

Great Bridge  
Great Bridge



Crew Club  
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**Parent Handbook  
2011-2012**



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## **Welcome to Great Bridge Crew**

The Great Bridge Crew coaches, team members and parents welcome you! Crew is more than a sport; it's a lifelong experience. Whether you are a novice to the sport or an "old oar," there is a place for you. Students will find a sport to challenge them, and parents will find a new world to share with their sons and daughters. Rowing offers many opportunities for making friends, getting into shape, learning new things, and even getting into college. We hope this booklet will be helpful as you delve into the new and sometimes mysterious culture of rowing. Don't worry if your son or daughter comes home talking about quads, riggers, and high tens...you will have this booklet to help you communicate. Please take some time to go through it carefully, it includes important information for both rowers and parents and will answer many of your questions. Good luck and see you on the water!

### **The Mission Statement**

The goals of the GBC are to provide young adults the opportunities to learn and practice the skills necessary to row well, and compete successfully at the youth/junior level. Through consistent, rigorous training, and guidance, members of the GBC will learn discipline and leadership skills, as well as how to work well in a group setting towards a common goal. Members will also live and learn the sportsmanship ideals while participating in the life-sport of rowing.

### **The Membership**

Membership in GBCC is currently permitted to only those students who are currently enrolled at Great Bridge High School. Therefore no students from other Chesapeake Public Schools, or home-schools, are allowed to train and/or compete with the GBC. It is often said that when a rower joins the program, the parents also join!

## The Leadership Team

### Board of Directors

President George Hull  
Vice President David Rabidoux  
Treasurer Lisa Winslow  
Secretary Sue Kirby  
Member at Large Larry Edwards

### Student Officers

President Andrew Levering  
Vice President Mary Kirby  
Secretary Chelsea Adams  
Historian Carter Hull  
Service Chairperson Matt Hubbard  
Social Chairperson Maggie Curran

### Coaching Staff

	<b>Staff</b>	<b>Twitter</b>
Head Coach:	Bryan Stambaugh	<a href="#">CoachGBC</a>
Assistant Coach:	Amy Hansen	<a href="#">JRCRower</a>
Assistant Coach:	Matt Moreau	<a href="#">coachmoreau</a>
Assistant Coach:	Natalie Higgins	<a href="#">CoachNHiggins</a>
Assistant Coach:	Holly Bond	<a href="#">HollyLBond</a>
Assistant Coach:	Hillary Warmack	<a href="#">Coachwarmack</a>

### Committee Chairs

EVSRA	George Hull
Food	Rob Hunt
Friend of the Library (FOTL)	Sue Kirby
Fundraising Coordinators	Kim Rabidoux & Aimee Miller
Maintenance	David Rabidoux & Larry Edwards
Novice Parent Coordinator	Larry Edwards
Parent Accounts Manager	Dawn Levering
Parent Social Coordinator	Debbie Jones
Practice Parent	Martin Levering
Publicity	OPEN
Regattas	Judith Carmen
Rowers Fundraising	Sandy Hunt
SBRA	Amy Hansen
Spring Break	Karen Hull
Uniform & Spirit Wear	Heather Shaw
Webmaster	David Rabidoux



## **Understanding Rowing**

### **A Brief History**

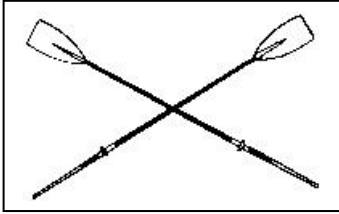
**18th Century England.** Competition among small ferry barges on the Thames River in England gave rise to the sport we know today as rowing. The first formal rowing event was in 1715 between apprentice English watermen in which an Irish comedian, Thomas Doggett, offered a silver badge and an orange coat as a prize. Since then, this race for the Doggett Coat and Badge has been run annually, except during the war years.

Amateur rowing began in 1815 at Oxford University. Cambridge University organized its first crew shortly thereafter. The two schools held the first intercollegiate race in 1829, using professional watermen to coxswain their boats. The professionals were barred after the first race, and a highly formal code of amateurism has characterized English rowing ever since. Rowing is a gentleman's sport, with rules and behavior codes designed to encourage good sportsmanship. The Henley Royal Regatta, established in 1839 is a social as well as athletic event, with most spectators decked out in formal finery. The Princess Elizabeth Cup, Henley's prize for the best schoolboy eight, was won by a local high school, Washington-Lee, in 1964 and 1969. J.E.B. Stuart High School, in Fairfax County, won in 1968.

**19th Century United States.** The first rowing race in the United States was in 1811 between professional ferrymen using 4-oared barges. In the 1830's, both Yale and Harvard formed crews. They competed against each other in the first U.S. intercollegiate regatta in 1852, seventeen years before the first intercollegiate football game. The Harvard-Yale regatta is held annually and restricted to those schools. Rowing was introduced in Virginia in 1867 when Washington & Lee University formed a crew. Today, crew racing is a well-established and growing sport at both the college and high school level in this country.

While particularly strong programs exist on both coasts, in recent years numerous programs also have been established by schools in the South and Mid-West.

**Rowing at the Olympics.** Rowing became an Olympic sport in 1922. In 1968, Washington-Lee graduate Tony Johnson and Larry Hough of Potomac Boat Club won a silver medal in the Mexico Olympic Games in pairs without coxswain, losing to East Germany by one-fourth of a second. Local rowers also raced in the 1992 and 1996 Olympics held in Barcelona and Atlanta. In the 2004 Olympics, a U.S. Men's 8+ won a Gold Medal and a U.S. Women's 8+ won a Silver Medal.



## **Great Bridge Crew Club Origin**

The idea of starting a crew at Great Bridge began on a bus ride to an away boys' volleyball match that Coach Brian Stambaugh was coaching. While those volleyball players did not all jump on board with the idea, it was enough to spark the interest among some of them. Soon other students began asking question about a crew club and a meeting was held. In January of 1999 a group of 90+ students met to hear about crew. From that group, a core of 20 students would come together and form the crew club at Great Bridge High School.

After this student meeting a parents' informational meeting was held. Those parents in attendance began the process of organizing themselves to earn the money and complete the necessary paperwork to get the club going. Our student rowers joined an "orientation" camp that summer, provided by the Hickory Rowing Club. This camp gave our student-rowers the opportunity to get into the boats, learn the basics of rowing, and see how they liked it. The student rowers loved it and were more determined than ever to make this club a reality for themselves.

There were many practical issues to tackle in that first year. The club needed equipment as well as a site in order to train. Throughout the summer and fall of 1999 the emerging rowers worked overtime on various fundraising activities to add to their newly opened checking account. The future rowers supported local fall regattas and trained through the winter, mostly by running and some weight lifting. The parents also put in extra hours by learning about the sport, completing the proper paperwork, and finding the money to make things happen.

Early in 2000, the hard work and plans began to pay off. By March, after much research and internet correspondence, the club located and purchased two used four-man "shells" and oars. With help from the Hickory Rowing Club, GBC was able to share their rowing location at the Atlantic Yacht Basin. The Great Bridge rowers learned, practiced and entered regattas. By the end of the season they were able to win a few races. Although the club was restricted by a small budget, hauling our boats on the top of a van and rowing in t-shirts rather than unisuits, our program was coming together.

