

Saline High School Crew Team



Handbook for Rowers and Parents

www.salinecrew.org

Mission

The Saline High School Rowing Team has been created to promote the sport of rowing for all high school student athletes. The team's members will be held to the highest integrity when it comes to academic achievement and athletic performance, striving to become a model athlete in Saline High School and in the Midwest Scholastic Rowing Association.

Vision

The Vision of the Saline High School Rowing Team is to provide the opportunity for any interested student to learn to compete in the sport of rowing. The rowing program will promote a healthy life-style, good sportsmanship, teamwork and self-confidence. All members are expected to follow the team rules, obey the safety guidelines and support the necessary logistics in order to create a successful athletic program.

Purpose of the Handbook

The purpose of this handbook is to educate the membership on the general practices of rowing. The handbook also includes pertinent information regarding policy and procedure.

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Please visit our web site at **www.salinecrew.org** for more information concerning:

- Fee amount
- Leadership
- Fundraising opportunities
- Schedules
- Summer rowing camps
- Photographs of regattas
- Team documents
- Maps to regattas and practice site

SHS Crew Organization:

The Saline High School (SHS) Crew Team is a club sport for both girls and boys of high school age. It is run by a board of directors which is comprised of parents, coaches, alumni, and team captains.

The Club follows the SHS athletic policies and is covered under the school's insurance plan. All Saline High School Athletic forms must be completed prior to each season (fall forms are good for the spring). These can be found on the club's web site at www.salinecrew.org under team documents or may be obtained in the athletic office at SHS. You are invited to visit the web site to find other items such as: what crew is all about, photos of regattas and events, club bylaws, season calendar, fundraising events, maps and much more.

Leadership:Board Positions:

President
Vice President
Treasurer
Secretary and Parent Liaison
Equipment Manager
Parent At Large
Director of Rowing
Boathouse and Alumni Co-Chair
Alumni and Recruitment Chair

Current board members names can be found on the web site at www.salinecrew.org.

Budget and Fees

Budget: All monies received and paid go through the Saline Community Education Program with all checks payable to Saline Area Schools. Deposits come from fees, fundraising events, and donations.

Expenditures go toward: purchasing equipment, paying loans, coaches' salaries & expenses (mileage), fuel expenses, regatta fees, association fees, and repair & maintenance of equipment.

Fees & Reimbursements:

Fees: Fees are per season and go towards paying for the coaches' salaries, operating expenses, and purchasing additional boats and equipment. We are also beginning to save for the construction of a boathouse. Preferably, the fees are paid at the General Meeting at the start of each season. However, fees are officially due before the first day of practice outlined on the website. If a family has more than one child participating in

Saline Crew, the family may choose to pay 1/2 of the sum by the first day of practice and the final payment by the first regatta.

Reimbursement of expenses: All purchases made on behalf of the club must be pre-approved. All original receipts must be provided in order to be reimbursed. Submit all receipts to the club treasurer for reimbursement. The proof of purchase may not have any other unrelated expenses on it or it will be rejected.

Please note: Purchases or expenses cannot be applied to rower's fees.

Extra Expenses: If the club engages in an activity that incurs extra costs such as our dinners in Cincinnati, it is expected rower and family pay the agreed upon expense. If there is a failure to pay, the unpaid amount will be added to following season dues.

Fundraising

Fundraising is a must. To keep rowing affordable for all, each rower and their families are expected to participate in fundraising activities. Funds from these events go toward paying for new equipment (oars, ergs, tools, etc.) and boats. Our biggest upcoming expenditure will be the construction of a boathouse. We expect an extensive fundraising campaign will be needed to acquire adequate funds for this project.

There will be one major fundraiser (The Great Gatsby Regatta) and two minor fundraisers (Yard Sale and Busch's scrip card) per year where monies go directly to the boathouse and equipment fund. Individual fundraisers (Rent-A-Rower program) go towards an individual's account to help offset their seasonal fee. These individual fundraisers are permitted providing the activity is not in violation of any stated requirements and does not place rowers in harms way. The Rent-A-Rower chair must negotiate the contract and payment expectations.

Fees earned from Rent-A-Rower activities will be held in the rower's individual accounts for one calendar year, if at such time, the fees are not used, the funds will be transferred to the club's scholarship fund. The family can transfer the funds to a sibling's account. No refunds will be given.

Community Work

Rowers are expected to volunteer 4 hours of rowing community work at the rowing practice location and/or team events as designated. At the end of each season an all team clean up of the practice location will take place. The captains are responsible to track the hours of the rowers time. If a rower does not attend the clean up they are responsible for making up the hours in. They will not be able to participate in the next season until they have done so.

