

How to Register for Youth Programs on iCrew

If you are new to PYR and do not have an iCrew account associated with PYR.

1. Click “Register Here!” on our website and then select the team you would like to register for

Registration Options

Questions? All registration questions can be directed to youthinfo@cooscockrowingcenter.org.

Adult

1PRC -

PRC Comp Adult Team - Registration for PRC Competitive Adult Team

Youth

Fun with Fitness 2023 - Middle School - Our Fun with Fitness program is designed to get our middle school athletes back together at the boathouse and working on fundamental strength and movement that supports their future rowing goals. Activities include bodyweight movements, interactive team games, mobility, and rowing machines. Saturday sessions will be on the water as weather permits. This is a great introduction for new-to-rowing athletes as well!

Spring 2023 Competitive Middle School (no space available) - This spring program will introduce athletes to training and racing in a variety of sculling boat classes. Athletes will learn skills in pacing, goal setting, racing starts, and general race preparation. There will be racing opportunities at local scrimmages and regattas throughout the season.

Spring 2023 Development Middle School - The development middle school program will continue developing athletes' foundational skills and love of the sport. This squad is perfect for athletes who are looking to gain more comfort and confidence in their rowing. Small boat and sculling work will be prioritized, along with team-building activities and land training that develops athletes' general fitness and motor skills. There will also be opportunities for athletes to try out coxing.

Spring Rowing 2023 - U17 - Spring rowing will focus on getting athletes competitive experience that builds on the preparatory work they have done in previous seasons. Training will continue developing fitness and performance skills in the specific context of 2000-meter racing. Racing opportunities will include all boat classes and a variety of scrimmages and regattas throughout the northwest region. Our pinnacle competition will be the Northwest Youth Championship in May.

Spring Rowing 2023 - U19 - Spring rowing will focus on getting athletes competitive experience that builds on the preparatory work they have done in previous seasons. Training will continue developing fitness and performance skills in the specific context of 2000-meter racing. Racing opportunities will include all boat classes and a variety of scrimmages and regattas throughout the northwest region. Our pinnacle competition will be the Northwest Youth Championship in May.

Spring Youth Learn to Row 2023 - This spring learn to row program is designed for youth athletes with little or no prior experience who want to get on the water. Participants will learn the basics of the rowing stroke, equipment management, maneuvering, and training. Athletes will primarily be sculling in small boats with some introduction to sweep rowing.

Winter Training 2023 - U17 / Competitive Middle School - Winter training will offer athletes a variety of training to continue building their aerobic fitness and power base. This training will include Olympic weight lifting, on-land rowing machines, running, and some on-water work (weather dependent).

Winter Training 2023 - U19 - Winter training will offer athletes a variety of training to continue building their aerobic fitness and power base. This training will include Olympic weight lifting, on-land rowing machines, running, and some on-water work (weather dependent).

- a. Create a profile
 - b. The PYR Registration Code is “george”
 - c. Your User ID can be anything you want ex. JohnS or JohnSmith
 - d. Click “register” to finish making your profile
2. iCrew will direct you to the “Payments” page where you can pay for the course
 3. The fee for the program you signed up for will appear at the top of the page, click the blue “Pay Now” button

Fall 2022 Youth Learn to Row Classes (blocking item!)

Payment for Fall Youth LTR 2022

\$150.00

Pay now...

Due date: 10-01-2022

4. Add a credit card or your banking information for an ACH payment and select “Make Payment”

Fee Payment
 Rachael Arand
 Fall 2022 Youth Learn to Row Classes - \$150.00
 Payment for Fall Youth LTR 2022

Payment note:

Credit Card Information

Credit Card *

Expiration * Security Code * Zip/Postal Code *

mm/yy CVV 12345

Make Payment

Powered by **PAYSIMPLE**

5. If you would like to set up a payment plan, please contact youthinfo@pocockrowingcenter.org
6. You will not be able to check into practice or see lineups/practice plans until you have paid for the class
7. Once you join the program you will need to fill out the associated forms. You can do that by clicking “Documents” under “Home”

8. Select the document you would like to complete by clicking its name. The forms required for the youth programs are: **Float Test, Medical Release, GPRF Waiver, Athlete Code of Conduct and COVID Card.**
 - a. You can either print, sign and upload the documents or you can download the document, sign it and reupload it.

Documents

☰ Your Menu ▾

Athlete Code of Conduct ←



On file: **No**



COVID Vaccine Card (*blocking item!*) ←



On file: **No**



COVID Waiver (*blocking item!*) ←



(tap to sign)



On file: **No**



Youth Float Test (*blocking item!*) ←



On file: **No**



Youth Medical Release ←



On file: **No**