The GBC is currently established as a club at GBHS. As a club it receives building access for training and meeting purposes. Crew-related absences for approved events are excused absences from school. GBC is not recognized as a varsity sport and therefore receives no funding from Chesapeake Public Schools. The parent booster organization attained and maintains its 501(c)(3) status as a non-profit organization which provides financial support for the operation of team activities.

Great Bridge is part of the United States Rowing Association (USRA) through an affiliation with the Southern Branch Rowing Association (SBRA). SBRA is an umbrella group for Chesapeake rowing which includes Great Bridge, Hickory and Juniper. Local Regattas are set up by the Eastern Virginia Scholastic Rowing Association (EVSRA). There are approximately 14 local high schools with crews.

## Introduction to Great Bridge Rowing

So what is crew? Crew is the ultimate team sport that is also one of the most challenging physically. Rowers must train to a high aerobic level and also weight train to build power and strength. In the spring high school rowers compete over a 1,500 meter course. It takes between 4 minutes 30 seconds and 8 minutes to complete a race, depending on the class of boat. (College, club, and elite rowers compete on 2,000 meter courses.) Rowers sit in boats called “shells” where they sweep (with one oar) or scull (with two oars). The shells can hold as many as 8 sweep rowers and a coxswain -- or as few as four sweep rowers and a coxswain. Both men and women compete in their own events that are arranged so that each boat in the race is matched against rowers of comparable age, size, or skill level. There are varsity, freshmen, novice, and lightweight events.

### **When Is Crew Season?**

Serious rowers say, “It’s never not rowing season,” but GBC training begins in late August. Workouts will be scheduled by team coaches, and fall rowing opportunities are available for novices and experienced rowers. The official rowing regatta season begins in March when we begin rowing in regular weekly regattas. Some crews may participate in the Stotesbury Cup Regatta, which is held on the Schuylkill River in Philadelphia. Participation in SRAA Nationals is earned by crews during the Spring Regatta season. Some of the regattas are “by invitation of the coach” based on skill and qualification

### **The Year in Crew**

#### **Fall**

- Training usually takes place in the mornings, on the water. Practices are two or three days per week from the tail end of August to the conclusion of fall racing at the beginning of November. Training sessions start no earlier than 5:00 am and finish by 7:00am. The coaches and rowers meet at the Wells Fargo Bank, besides Zoot’s cleaners in Great Bridge. From there the rowers jog down to the boathouse located on the Atlantic Yacht Basin (AYB) property.
- Competitions are held in October and November and are all located at some location in Virginia. The coaches target approximately three events for each of the rowers. Some of the regattas are by coach invitation only. GBC rowers compete under the Juniper banner.

#### **Winter**

- Training from November to February is almost exclusively on land. Rowers will “erg,” lift weights, run, and meet for other physical activities at places and times established by the coaches. The team’s ergs are located on the 3<sup>rd</sup> floor of the Educational Resources Center at 369 S. Battlefield Blvd. Rowers use *Wellness One Fitness Center* for their weight training. Running is conducted either at the GBHS stadium or other points locally. During Winter Break rowers will have access to the ergs as well as the gym.
- Competitions exist for indoor rowing. All rowers/coxswains are expected to compete in the Hampton Roads Erg Pull (Norfolk, VA) in February while some rowers will be invited to attend the Mid-Atlantic Erg Sprints (Alexandria, VA) in January.

## Spring

- Training on the water begins again in late-February with the goal of having the rowers on the water five days per week. Coach availability will determine whether rowers will be on the water in the morning or the afternoon. The meeting location will be the same as in the fall. Rowers will continue to run and lift weights as prescribed by the coaches.
- Competitions start again mid to late March and continue through the end of May. Most of the regular season regattas are held in Virginia. Some rowers may be invited to compete in events farther away such as the Stotesbury Cup Regatta in Philadelphia, PA and/or the SRAA National Championship which is held in a variety of venues.

## Summer

- Training does not currently, formally exist in the summer months. Rowers are given training guidelines and encouraged to attend crew camps, open rows, and otherwise stay active.
- Competitions do exist but as a result of having no formal training, GBC rowers do not currently attend any summer regattas.
- At the end of the summer GBC conducts a Novice Camp to introduce potential new rowers to the sport.

## Year-round

- **Training**, to some degree, exists all year. As part of the dues requirement, membership to the gym (*Wellness One Fitness*) is included. Time spent in the gym will be established by the coaches and communicated to the rowers at the beginning of each season.
- **Holidays** are scheduled days when students do not report to school. Rowers should expect to continue training on these days.
  - Thanksgiving Break, rowers will be given recommended workouts to complete on their own.
  - Winter Break, there will be coach-supervised training opportunities and rowers will be given recommended workouts to complete on their own in the event they cannot attend.
  - Spring Break, the team goes to a training facility for the week and trains. This is a **mandatory** event and will be more fully addressed later in this document.
  - Summer Break, rowers will be given recommended workouts to complete on their own.
  - Other days when students are released from school (Veterans' Day, Presidents' Day, etc.) rowers should expect training to continue as usual.
- **School Cancellations** due to inclement weather or other times when Chesapeake Public Schools decides to cancel ALL school events are instances when GBC will also cancel any formally scheduled training.

***Check the Crew Club Website Calendar Schedule of Events for more details***

<http://www.greatbridgecrew.org>

## **GBCC Team Guidelines and Rules**

Each rower and parent(s) must read and sign the GBC Rower and Parent Contracts confirming their understanding and agreement to abide by rules/expectations. These are rules specific to the crew and must be followed in addition to those rules contained in the GBHS Student Handbook.

### **GBCC Rowers Policies**

#### **Academics**

The Great Bridge crew program is for student-athletes only. All rowers must maintain a minimum 2.0 GPA unless special permission/consideration is granted.

#### **Attitude**

Rowers are expected to demonstrate the highest degree of respect towards themselves, their teammates, coaches, and everyone else with whom they come in contact. A rower's work ethic is also an important factor in the individual's, and team's, success. The coaches expect the best of the rowers to continue an enjoyable and meaningful experience for all members of the GBC program.

#### **Attendance**

Attendance plays a major factor when establishing line-ups. The best way to get in a boat is to show up to training. 100% attendance is expected by all members of the team. While this is our goal, it is understood that rowers will have the need to miss from time to time. Any absence should be communicated to the coach(es) as early as possible, with a brief explanation. Missing a regatta will likely have serious, negative impacts on future racing opportunities.

#### **Attire**

- **Fall**
  - Mandatory: Juniper racing tank top, spandex shorts (solid black), and spandex long-sleeve shirt (solid white)
  - Mandatory: NO Great Bridge clothing/gear permitted at fall competitions.
- **Winter**
  - Mandatory: GBC tank top
  - Optional: any spirit wear offered
- **Spring**
  - Mandatory: GBC unisuit & long-sleeve tech shirt
  - Recommended: GBC Gore-Tex jacket, GBC polo shirt, team t-shirt
  - Optional: short-sleeve tech shirt (by squad), any spirit wear offered

#### **At regattas**

One of the primary goals of this program is to compete. Rowers are expected to be 100% focused on racing at 100% of the regattas.