Equipment

Boats:

DS 8: Orto

DM 8: Peter Van Cleave (PVC)

DM 8: Rutgers

DM 8: Yale

DM4: Michigan

DM4: Cincinnati

DM4: Genesis

DM4: Millineium

DL4: Hund

DM2: Grace

DL2: Beast

We also have a coach's launch boats with motors, oars, (boats and oars are used and have been painted), 15 ergometers (5 of which are new), a 60 foot boat trailer, a bright yellow team tent, trailer hitch and a variety of accessory equipment including cox boxes, life jackets, pitchmeter, megaphone, boat supports, and tools. We have also purchased a 6'x10' equipment trailer to haul tents, food and other supplies for the regattas.

Most of this equipment has been purchased by the club's fundraising, donations and fees. The club maintains and transports the equipment. Saline Area Schools insures the equipment and holds the titles.

We also borrow a variety of equipment from families during the season (including vehicles for towing).

Seasons

There are two seasons for Crew. The fall season runs from the end of August to the beginning of November. The spring season runs from March to early June. During the winter the team participates in winter conditioning. While winter conditioning is not mandatory, it is highly recommended and will be critical to reduce chances of injury and increase chances of being competitive with teammates and other schools.

Spring Season is called the **Sprint Season** – Head to Head racing similar to a 100 yard dash in track. The race distance in high school is either 1500 or 2000 meter finals (1500 is a little less than a mile) or 1000m heats. 1500m usually takes about 5 to 7 minutes to complete depending on weather conditions and currents. Distance in college is 2000 meters and takes about 8 minutes to complete.

Fall Season is called **Head style racing**. It is done on a river, where there are twists and turns. The shells do not line-up side by side but race against the clock, after starting one behind the other. You need not pass another crew to beat it, but if you pass someone that started in front of you, you have surely beat their time. The race distance is usually between two and three miles long. It takes about 20 minutes to finish a Head style race depending on distance, turns, weather, river current, etc.

Maps of regatta locations are on the web site: salinecrew.org

Practice

Practice Location

Ford Lake is located 17 miles east of Saline in Ypsilanti, MI and is the current site of practices. See website for directions to the site. Practices are typically after school.

Practice Transportation

Transporting students to Ford Lake is the responsibility of the parents. Car Pools are organized by the parent transportation coordinator.

Location change

The coach will determine whether athletes practice on the water or if practice is held at Liberty Schools due to weather conditions. Drivers should plan to report for carpooling unless directed otherwise by the coach.

Transportation Safety

Safety is the number one concern when transporting students.

- 1.) Transportation forms must be signed.
- 2.) Parent drivers are sometimes necessary as all students are not able to drive or be driven by other students.
- 3.) Students may drive or transport other students if allowed by the parents of the driver and rider
- 4.) These safety rules must be followed at all times:
 - USE HEADLIGHTS
 - NO PASSING
 - WEAR SEATBELTS
 - OBEY SPEED LIMITS
 - NO CELL PHONE OR TEXTING WHILE DRIVING
- 5.) Driving privileges can be revoked if the above is not maintained.

Transportation Cost

The number two concern is cost of the transportation.

- 1.) There will be an additional cost of transportation to practices based on mileage, the number of cars and riders.
- 2.) Every effort will be made to make the cost equitable, but all must share in the cost.
- 3.) Parents who regularly carpool can share equally in the cost
- 4.) Student riders who don't drive or have a parent that drives to the practice location will pay a fee (determined by the board) to the Transportation Coordinator who will distribute the money to the appropriate driver(s).
- 5.) Families not able to contribute in this manner will have to discuss with the board other ways they may contribute in order for their athlete to participate.

Practice Expectations:

- 1.) All rowers must attend each practice. The athletes will attempt to schedule doctor appointments and other appointments during a non-practice time without compromising their education.
- 2.) Rowers are expected to quickly prep for practice so they can use the time efficiently.
- 3.) Rowers are expected to execute the practice (warm-up, drill work, pieces, and cool down) that the coach designed, regardless of whether the coach is beside the boat or not.
- 4.) Rowers must warm-up as captains dictate. Please give the captains the same respect that you would a coach.
- 5.) Rowers must not step over any shell.
- 6.) Rowers must not talk on the boat during boat handling. However, if the boat is about to strike an object and an athlete has a view of that collision, they must tell the coxswain immediately. A rower is responsible for all riggers in their line of site.
- 7.) Rowers must not coach another teammate unless that teammate has specifically asked for feedback.
- 8.) All rowers will be expected to help with coxing as deemed necessary at practices and possibly races.
- 9.) Upon returning from practice all riders must clean up the vehicle in which they rode.

