



2022 Spring Handbook

Updated 1/16/2022

Coaches' Contact Information:

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

Assistant Coach: Maxim Goohs – 202-664-3197 mag412@georgetown.edu

Assistant Coach: Sarah Van Sessen 219-728-9129 sarahvansessen@gmail.com

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

Season Outline and Default Practice Schedules

February 16 - March 13 (Daylight Savings)

Monday - Friday 4:10 - 6:00 lengthening to 6:30 as daylight allows + Saturday 9:00 - 12:00

March 14 - May 15

Monday - Friday 4:10 - 6:40, Saturday 9:00 - 12:00

May 16 - June 12

For Youth Nationals Qualifiers: Monday - Friday 4:10 - 6:40, Saturday 9:00 - 12:00

Rowers who do not qualify for Youth Nationals will row every other day Monday - Saturday, in singles, culminating in the Potomac River Sculling Championship on June 5.

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.

Our team follows USRowing safety guidelines.

Tentative Race Schedule

Below is a tentative list of races we will attend. Rowers should expect to attend all regattas unless otherwise noted.

American Youth Cup Series II March 26-27 Aiken, SC **select crews only

James River Sprints April 9 Richmond, VA

April 16 Race TBD

Mercer Sprints April 23-24 West Windsor, NJ

Mid Atlantic Youth Championship May 14-15, West Windsor, NJ. This is our qualifying event for Youth Nationals.

Potomac River Sculling Championship June 5, Home water. This is an intra team competition.

Youth Nationals June 9-12 Sarasota, FL

Race transportation and hotels:

For each away regatta we are attempting to book a block of rooms just as you would for a wedding. We plan to open the block to the team. It won't be micromanaged and there will be a limited number of rooms so we won't be able to accommodate all. We will also list nearby hotels at different price points. All of this so parents can coordinate so the kids can stay with their boatmates. We ask that there be 1 parent chaperone per 4+ boat and 2 parent chaperones per 8+ boat to help with transportation to and from site and regattas. This is to be worked out amongst parents. If you have ideas or feedback please share- we are trying different things to try and make as many people happy as possible!

Expectations for Rowers

Uniforms and Required Gear

Please order the items you are missing. Instructions for ordering to be sent by email.

- 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 to practices at which 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.

Spring break

As is common practice for most high school varsity sports, we train through spring break. Our team trains all year in order to perform our best in May and June. The training and racing we do in April, naturally, is critical to our preparation. Rowers who go away not only lose out on that important preparation themselves, but negatively impact the team as it forces us to practice in unusual lineups during a critical period.

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 team has three rules:

1. Work hard.
2. Support your teammates.
3. Be respectful towards your teammates, coaches, fellow competitors and officials.

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 are helping carry oars.

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

“We are very proud of our rowers and coxswains for how hard they have worked through the fall and now into the winter. Let’s keep our focus on improving each day, with each stroke so we can go into our championship season with great confidence.”