- **Cell phones**- Rowers must turn off their phones prior to the first launch of the entire regatta. Rowers may turn on their phones again after the conclusion of the "End-of-Regatta Announcements." During a regatta any need for rowers to make a call should go through the coach. Any need for a parent to contact a rower should go through a Board member.
- **Significant others**- Boyfriends and girlfriends are not seen on the bench at any other sporting event. Therefore, rowers are expected to conduct themselves similarly and not be hanging around their significant others during a regatta.

- **Parents**- Parents are discouraged from using regatta time as an opportunity to hang out with the rowers. On the water or off, the rowers have constant responsibilities to attend to and they should be focusing on their teammates & the work at hand. Use travel time to and from regattas for bonding with your rower over the day's racing.

**The Boat Trailer is considered the “Dugout” for the rowers and is a place for the team and coaches to prepare for competition. For this reason parents are requested to stay away from the trailer.**

### **Line-ups & Invitations to competitions**

**A rower's position on the team is a result of his/her own efforts.** Parental support is required by the team to provide rowing opportunities for all the rowers. The degree of parent involvement has no influence on line-up selection. The coaches will be making the best decisions they can with the information they have at the time. Factors affecting a rower's position include his/her academic eligibility, attitude, attendance, work ethic, physical performance, rowing skill, time with the team, and any other relevant information that applies to the situation. The intentions are to reward the best rowers with the most opportunities and to be as fair and consistent as possible in the decision making process. All rowers will have the same access to training and the feedback as to how best to improve him/herself. It remains in the hands of the rower to put all of this into action and produce results.

**Line-ups are subject to change at any point** up until the point of launch of a crew for their event. While many line-ups will seem consistent for days, weeks, even months, they remain the result of the best information the coaches have at the time. Line-ups can change for injury, illness, availability, or in some instances, a rower/crews fails to meet the standards (performance or behavior) established by the coaches.

While the individual rower likely knows why he/she is ranked where he/she is, if there is ever any doubt, it is the responsibility of the rower to open dialogue with the coach(es) and ask, “What can I do to improve my standing on the team?” The rowers must learn to be their own advocates. The coaching staff welcomes and encourages rowers to initiate dialogue regarding improvements.

### **Communication**

- Coaches communicate to rowers in many different ways all the information they need to know. It is important that the rowers pay attention to the following avenues of communication.
  - Face-to-face: Coaches will constantly be providing rowers' information regarding training and other important events at practices, after regattas, and at school.
  - Email: Rowers are expected to check their email accounts Sundays before going to bed to get any pertinent information for the week ahead. Otherwise rowers will be notified via text/Twitter to check their email.
  - Phone: When necessary the coaches will call or text rowers specific information.
  - Twitter: Rowers will be provided a list of coach accounts to “follow” on Twitter to receive last-minute changes to the plan
  - Team website: This is where the rowers can reference the team calendar to ensure they schedule events at times other than during training or competitions.
- Rowers can, and should, communicate directly to the coaches in much of the same way. It is preferred that the rower opens dialogue with the specific coach that works directly with them. The head coach will always be available to take questions.

## **Alcohol, Tobacco, and Drugs**

The use of controlled substances for rowers on the team is prohibited. The use of these products, especially by minors, is illegal and counterproductive to building elite athletes. Rowers found to be involved in such behaviors will be removed from the team. If any incidences occur on official “crew time,” the GBHS administration will be notified immediately.

## **Varsity Letterman Standards**

- GBC has permission to award its members with Varsity letters although it is not recognized as such by the VHSL (Virginia High School League).
- The GBC standards are provided in the appendices.

## **Community Service**

As a non-profit, non-school funded program GBC consistently asks the community for money to support its activities. It is important that the membership gives back to the community through volunteer events. Rowers also need to experience what it is to help those in need. Service hours can, and should, be included when the rowers are applying to colleges and other post-graduation plans.

All rowers are expected to work six hours of community service by the beginning of the spring season. The club Officers will provide several opportunities during the course of the year so that rowers will easily be able to achieve this goal. When rowers participate in GBC service events they are expected to wear GBC clothing to represent the program. Rowers may earn 100% of their hours through GBC organized/supported events or they may earn partial credit through other service activities outside the team. In this situation a rower may earn up to two hours of their GBC requirement from other sources (church, NHS, Scouts, etc.) at a rate of half credit for every outside hour the rower would like to claim. In other words, one hour of “outside” service equals 30 minutes of “GBC credit.”

## **Friends of the Library**

This is a service event that occurs the 3rd Saturday of every month at the Chesapeake Central Library. Rowers pack designated books into boxes & then place those boxes in the designated storage area. All rowers are required to participate in two Friends of the Library events prior to the beginning of the spring season. The coaches will assign rowers two sessions each. In the event a rower cannot attend an assigned session it is the responsibility of that rower to arrange for a swap & then communicate the change to the Officers in charge of the session. This requirement is in addition to the six hours explained above.

## Great Bridge Crew Parents

Crew Parents are a vital support group for the Great Bridge rowing program. All crew parents are expected to become actively involved with the crew program and everyone is welcome and encouraged to attend our monthly meetings. A non-profit organization, Great Bridge rowers and parents provides the manpower and financial assistance necessary to keep our team on the water.

Crew is a wonderful sport for parents as well as for team members. Crew parents share in the rower's pride and sense of accomplishment, creating memories that last a lifetime. When a rower joins the team, his or her parents should expect to participate fully in both the work required and the rewards shared in supporting the team. For further information, please call any Crew Board Member (see our list of Crew Board members for names and telephone numbers.)

Most crew parents are new to the sport when their sons or daughters join the team. As with any sport, there is a crew vocabulary that helps you understand the language your sons and daughters will learn to speak, and the organization of the regattas. Please refer to the *Rowing Terms* in the back of this booklet for help in interpreting these expressions. Also see the section *GBCC Parent Policies*.



## How Can You Help?

**First and foremost, you can support the rowers with your presence at regattas. Family support is extremely important to the rowers!**

Please refer to Parent Contract for a list of specific responsibilities that must be fulfilled by parent involvement. Not only is this support necessary for the success of GBCC, it is a commitment you make when you sign the GBCC parent contract.

- Come cheer on all of our boats at the regattas - it really means a lot to the rowers to know that they have strong support for their efforts.
- Attend monthly meetings as frequently as possible since this is a great opportunity to build camaraderie among the parents as well as find out what's going on in the sport that consumes so much of your child's life.
- Read weekly e-mails from the Coach and other Crew Parents in established positions.
- Check the Website frequently – it is updated on a regular basis and contains a wealth of important information.
- Sign up as a practice parent on a regular basis.
- Sign up to support Fundraising activities.

If you have not signed up to assist at a Regatta in advance, locate the Regatta Coordinator on race day to sign up to assist during the day

## **GBCC Parent Policies**

### **Financial Responsibilities**

Annual team dues are \$1800 per rower for the 2011/2012 season. Dues are payable, starting in September, in one Three options Option #1 is a one lump sum or. Option #2 four payments of \$450.00 each or Option #3 nine payments of \$225.00 each. There is a 10% per month late penalty for each installment. Dues must be paid in full by April 1st. To help defer the out-of-pocket operating costs and to support the Club as a whole, GBCC plans fundraising events throughout the year. All rowing families are expected to participate in our fundraising activities throughout the year.

