



# 24<sup>th</sup> Annual Head of the Cuyahoga Regatta Weekend

## INCLUSION & ADVOCACY PANEL

### Sunday, September 22, 2019



Cleveland Rowing Foundation and Western Reserve Rowing Association will offer panels on Inclusion and Advocacy programs and information about our outreach programs in Cleveland. Focusing on the adaptive athlete; Visually Impaired (VI), Intellectually Disabled (ID), and Veterans.

*Please join us in the dialogue on expanding a larger rowing community. Please email Scott LaBuda at [outreachprograms@westernreserverowing.com](mailto:outreachprograms@westernreserverowing.com) if you plan to attend.*

#### **9:00 - 9:45 AM**

**1. VI Orientation** – Andrea Marley (Cleveland Sight Center) and Denise Trice (Blind Rehab at the Louis Stokes VA Hospital)

Orienting crews and volunteers working with VI rowers - Basic orientation with guidance and instruction on navigation, logistics, direct interaction and conscientious verbal cues for VI crews. Instructions on equipment and basic rules of water safety with VI crews. Hands on demonstrations and interactions make this a fun and vibrant learning experience for your coaches, coxswains, crews, and volunteers.

#### **9:50-9:45 AM**

**2. Coaching & Coxswain Inclusion** - Mark Silverstein, Matt Houser, Bonnie Meyer, Jeremy Gilley  
Coxing VI and ID rowers and crews is a different experience but “way ‘nuff” means the same thing to everyone, but “catching a crab” for a visually impaired person is another thing. Using universal rowing instruction works for experienced crews, but how do you quickly teach rowing terms to novice crews and get things working on the water quickly and safely? Discuss with experienced coaches some techniques and tips for working with your adaptive teams.

#### **9:50-10:30 AM**

**3. Building an Outreach Program in your community** (Veterans, Inclusion, Adaptive) - Scott Labuda, (President WRRRA), Bob Shields, Suzanne and Jim Ryan (WRRRA Outreach Committee)

This session is designed to start a conversation to help determine the best fit for your crews and your community. We will discuss support and criteria, how to read and understand classifications, and how to find and apply for grants.

- a. How do you get the word out to the Vets in your own community? How do you connect with Local CBOCS and other Veterans organizations? This session will explore lessons learned from other boathouses and what you can do in your own community to reach out to your veteran rowers.
- b. Adaptive Equipment  
Equipment for adaptive programs is not expensive but knowing for your crews what works and what doesn't is critical to success. What kinds of adaptive equipment is available? What are the costs? What does it take manage the adaptive equipment in your boathouse? In this session you'll learn about options and what's available and what other boathouses have done to accommodate their adaptive teams.