



DC NATIONAL

ROWING CLUB

2021 Fall Handbook

Season Start Date: August 23rd
Season End Date: November 7th

Coaches' Contact Information:

Head Coach: Julian Canha – 973-204-9957 julian.canha@gmail.com
Assistant Coach: Peter Belmonte – 917-273-7450 PeteBelmonte89@gmail.com
Assistant Coach: Maxim Goohs – 202-664-3197 mag412@georgetown.edu
Assistant Coach: Jeff Ditter – 410-733-1578 jeffditter@gmail.com

Regular Practice Schedule

The following is our default schedule. We will publish the full schedule, which accounts for standardized test dates and other special circumstances before the start of fall season.

Returners Monday-Friday 4:00-6:30, Saturday 9-12
Novices Monday-Thursday 4:00-6:30, Saturday 9-12

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 either hold practice, but stay on land, or we will hold practice virtually. The coaches will inform the team by email as soon as is practical if a session is being moved online.

Tentative Race Schedule

October 3rd Head of the Christina, Wilmington, DE
October 10th Occoquan Chase, Fairfax, VA
October 17th Baltimore Rowing Club + Capital Rowing Club novice scrimmage, Baltimore, MD
October 24th Head of the Charles*, Boston, MA
October 31st Head of the Schuylkill, Philadelphia, PA
November 6th Head of the Occoquan, Fairfax, VA

*Select crews only and subject to receiving lottery bids

Novices should expect to attend the scrimmage in Baltimore and the Head of the Occoquan. Novices may be selected to race in more races if the coaches believe they are ready. The coaches will keep everyone informed as decisions are made.

Race transportation:

Our team travels to far away regattas by bus and stays together at hotels. Parents are responsible for providing transportation to nearby regattas. The only race this fall which we will have a team bus and hotel for is the Head of the Schuylkill in Philadelphia on October 31st.

Expectations for Rowers

Erg Standard for Varsity/Returning Rowers

In keeping with the standards of the sport, we have established the following benchmarks for our returning rowers (10th grade and up) for the Fall 2021 season.

A 6k ergometer test that athletes can attempt as many times as needed

- For boys the standard is 25:00, or a 2:05.0 average split
- For girls the standard is 28:00, or a 2:20.0 average split
- Athletes may train on land until they achieve the standard.
- We will provide training programs which will help prepare rowers to achieve these numbers.
- We expect that 80% or more of the returning squad will be able to hit the number in the first two weeks. Some may take longer.
- When an athlete is able to meet this benchmark they'll be integrated into the on water squad.
- Coxswains are exempt from this requirement.

Uniforms and Required Gear

Uniforms:

Returners (please order what you do not currently have)

- Unisuit
- Racing tank (girls only)
- Racing Henley (boys only)
- Plain black trou
- Plain black tights
- Racing long sleeve tech shirt

Novices (these items are included in the registration fee)

- 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

High quality practices are the foundation for what we do. 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.

Notifying coaches of upcoming absences:

If a rower has to miss 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.

Appropriate practice gear:

Rowers should wear Spandex or Lycra bottoms and tight fitting tops. Loose jackets or hoodies will get caught up 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

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. In addition, we ask that parents keep away from the trailer during races unless they

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:

One part of our team's 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 decisions are being reached.

Message from the Coaches

“This spring we had our most successful season ever despite difficult circumstances. We think that with the group we have this fall we can pick up where we left off, and go even further. Let’s go fast DC!”