- Fundraising income from summer concerts, ODU football and basketball games will be split with 75% being credited to the rower's account, 25% to the club.
- A corporate sponsorship or donation in the name of a rower would be divided with a 75% credit to the rower's account, and 25% to the club.
- A corporate sponsorship or donation, not in the name of a specific rower, would be treated as 100% to the club.
- A corporate sponsorship for the golf tournament would be treated as 25% credit to the rower's account, 75% to the club.
- wreath sales, seeding/aeration, Rent-a-Rower and garage sale income would be treated as 100% credit to the rower's account

### **Membership Meetings**

The General Membership meeting will be held the 2<sup>nd</sup> Monday of each month at 7:00 p.m. at Chorus Room at Great Bridge High School. If you were elected to the Board of Directors you will meet 1 hour prior to the general membership at 6:00 p.m. Membership will be notified of any changes to the normal schedule via email. The purpose of the meeting is to review the budget, vote on any resolutions or expenditures requiring general membership approval and to discuss and/or update issues that are in need of discussion. If you do not attend, you do not have a voice in the decisions being made. At least one parent member is expected to attend. Out of respect for each member's time, every attempt will be made to limit these meetings to a reasonable time frame.

If a member has an item he/she would like addressed at a meeting, he/she must present it to a Board member prior to the meeting, who will pass it to the Secretary of the Board to be placed on the agenda. The Board will determine if it is an appropriate agenda item and address it accordingly. If a critical issue arises after the Board meeting but before the general meeting, the parent may contact the Club President no later than 24 hours before the general meeting. Once the agenda is set, it will not be changed, except in extreme circumstances. Any other issues requiring attentions can be brought to a Board member at any time and will be addressed accordingly. Board member contact info is posted on the GBC website.

### **Regatta Support**

High School regattas are productions largely supported by the parents of the participating schools. Local spring regattas require crew programs to "donate" parents to serve in a variety of positions. More detailed information will be provided through General Membership Meetings as the spring season approaches. This is a great opportunity to get an up close look at the workings of a regatta and to volunteer for the club.

Regattas are often day-long events for the rowers. As such, GBC provides nutritious food for the athletes and coaches at the regatta food tent. Coordinating the purchase, transportation, and service of the food is time consuming but an excellent way to get to know the whole team.

## **Communication**

There are two primary lines of communication. First, the coaches communicate to the rowers, and the rowers back to the coaches. Second, the Board communicates to the parents and the parents back to the Board. The coaches will communicate to the parents, via email and General Meetings, information specific to the parents and what they need to know to support the team's activities.

The coaches use similar lines of communication to the parents as with the rowers. There will be coach representation at the General Meetings. Parents may also get emails from the coach(es). Parents are welcome to follow the coach(es) on Twitter.

The Board uses email, the webpage and General Membership meetings as means of disseminating information to the parents. Sometimes, when necessary, "snail mail" will also be an avenue of communication.

## **Grievances/Complaints**

Grievances/complaints do sometimes arise and, based on past experience, is usually based on miscommunication and/or lack of understanding. It is the policy of the club to resolve a grievance/complaint at the lowest level possible. For a new family, please discuss the situation with Novice Liaison (Member at Large Board Member). If the situation is not resolved, the next step would be to contact a different Board member. The board member will then contact the Club's President who will discuss the issue with the entire Board as well as the coach if necessary. The Board will attempt to settle the complaint to everyone's satisfaction. The member with the complaint will agree to accept the decision of the Board. Once the complaint has been addressed by the Board, the ruling of the Board is final.

## **General**

- AYB (the Atlantic Yacht Basin) is our host site. This is a privately owned, fully operational business. They permit rowing to happen on their property free of charge. It is in our best interest and that of the two other programs there as well, to be mindful of our presence there.
  - Rowers are never permitted onto the property without coach direction/supervision.
  - Rowers are never to drive on AYB property.
  - Parents are to avoid going onto AYB property unless there is a specific GBC reason/event for being there (i.e. practice parent, maintenance crew, trailer loading work).
  - Parents are to carpool in the instances where it is required to have a car down at the Boathouse.
- Drop-off & pick-up points
  - AM water practice, the Wells Fargo Bank in Great Bridge is both the drop-off & pick-up point.
  - PM water practice, the coach will determine and communicate to the rowers the acceptable meeting place.
  - Trailer (un)loading, underclassmen should park in the GB Shopping Center, meet & be picked up by Zoots Cleaners.

## **Time commitment**

Besides fundraising efforts, Crew Parents participate in team activities throughout the year, as well as volunteering at the weekly regattas during the spring. It takes many volunteer hours to support the team and it is a club expectation that the workload be evenly distributed so that some families don't carry a disproportionate part of the load.

## **Committees**

### **Executive Committee Members**

GBCC has a Board of Directors consisting of parents of the athletes. Board Members are voted in by GBCC membership on an annual basis at the April General Meeting. The new board will shadow the existing board during the next few months, learning the ins and outs of their elected positions. The new Board will assume their responsibilities in July. The voted positions are: President, Vice President, Secretary, Treasurer and Member at large. The Board Members are responsible for establishing the club's policies and procedures. They will also organize and document monthly meetings, establish, track and maintain the club's finances, assets and ensure equipment maintenance requirements are met. A description of these positions is contained in the Club's By-Laws. The Board of Directors will meet one week prior to the General Membership Meeting.

### **Eastern Virginia Scholastic Rowing Association (EVSRA Representative)**

This is our club's representative at the local rowing authority meetings and events. Eastern Virginia Scholastic Rowing Association.

### **Food Coordinator**

This position coordinates all food for crew events: rower parties, regatta food, erg house supplies etc.

### **Friend of the Library (FOTL) Coordinator**

This position coordinates with the Chesapeake Public Library to ensure the club's involvement in community service to the Library.

### **Fundraising Coordinators**

These positions arrange and organize fundraising opportunities for parents and rowers, (Rower Fundraising Chair handles most of rower events w/support from the Student Board). Organizes and sets traditional fundraisers such as the Aramark events, golf tournament, wreath sales, and Lawn Aeration type events.

### **Maintenance**

The GBC fleet is a significant investment and sometimes requires repairs. It currently falls on the parents to pitch in and keep the fleet ready for use. If you have any experience, or desire to learn, working with boats, your assistance will be greatly appreciated.

### **Novice Parent Coordinator**

This position is the novice parents' direct source of information. They work with the Parents of Novice rowers to provide information about the club and expectation during regattas.

### **Parent Social Coordinator**

This position coordinates & organizes social events for the parents of the rowers.

### **Pasta Dinners Coordinator**

This position works with the Food Coordinator to build team spirit. The GBCC parents sponsor team dinners throughout the year, usually the night before spring/local races. Parents are expected to provide food for team dinners and to host individual dinners when appropriate. If you would like to volunteer to sponsor a dinner, please contact this person

### **Practice Parent Coordinator**

Schedules practice parents for each water practice and a parent for winter erg house session. Training is provided for new parents. The role of a Practice Parent is a responsibility for each family in GBCC. Practice Parents are on site for water practices to help facilitate an efficient practice and serve as part of the GBC Safety Plan in the event there is an emergency on the water. Our rowers' ability to practice on the water depends on adequate support on the shore. Therefore, failure to meet the Practice Parent responsibility will result in the rowers not being able to practice on the water.

