



2019 Fall Handbook

Experienced Rowers

Season Start Date: September 3rd

Season End Date: November 12th

Beginner Rowers

Season Start Date: September 9th

Season End Date: May 12, June 9th for Nationals qualified rowers

Coaches' Contact Information:

Varsity & Novice Boys: Julian Canha – 973-204-9957 julian.canha@gmail.com

Varsity & Novice Girls: Rebecca Fuchs – 201-218-3661 fuchs.rebecca63@gmail.com

Assistant Coach: James Pew – 973-534-9567 jamespew@icloud.com

Assistant Coach: Jeff Ditter – 410-733-1578 jeffditter@gmail.com

Regular Practice Schedule

Please refer to our official team schedule document and Team Snap for up to date daily information.

September:

Experienced rowers:

Monday, Tuesday, Thursday, Friday at 3:45-6:15pm at Riley's Lock

Wednesday at Cabin John Erg Room at time TBD

Saturday at Riley's Lock 10am-12:30pm

Beginner rowers:

Monday, Tuesday, Friday at 5:45-7:15pm at Riley's Lock

Wednesday at Cabin John Erg Room at Time TBD

Saturday at Riley's Lock 12:30-2:30pm

October/November:

Experienced rowers:

Monday through Friday 3:45-6:15pm at Riley's Lock

Saturday 10am-12:30pm at Riley's Lock

Beginner rowers:

Monday, Tuesday, Wednesday, Friday 3:45-6:15pm at Riley's Lock

Saturday 10am-12:30pm at Riley's Lock

Inclement weather and appropriate clothing:

Rowing in unpleasant conditions can build character. Please expect that we will row in rain and wind, unless it reaches a point where conditions are unsafe. It is critical that rowers dress for this weather with lycra and waterproof shells. Use layers if necessary.

Of course we will not row in dangerous conditions. If conditions are forecasted to be unsafe (due to low temperature, thunder, heavy rain or high winds or some combination of these) then we will move practice to our indoor facility at Cabin John. In this case our coaches will inform the team by email by no later than 10 AM that day.

Tentative Race Schedule

October 6 Occoquan Challenge Regatta, Fairfax Station, VA *Experienced rowers only*

October 12 Navy Day Regatta*, Philadelphia, PA *Experienced rowers only*

October 17-20 Head of the Charles Regatta**, Boston, MA *select experienced rowers only*

October 27 Head of the Schuylkil, Philadelphia, PA *Experienced rowers only*

November 2 Head of the Occoquan Fairfax Station, VA *Experienced rowers only*

November 3 Baltimore Novice Scrimmage* *Novice rowers only*

November 9 Frostbite Regatta, Camden, NJ *Whole team*

November 10 Bill Braxton Regatta, Camden, NJ *Whole team*

*Not confirmed

**Subject to receiving lottery bids

Regatta absences:

If a rower has a conflict that prevents him or her from attending one or more regatta this needs to be communicated to the coaches at least three weeks before the race.

Race transportation:

Our team travels to away regattas by bus and stays together at hotels. Parents are responsible for providing transportation to home regattas. Home regattas this season are the Occoquan Challenge, the Head of the Occoquan and the Baltimore Novice Scrimmage. Parents are also responsible for providing transportation to the Head of the Charles.

Expectations for Rowers

Uniforms and Required Gear

Uniforms:

Experienced girls

- Unisuit
- Racing tank
- Plain black trou
- Plain black tights
- Racing long sleeve tech shirt

Experienced boys

- Unisuit
- Racing Henley
- Plain black trou
- Plain black tights
- Racing long sleeve tech shirt

Beginners

- Plain black trou
- Plain black tights
- Racing long sleeve tech shirt

Tools:

Each athlete is responsible for bringing two 7/16" wrenches and one adjustable wrench to each race and practice when we are loading or unloading the trailer. Loading and unloading days are always the practices immediately before and after each race.

Practice Attendance/Absences

Consistent attendance across our team is critical to our success. Therefore we expect rowers and their parents to plan rowers' other activities around their rowing schedule.

Experienced rowers should not expect to race if they have attended less than 90% of practices. Our beginner rowers (who only race at the end of the season) face a steep learning curve and will struggle to keep up if they attend less than 80% of practices. Staying above these thresholds has correlated strongly with having a positive experience with our team.

Notifying coaches of upcoming absences:

If a rower will be missing a practice it is his or her responsibility to message the relevant coach by text or email as soon as is practical, but no later than noon of that day. If a rower misses practice without messaging the coach by noon that day then that rower will be held out of practice their first day back and their crew may not row on the day of their absence.

Injuries/Illness:

We ask that the coaches be kept in the loop when an athlete comes down with an injury or illness. The coaches will evaluate on a case by case basis the extent to which missed time due to injuries/illnesses impact a rower's preparedness to race.

Behavior

The golden rule on this team is that our athletes will be respectful towards their teammates, coaches, fellow competitors and officials. Any violations of this rule will be met with consequences that track with the severity of the behavior.

Regattas/Trailer:

Parents and rowers should be aware that we expect our athletes to stay until the conclusion of racing at our regattas so that they may cheer on their teammates and help load the trailer.

Selection

Because this is a competitive rowing team the coaches will have to make decisions about which combination of rowers gives the team the best chance for success at races. This means some rowers will be left out of crews that they want to be in.

Coaches will select rowers based on

- physical ability
- technical ability
- attitude

Coaches will select coxswains based on

- steering
- command of crew
- attitude
- weight
- quality of on-board audio and video recordings

How to handle selection decision you do not understand or agree with:

Our coaches are committed to being as fair as possible in making selections. With that said, in close decisions there is often a degree of subjectivity in deciding who should get the spot. A part of our mission is to prepare our rowers for adult life, so *we ask that rowers, and not their parents, approach the coaches if they would like more information on how and why a certain decision was reached.* If a rower or parent is unsatisfied with the coach's response they may bring their issue to our parent liaison, Mark Anstine.

Rowers who are chronically absent:

Rowers who regularly miss practice will be treated as spares.

Message from the Coaches

"This season marks new beginnings for our club. We will be rowing under a new name, under new colors and in a new space. We'll have some new faces as well. We believe that the new environment will help us get faster and help our athletes build the discipline, resilience and teamwork which help them excel in all areas of their lives. We can't wait to start."