The typical agenda for a practice.

- 1.) Rowers quickly change.
- 2.) All needed equipment that is ready before laying hands on the boat. (i.e.: Oars are placed near the dock)
- 3.) Once 90% of the team is assembled, the team will start a warm-up routine of the captain's choice.
- 4.) The coach will talk to the team as they stretch and give them the goal of the work-out as well as explain how the drills are executed.
- 5.) Practice will be on the water.
- 6.) Once the rowers come in and put the boat away, all equipment (oars, launches, boats tied down) is placed back in its original place.
- 7.) Athletes will stretch after practice.
- 8.) All trash from the site will be picked up and disposed of properly before any athlete leaves.

Regattas

Expectations of Coach

- 1.) Provide times and locations for regattas and practices; distribute schedules to rowers. The coach will give an indication of line-ups before the date of the event.
- 2.) Make any strategic changes in line-up needed to reach desired results.
- 3.) The coach will inform the athletes of an approximate departure and arrival times 48 hours in advance.
- 4.) Coach athletes during regattas.
- 5.) Assign duties to assistants and captains.
- 6.) Keep attendance, individual and team records, and paperwork.
- 7.) Coaches will be held to the same expectations asked of the athletes.

Expectations of Athletes

- 1.) All rowers will be on time to the bus departure location (east side of SHS-bus loop). This means they will show up 10-15 minutes prior to departure and check in with their coach or coxswain depending on coach's instruction
- 2.) All rowers will help with the loading of the trailer, rigging and de-rigging of boats, and all rowers will attend the re-rigging of the boats at the practice site after the race. A rower must seek approval to be excused from this preparation. If the rower does not attend the re-rigging of the boats after a race it will be seen as a missed practice.
- 3.) All rowers will be on time to boat meetings.
- 4.) All rowers are expected to encourage their teammates while on the water – cheering, positive comments, and dock support. Good sportsmanship is expected at all times towards teammates and other schools' athletes.
- 5.) All rowers are expected to support their teammates by staying at the regatta until all of our team's races have completed and the trailer and food tent is loaded. Please do not ask to leave early from a regatta unless it is special circumstances.
- 6.) It is expected that rowers will use their time efficiently at regattas. For example, an athlete should bring their homework to away regattas. Poor time management will not be a reason for early dismissal from a regatta or practice.

Expectations of Parents

- 1.) Parents will not approach a boat during a boat meeting. Congratulations may be given after the coach has spoken with the team. Expect that the boat will be called to meeting the minute they put the boat down.
- 2.) Parents will not approach dock area while team is loading/unloading or providing dock support.
- 3.) Parents will help transport all athletes. We are a team and need to pull together.

- 4.) All parents are expected to help unload and pack up the food and tents after regattas.
- 5.) Sign up for parent volunteer opportunities to help (see website).

General Regatta Expectations

- 1.) Transportation is provided by parents. Students may not drive to regattas.
- 2.) A transportation coordinator will help organize drivers and riders to the event. It is expected that all drivers obey traffic laws and all riders wear seatbelts. Upon arriving to and returning from regattas, it is expected that all riders clean up the vehicle in which they ride.
- 3.) Each season there may be one or two overnights. Families will be notified well in advance for travel/hotel arrangements and group rates. Families are responsible for any costs associated with the travel including hotel, gas, and some food.
- 4.) Weather delays at the regatta location are possible, so athletes & families be prepared with adequate gear.
- 5.) The athletes must stay until the completion of the regatta. While their event may conclude earlier in the day it is expected that they will stay to support their team, help with break down, and clean-up.

Code of Conduct:

When staying overnight in a school or hotel, all rowers are expected to follow these guidelines:

- 1.) SHS Athletes are required to follow Saline Area Schools Student Behavior and Safety regulations as posted in SAS Student Handbook. Failure to do so will result in disciplinary action.
- 2.) All rowers must be in their own rooms either one-hour after arrival or by 11 pm. whichever is later.
- 3.) At no time will there be members of the opposite sex in a room.
- 4.) Running, excessive noise, or horse play will not be tolerated.
- 5.) Rowers are expected to be respectful and courteous to others who are also staying in that facility.
- 6.) Rowers must be ready to depart five minutes prior to the time the coaches designate.
- 7.) Rowers may not leave trash in the rooms.
- 8.) Rowers must be sure that they have repacked all personal items.
- 9.) All rowers are responsible for carrying and loading their own belongings.