### **Publicity Coordinator**

This position is our direct representative to the press. Ensures the local newspapers are kept current with regard to GB Crew.

### **Regattas Coordinator**

This position arranges hotels, transportation (carpools or bus), chaperones, and regatta volunteers.

### **Rowers Fundraising**

Reports to the Fundraising Chairs. Works with the student board and rowers to coordinate & organize fundraising opportunities for the rowers.

### **Southern Branch Rowing Association (SBRA) Representative**

This is our club's representative to the Southern Branch Rowing Association. SBRA. This is a group of local teams/clubs who are working to get rowing going in Chesapeake including working on getting a Boat House built.

### **Spring Break Coordinator**

This person arranges location, chaperones, and other necessary details for spring break camp.

### **Uniform & Spirit Wear Coordinator**

Responsible for procuring official team uniforms and spirit wear for GB Crew rowers, coaches and parents.

### **Webmaster**

This position maintains the current club webpage. Also maintains GB Crew email accounts and distribution lists.

There are many more opportunities to become involved with supporting the team. It is hoped that the parents will demonstrate support of the rower's involvement by being involved, to the best of his/her ability as possible.

## Helpful Hints for New Rowers

Here are a few “helpful hints” from more experienced rowers about crew practices and regattas that might be instructive for new rowers.

- Soaking hands in warm water and Epsom salts will toughen your hands and reduce the likelihood of blisters. It is recommended that daily soaking begin 5 weeks prior to Spring Break Camp.
- Performance gear is beneficial to the rowers’ comfort and health.
- On colder days wear multiple layers. A combination of turtlenecks, long-sleeved tee shirts, sweat shirts, long underwear, sweat pants, and thick socks provide the most warmth. Conditions on the water are often 10 degrees cooler than on land. Early March practices often are in the 30’s and 40’s.
- In rainy weather, a hooded rain jacket or a rain jacket over a hooded sweat shirt helps you cope with the weather.
- Polar fleece/sweats and rain jackets are good items to wear for practice. Put your name inside of all clothing that you bring to the boat house.
- Have a change of dry clothes in the car for after practice.
- Do not wear designer clothes to practice. Your clothes will get wet and get grease on them, guaranteed.
- Do not wear loose or baggy clothes in the boat. They are a safety hazard and are not allowed in the boats. **Put your name inside of all clothing that you bring to the boathouse.**



### Daily

- Be considerate of your teammates and coaches. Disrespect toward a teammate, coach, or member of another team will not be tolerated and is ground for removal from the team. A particular point of pride to GBC is that crew members in past years have displayed exceptional sportsmanship and manners on the water. Let’s maintain that tradition.
- Practices are not optional. Expect water practice before school on alternating days in the fall, 5 days per week of conditioning in the winter, and land/water practices 5 to 6 days per week in the spring
- If you know you cannot attend a practice, tell the coaches well in advance if at all possible. Just not showing up is greatly frowned upon.
- If you are sick, please call and let the coaches know. Call the appropriate coach on cell phone and leave a message if necessary.
- Keep things in their proper priority:
  1. Family
  2. School studies (not clubs, etc.)
  3. Crew
  4. Other

## Boat House Rules

- It is important for our rowers to understand that we are guests at Atlantic Yacht Basin (AYB), a private facility donated for GBCC and Hickory Crew Club use.
- The AYB is a docking place for private boats and yachts.
- Please keep the area at the AYB clean and neat; **don't litter!**
- **No noise around the yachts!**
- Don't drive down to the boathouse without permission
- Do not use or move things that do not belong to you.
- No running or horseplay is allowed in the boathouse, on the docks, or ramps.
- Do not interfere with another team's practice. Be in the area designated by the coach at all times: 2 minutes to launch, 1 minute to retrieve.

**Be respectful of the boat owners and their property – be quiet in the early morning.**

## Safety Rules

- If your boat swamps (fills with water) or turns over, stay with the boat! It will not sink. Hang on to it until you are picked up by a coach's launch. NEVER LEAVE THE BOAT.
- If you catch a crab and are thrown overboard, try to keep your head down until the boat has passed. Try not to panic. Come up and tread water. The coach's launch will pick you up. During a practice the crew should stop immediately and provide help – **THE CREW DOES NOT STOP TO ASSIST DURING A RACE.**
- When in the boat and on the water, follow the instructions of the coxswain and coaches quickly and properly. The coaches and coxswain know how to control the boat and to keep practices as safe as possible.
- You are responsible for your own equipment -- the boats, oars, and uniforms.
- Your racing uniform is for racing only! It is not to be used as workout clothes and it is not to be traded.
- Bring nothing valuable to the boathouse. There is no secure place for your things.
- We practice rain or shine. The only things that will keep us off the water are extreme cold, flooding, lightning, or high winds. In these events, you will be given instructions as to what we will do.
- No Flip Flops or Sandals are ever allowed to practices or Regattas.
- Always bring extra dry, warm clothes.
- If you use an inhaler, bring it to practice.

### **Give Your Body What It Needs for a Strong Practice**

- If you eat before practice make sure you eat food that will sustain the energy level needed during practice (e.g. fruit, bagels, whole grain bread, granola bars, power bars).
- Always take a water bottle for yourself. Never drink from someone else's bottle.
- The coaches will provide more specific nutritional information at practices

### **Other Tips for Practice**

- If you wear glasses, bring something to hold them on your head.
- If you are asthmatic, be sure to bring your inhaler.
- Bring medical tape to protect blisters that will develop until your hands get used to the oars.
- If the weather is warm, bring sunscreen. The sun reflecting off the water can result in burns, even when the temperature is not that warm.
- Good running shoes, no flip-flops and drinking water are needed for land training.
- Everyone gets tired at first; strength and endurance come with practice. Get enough sleep.
- Wear a hat.
- Bring chapstick or lip balm.
- Do not bring car keys or cell phones in the boat.

### **Road Trips**

- Take a backpack or Regatta gear bag (Sold through the club apparel person)
- **Pack Competition Gear First.**
- Know the weather forecast.
- Make sure your name is in all of your clothes/gear.
- Pack dry clothes for after the regatta/competition.
- Trash bag to cover gear in the event it rains.
- Take sunscreen, and nutritious snack foods (e.g. fruit, dry cereal etc.)
- Bring only a modest amount of money for purchasing food
- Bring books, cards, or an iPod for the trip and for "downtime" during a regatta/competition



## The Terminology of Crew

### **Crews**

**Single:** This crew is composed of a single sculler who has mastered rowing skills and has the athletic capability to train at a very high level. This shell may compete at Stotesbury and the Scholastic Rowing Championships.

**Double:** This crew is composed of two scullers who have mastered rowing skills and have the athletic capability to train at a very high level. This shell may compete at Stotesbury and the Scholastic Rowing Championships.

**Senior four / eight:** You are eligible to row in this shell as a sophomore if your strength and rowing skills qualify you. Training at the 1st eight level is very rigorous both on the water and in the weight training room. The training program is a slightly reduced version of that used by most major University programs. Some of the training is modeled after the US National Team training program.

