



## **2020 Spring Handbook**

**Season Start Date: February 16th**

**Season End Date: May 10th** (varsity rowers who qualify for Youth Nationals will extend their season through June 14<sup>th</sup>)

Trial period for new rowers February 16<sup>th</sup>-February 29<sup>th</sup>

Last day to join: March 1

**Program Cost: \$1285**

**Trial Cost: \$250**

**Coaches' Contact Information:**

Head Coach: Julian Canha – 973-204-9957 julian.canha@gmail.com

Varsity 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

Assistant Coach: Greg Blasz – 703-362-9242 gregblasz2@gmail.com

**Regular Practice Schedule**

Please refer to our official team calendar document for exceptions to the regular schedule. We will communicate changes by email.

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

Saturday 10am-12:30 PM 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.

## **Race Schedule**

March 28 *District Sprints Regatta* Washington, DC

April 4 *Steve Neczypor Regatta* Camden, NJ

April 18-19 *Mercer Lake/ISA Sculling Championships* East Windsor, NJ

April 26 *Cooper Cup* Camden, NJ

May 9-10 *Mid-Atlantic Youth Championships* East Windsor, NJ

May 16 *Intramural Scratch Regatta* Riley's Lock, MD

June 11-14 *Youth Nationals* Sarasota, FL **\*\*qualifying crews only\*\***

### *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 in writing 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. The only home regatta this season is District Sprints. Parents are also responsible for providing transportation to Youth Nationals.

## Expectations for Rowers

### Uniforms and Required Gear

#### *Uniforms:*

- Unisuit
- Racing tank (girls only)
- Racing Henley (boys only)
- 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.

**Rowers should not expect to race if they have attended less than 90% of practices. Staying above this threshold is correlated strongly with having a positive experience with our team. Rowers who are chronically absent will not be given opportunities in races or practice at the expense of rowers who are consistently present.**

#### *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 becomes ill or injured. 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.

#### *Appropriate practice gear:*

If a rower shows up to practice unprepared to participate they may be marked absent. Rowers should wear Spandex or Lycra bottoms and tight fitting tops. Loose jackets or hoodies will get caught on oar handles and basketball shorts will get caught on the sliding seats. In addition rowers should

also bring running shoes and sunglasses and a visor or hat to shield their eyes from the sun. In cold weather layers, long sleeve lycra and tight fitting wind breakers are appropriate.

## **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 are proportional to 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.*