Saline Crew Varsity standards for Varsity Letter

Each rower will be required to earn a cumulative total of 400 points for Varsity Letter

Activity Points

1 Fall season	75 points
1 Spring season	100 points

Winter Conditioning (allowed 2 absences for assigned workouts)

100K holiday challenge	10 points
200K holiday challenge	20 points
100% assigned workouts	40 points
% of total Workouts	% of total points

Varsity races (6+ boats and/or coaches discretion)

Gold medal 150 pts

Sub-Varsity races (6+ boats and/or coaches discretion)

Gold medal

20 pts

Honorable scores

	Lightweight			Heavyweight		
	Girls	Boys		Girls	Boys	
2000 meters	8:20	7:20		8:00	7:00	20 points
6,000 meters	26:30	24:00		25:30	23:00	15 points

The team will pay for the letter but the parents are responsible to purchase the jacket, embroidery, and the class numbers if desired.

Grievance Policy

Step 1 - Parents and/or rower discuss their concern with the coaches first.

Step 2 - Coach can bring it to the board if needed. Alternatively, if the parent is not satisfied with the result they can bring it to the board.

Step 3 - Board listens and decides what the appropriate course of action is needed.

Safety Guidelines

Rowers must pass a swim test and watch a video before being allowed to participate in practices on the water. The swim test will be valid for the remainder of the rowers time in the program. The safety video must be watched each year to stay eligible for participation in water practices.

- 1.) Remember, whenever you are on the water you are in danger of drowning.
- 2.) Know how to swim, **but stay with the boat if it capsizes or swamps.**
 - Shells will float, even if filled with water.
 - Get out of the shell. Remove the oars from the oarlocks. Hold onto the gunnel.
 - DO NOT SEPARATE. Watch-out for each other.
 - Oars can serve as flotation devices.
 - Don't panic. Think! Call and signal for help.
- 3.) Coxswains and scullers should stay close to the shore, and a launch close to the shell (s) [within 100 yards when air temperature is below 40 degrees F or water below 50 degrees F]
- 4.) Dangers in cold weather – Hypothermia and Exposure
 - Wear several thin layers of clothing, a windbreaker outside and bring warm clothes for after practice. Wool insulates even when wet, cotton and down don't.
 - If you are in the water, keep your head above water. A wet head causes rapid cooling. Get out of the water as quickly as possible.
 - Know how to treat hypothermia and seek medical help.
- 5.) Dangers in hot weather – Heat Exhaustion and Dehydration
 - Maintain a high fluid level before and after practice.
 - Keep a water bottle in the shell, if possible.
 - Plan workouts for times other than the hottest part of the day. (11:00 – 3:00)
 - Wear a hat.
- 6.) Know waterway traffic patterns and where you are going. Keep a good lookout at all times (fishing boats, buoys, docks and other hazards).
- 7.) Don't row during lightening (rain is okay), or heavy wind/waves. Head toward shore. Get off the water.
- 8.) If rowing after dusk have a white stern light and red/green bow light.
- 9.) Know the lake/state regulation concerning personal flotation devises (PFDs). The US Coast Guard has stated that rowing shells provide their own flotation and PFDs are not required. However, some states legislatures have not made the necessary exemption in the state boating laws. Avoid a ticket and large fine by knowing the local regulations. Enough PFDs carried in a following motor boat is almost always acceptable and is a wise precaution.

Rowing Terminology for Novices

(parents and athletes)

Catch: The oar enters the water

Drive: The oar pulls through the water by using the legs, back and arms

Release: The oar is removed from the water, by first pushing downward then away with the hands.

Recovery: The oar is pushed away from the body by extending the arms, reaching the body forward and compressing the legs so the shin is vertical, preparing for the next Catch. The oar should not drag on the water.

Sweep rowing: each rower has a single oar. The length of the oar is about 12 feet long.

Rowers are either port (left side of the shell) or starboard (right side of the shell)

Frequent boat types are: 8+ (eights are always with a coxswain), 4+, 2-: rare types are: 4-, 2+ The + means with a coxswain.

Sculling: each rower has two oars. The length of the oar is about 9 feet long. Frequent boat types are: 4x (can be with coxswain on the domestic high school level, but is without in international competition), 2x and 1x (the double and single are always without coxswain and steer by pulling harder or reaching farther with one arm than the other).

Coxswain: is a very important member of the crew. Their primary job is steering, but also provide race feedback about location on the course and relative to the other crews and stroke rate per minute. They serve as an in the boat coach during races. They do call “power tens” and encourage, but don’t go “stroke, stroke, stroke”.

Related Websites

For more information please contact any coach or board member.

Other web sites to check out related to rowing

<http://www.usrowing.org>

www.row2k.com/

<http://www.coxie.com/>

www.rowinglinks.com/usa/

<http://www.worldrowing.com/>

Updated on April 13, 2010.