

USROWING and REGATTACENTRAL

USRowing is the national governing body for the sport of rowing in the United States. It serves to promote the sport on all levels of competition, including the selection and training of those who represent the US at international level. The USRowing web site, www.usrowing.org, is an excellent resource for more information on rowing in general as well as all levels of competition, including the 5 Regional/District Junior Championships and the Youth National Championships (for Juniors).

So, in order to compete in many regattas, all SDRC Junior Novice and Varsity rowers are required to obtain individual membership of USRowing that will result in their USRowing number. There are two levels of USRowing membership- Basic and Championship. The annual cost for the Championship Membership is covered in the program dues for all novice and varsity athletes and is processed in the spring before the Regional Championship Regatta. Middle school rowers do not compete and do not need to become members of USRowing.

To enter many of our races, we are required to use RegattaCentral.com. This allows us to register you for our events and enter our line-ups online, saving paper and time. RegattaCentral is also a very good resource to find details of almost all of our regattas, including venue, competition, entries and schedules.

Please follow these steps that will give the coaches access to enter you into the races:

1. Please visit: <https://membership.usrowing.org/>
2. Under Individuals, Click the Join Button
3. Continue to fill out your information by entering you first and last name, date of birth, sex, email, and enter SDRC as your club. You will need the SDRC club code which is Q7ERJ (all CAPS or it won't work)
4. Info will appear below and you can choose your name if you are already have an account (USRowing #) or you can complete a new registration.
 - a. If New, please select Basic Membership which now has an administrative fee of \$9.75. The Junior Program will pay for upgrading to the Championship Membership in the spring when needed.
 - b. Fill out the remaining information.
5. If you HAVE done this before, your name will come up. Please select your name and click next.
 - a. If you have multiple names come up, please select the one that has a Paid Membership first. If no paid membership appears then select the one with a signed waiver.
 - b. Please update your info if needed and click Submit. Make sure you have entered an Emergency Contact.
 - c. You're done!