Recreation gROWth (deadline for registration: September TBD)** and **2022 Fall Competitive Team options (deadline for registration: Monday, August 22nd, 2022)**. Please read the descriptions carefully before deciding which program to join.

Basic Training Schedule and Requirements

Basic training will officially start August 8th and will be held in concert with TYRA team training. The Schedule for practice during these first weeks of the season starting August 8th will be as follows:

Day Time/Location Description

Monday 5pm to 7:00pm (Tulsa Rowing Club) On Land

Tuesday 5pm to 7:00pm (Catoosa) On Water

Wednesday 5pm to 7:00pm (Tulsa Rowing Club) On Land

Thursday 5pm to 7pm (Catoosa) On Water

Friday 5:00pm to 7:00pm (Tulsa Rowing Club) On Land

Saturday 8:00am to 10:00am (tentative) Catoosa

Locations and Maps • TRC (Tulsa Rowing Club) – Land practice location (2100 South Jackson Ave, Tulsa, OK 74107) • Catoosa (TU Boathouse/Verdigris River) – 3700 N Old Highway 66. Catoosa, OK 74015. ****THESE ARE THE DIRECTIONS TO MOLLY'S LANDING. DO NOT EXIT THERE, INSTEAD CONTINUE STRAIGHT ACROSS THE BRIDGE AND TAKE THE NEXT RIGHT.****

You will need to accomplish two things before participating in a basic training trial.

If you have already done these steps because you were involved in a past summer camp or learn to row (and your waiver was signed in 2022) you are all set to join the basic training.

1) Swim Test

It will be necessary for you or your child to have passed a swim test before they can participate in on the water activities. Here is a link to the swim test

http://tulsayouthrowinglogin.com/backoffice/add_on_images/TYRA%20Swim%20Test.pdf.

The swim test can be administered at YMCA locations. The YMCA we are working with is the one location at 17th and Lewis. The cost for a swim test at that location will be \$10. The number for this location is 918.749.2519. We encourage you to call ahead and schedule an appointment.

2) Sign The 2021 USRowing Waiver Online (cost \$15)

This will make you a member of USRowing and will allow your child to be covered under insurance. Here is a link to instructions.

http://tulsayouthrowinglogin.com/backoffice/add_on_images/USRowing%20Online%20Waiver%20Instructions.pdf

We look forward to working with you during this trial period for the team!