**Lightweight four / eight:** (women 130 lbs. max.; men 155 lbs. max.) This crew is a Weight Class event allowing smaller athletes to race on a more level playing field. Eligible athletes typically weigh between 110 lbs. and 137 lbs. for the women's crew and between 135 lbs. and 157 lbs. for the men's crew. You are eligible to row in this shell as a sophomore; however, very athletic freshmen with excellent rowing skills could qualify. Training is on the same level as the 1st eight with the exception that additional running augments the land training.

**2nd four / eight:** Typically this crew is composed of sophomores and juniors; however, very athletic freshman with excellent rowing skills can earn a seat in this shell. Members of this crew should expect to qualify for the senior eight their next rowing season. This shell can compete at Stotesbury and the Scholastic Rowing Championships as a Junior Eight. The age restriction is approximately 17 years and 6 months on the day of the regatta.

**Novice four / eight:** This is strictly for first year rowers regardless of grade. Depending on the numbers of novice athletes participating, we may enter this event. This crew is composed of novice rowers who have demonstrated rowing skills and have the athletic capability to train at a competitive level. Their training is a scaled down version of the training that the 1st eight practices. This shell may or may **NOT** compete at Stotesbury and the Scholastic Rowing Championships.

**Freshman four / eight:** This is strictly for 9<sup>th</sup> graders. Depending on the numbers of freshman athletes participating, we may enter this event. This crew is composed of freshmen who have best mastered rowing skills and have the athletic capability to train at a very high level. Their training is a scaled down version of the training that the 1st eight practices. This shell may compete at Stotesbury and the Scholastic Rowing Championships.

### **Boats**

Boats or shells were traditionally made from wood, but are now mostly fabricated from carbon fiber and plastic (eg. Kevlar). They are 597 to 622 mm wide, and from 8.2 meters to 19.9 meters long. A small fin (Skeg) is fitted at the bottom of some boats for stability. A rudder is attached to the fin or the stem (except on sculling boats). A bow ball is a white ball is attached to the bow (safety measure, photo-finish). A washboard prevents waves from splashing water aboard. Seats are fitted with wheels which roll on tracks called slides.

## Boat Classes

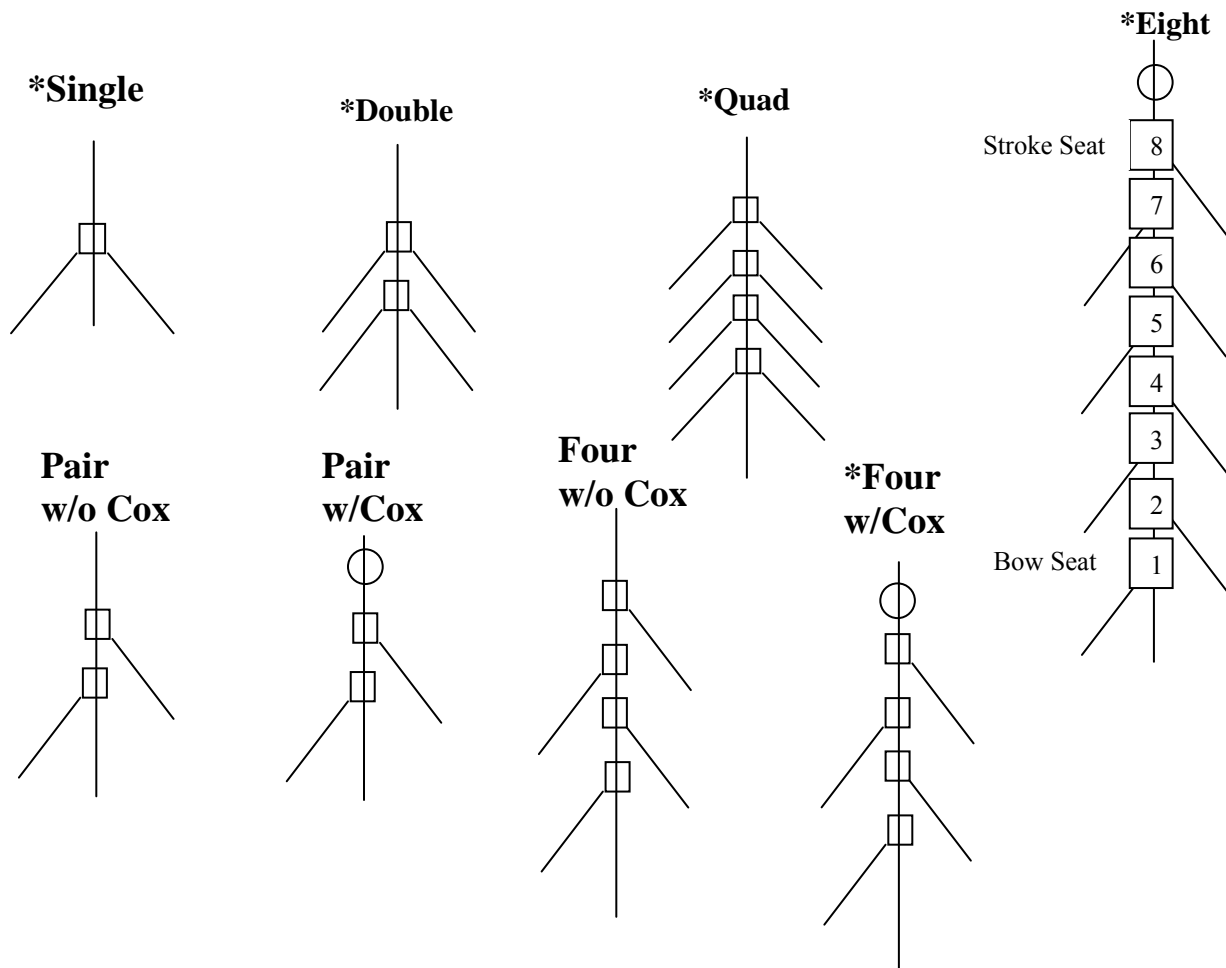
There are nine classes of boat, of which five are for sweep-oared rowing in which the rower uses one oar with both hands, and four are for sculling in which two oars are used, one in each hand. Some classes carry a coxswain who either sits in the stern or lies in the bow to steer the boat. The boat classes are:

### Sculling boats

Type	Length	Weight
1x = Single	8.2 m (27 ft)	14 kg (30.8 lbs)
2x = Double	10.4 m (34 ft)	27 kg (59 lbs)
4x = Quadruple	13.4 m (44 ft)	52 kg (114 lbs)
4x+ = Coxed Quadruple	13.7 m (45 ft)	53 kg (114 lbs)

### Sweep oared boats

Type	Length	Weight
2- = Coxless pair	10.4 m (34 ft)	27 kg (59 lbs)
2+ = Coxed pair	10.4 m (34 ft)	32 kg (70 lbs)
4- = Four w/o Cox'n	13.4 m (44 ft)	50 kg (110 lbs)
4+ = Four w/ Cox'n	13.7 m (45 ft)	51 kg (112 lbs)
8+ = Eight	19.9 m (62 ft)	96 kg (211 lbs)



**\*- Boats GBCC will be likely to row in a Regatta**

## Watching Boats – What to Look For

Appraising a crew is perhaps the most difficult role that the expert has to play in sports. However, according to the rowing experts, four major factors when watching the run of a shell symmetry, timing, power and run.

**Symmetry** - Look and see if all eight hit the catch together. That is, do their blades all enter the water at the same time? Also, watch the bodies of the crew—see if they all move in unison, or if there is a break? Uniformity yields positive results while a lack of uniformity reduces the effectiveness of the stroke/work.

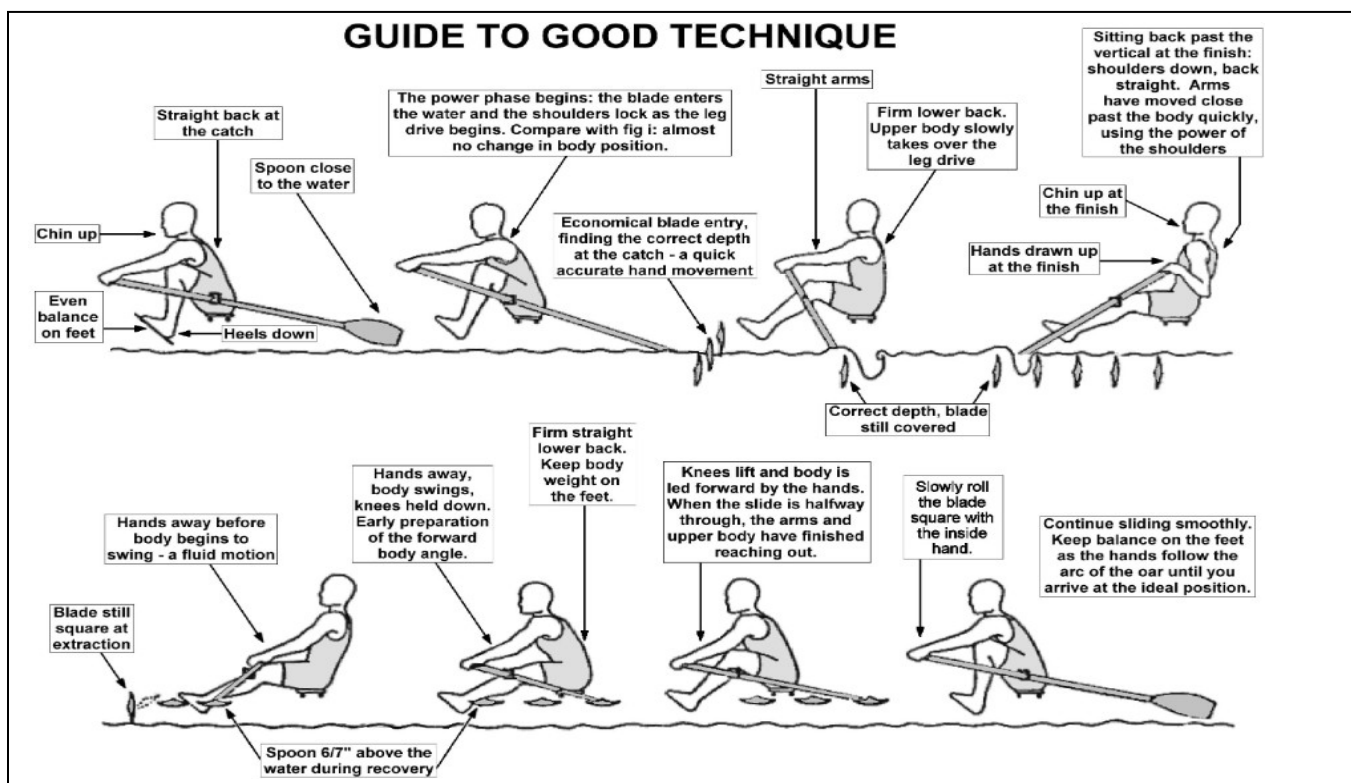
**Timing** - Coaches will say that there are a lot of good crews, but many of them row differently because their form varies. However, coaches all agree that the good crews have excellent timing. If the crew's timing is off, the boat won't run.

**Power** - All good crews have power and drive, being that it takes a certain amount of horsepower to move a given weight through the water. Of course, the athletes must be in top physical condition in order to keep their timing, form, and power for the entire race.

**Run** - An excellent run, the distance a shell is propelled by one stroke cycle, is the effect sought by all crew coaches. So the thing to watch is whether and how a crew makes its shell move.

## Basic Stroke

The stroke is made up of the catch, in which oars are placed in the water; pull through or drive, in which the legs are extended and the body opens up to make maximum use of the slide, levering the boat forwards; the finish, in which oars come out of the water; and recovery, in which the rower's body moves towards the stern in preparation for the next stroke. Oars are rotated to the feather (parallel to the water surface) at the finish to minimize air resistance and to the square (perpendicular to the water) at the catch to maximize water resistance.



## What the Heck is a Coxswain?

The coxswain's primary job is to keep the boat moving. During the race, besides steering, they control the pace of the boat. They do this by using a *cox box*, which tells them the current *stroke rate*. A coxswain is responsible for the following:

1. Safety of the shells and the crew.
2. Implement practice & race plans.
3. Provide rowers with information (Rate, time, distance, and position of the competition).
4. Motivate the crew.

Tradition has rowers tossing the coxswain into the water after a victory.

**This practice is strictly forbidden under local rowing rules for safety reasons. It will result in the disqualification of a team if it happens**

## The Boathouse and Equipment

The current inventory of equipment used by GBC is comprised shells, oars, ergs, and other peripheral equipment.

### Boathouse:

The GBCC Rowing Facility is located at the Atlantic Yacht Basin.

### Shells:

The GBC rowing program is equipped with 12 shells.



# of Crew	Maker	Boat names	Qty	Cost / Boat
1	Vespoli / Empacher		2	\$10,000.00
2	Vespoli / Filippe	Dubhghaill, Broken Arrow	2	\$15,000.00
4	Vespoli	Commitment II, Unity II, La Fuerza, Respect	4	\$25,000.00
8	Vespoli	Sonic, Athena, All for One, Mercury	4	\$45,000.00

### Oars:

The oars are constructed by Concept II Company. They are all ultra-lite carbon fiber construction and are used by national teams worldwide. Each oar costs approximately \$250.

### Ergs:

The GBCC both owns 18 model D ergs. The ergs are constructed by Concept II Company. Each erg costs approximately \$900 each.

## What is an Erg?

ERG is short for Ergometer

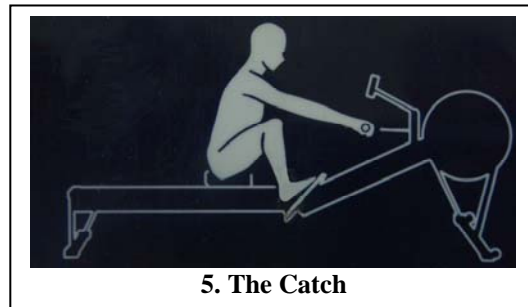
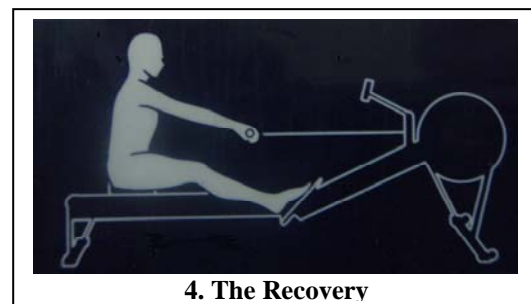
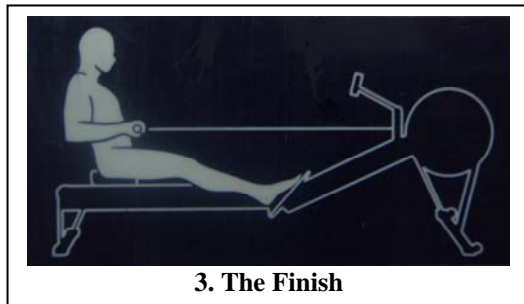
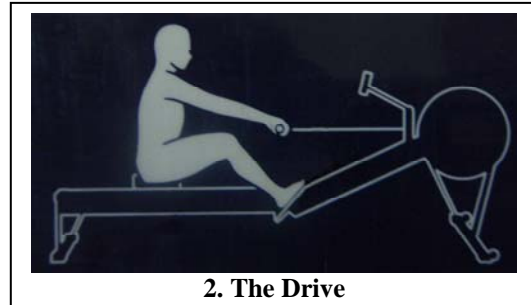
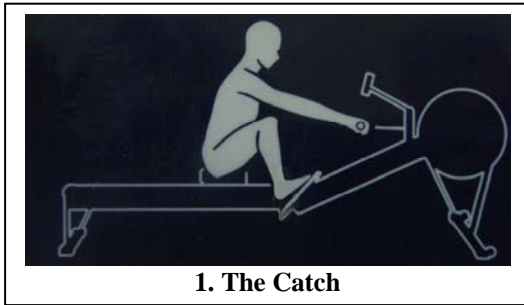
The Webster definition of an erg is the amount of work done by a force of one dyne exerted for a distance of one centimeter. In the CGS base units, it is equal to one gram centimeter-squared per second-squared ( $\text{g}\cdot\text{cm}^2/\text{s}^2$ ). It is thus equal to  $10^{-7}$  joules or 100 nanojoules (nJ) in SI units.



To a rower and new parent of a rower an Erg is a rowing machine used to increase and perfect rowing technique, performance and endurance. It is mainly used in the winter season. When the water temperature is too cold during the winter months the rowers will practice indoors on the Erg machines. The coaches will provide a schedule set of workout for the rowers. In February, there is a regional Erg competition where the Hampton roads area rowers compete

## Proper Erging Technique

There are five basic parts to Erging.



## Rowing Terms

The following is a list of rowing terms that can help you enter and keep up with the world of crew.

<b>Back-it down</b>	Means to have the rowers place their blades in the water and push the oar handle towards the stern of the boat. This motion causes the shell to move backwards.
<b>Blade</b>	End of the oar that enters the water. It maybe spoon- or hatchet-shaped
<b>Bow</b>	The forward section or nose of the boat. The front of the shell. Also the rower in the seat in the very front of the shell.
<b>Bow ball</b>	Safety ball fitted to sharp stem of racing boat
<b>Bow loader (Front loader)</b>	A boat in which the coxswain lies in the bow (a 4+ boat)
<b>Button</b>	Plastic sheath on oar or scull to prevent it from slipping through the oarlock; adjustable on modern oars.
<b>Catch</b>	That part of the stroke where the oar is placed in the water and the pull-through begins.
<b>Catch a Crab</b>	A rowing error in which the oar becomes trapped in the water in such a manner that it is difficult to get it out at the end of the pull-through. An exceptionally powerful crab can even throw a rower out of the shell.
<b>Check (stern)</b>	When the forward motion of the boat stops/ pauses at the catch.
<b>Coxswain (Cox'n)</b>	The crew's "quarterback". He or she sits in the stern or bow of the shell to steer and to give commands to the rowers. The <b>cox'n</b> is in charge from the time the crew picks up the shell in the boathouse until it returns to the boathouse.
<b>Crew</b>	Rowers who man a boat
<b>Down-on-port or starboard</b>	Means that the boat is leaning to one side or the other. Rowers must adjust hand or body position to correct this.
<b>Eights</b>	Term used to indicate eight-oared shells, as differentiated from <i>fours</i> or <i>doubles</i> .
<b>Even-it-out</b>	This command tells the rowers to pull with even pressure on both sides. This is the complement to ease-up.
<b>Erg</b>	A rowing machine used to increase technique and performance. Used mainly in the winter season

<b>Drive</b>	The portion of the stroke from the catch to the finish (when the oar is in the water). This is the propulsive part of the stroke.
<b>(#) Drop-out, (#) Add-in</b>	These commands tell the rower(s) either to stop rowing or to start rowing with everyone else. (#) indicates the number of rower(s) who should start or stop – e.g. <i>“Bow pair drop-out, stern pair add-in in two..”</i>
<b>Feather</b>	The act of rotating the oar handle so that the blade is parallel to the surface of the water during the recovery.
<b>Finish</b>	That portion of the pull-through just as the oar is taken from the water at the end of a drive.
<b>Foot-stretchers</b>	Where the rowers put their feet while they row.
<b>Front loader (bow loader)</b>	a boat in which the coxswain lies in the bows
<b>Gate</b>	bar across a oarlock to retain the oar
<b>German rig</b>	Position of the first four oarsmen is changed. No. 1 is port, No. 2 is starboard, No. 3 is Port, Nos. 4 and 5 are both starboard. Also known as “starboard rigged”.
<b>Gunwale or Gunnel</b>	The top edge of the sides of the boat.
<b>Hands-away</b>	the act of dropping the oar handle at the finish of the stoke so that the blade leaves the water and is feathered at the start of the recovery; sometimes referred to as "out of bow"
<b>Hands-on</b>	Tells the rowers to grab the boat so that it can be moved.
<b>Head Race</b>	A long race of about 3-5 miles. A race for time. The start is staggered. Usually in the fall months.
<b>(#) Hit it</b>	Tells rowers’ to row until told to stop –e.g. <i>“Two, hit it...”</i>
<b>Hold-Water</b>	Tells the rowers to drag their blades. Used to stop the boat’s forward motion.
<b>Hull</b>	The actual body of the shell.
<b>Inboard</b>	The distance between the far end of the handle of an oar or scull and the face of the button. The remainder is called the outboard
<b>Italian rig</b>	An eight rigged so that the bow seat and stroke seat outriggers are on the same side, with the others alternating from side to side in pairs
<b>Inside hand</b>	The oarsmen’s hand nearest the oar lock. This is the feathering hand.
<b>Keel</b>	The term for the center line of the shell (lengthwise).

<b>Lay-back</b>	What the rowers have when they sit with their legs flat and lean towards the bow of the boat with their body.
<b>Loom</b>	The part of the oar between the blade and the handle.
<b>Novices</b>	Rowers who are rowing for the first year.
<b>Oar Lock</b>	Piece of hardware on the end of the rigger that the oar goes into. It is U-shaped and has a locking bar (called a “gate”) to keep the oar from coming out.
<b>Outrigger (Rigger)</b>	A metal framework or a carbon-fiber reinforced arm to support the oarlock which is placed approximately 760 mm from the center of the boat
<b>Outside Hand</b>	The hand of a rower that is placed on the end of the oar handle.
<b>Over-reach</b>	Fault done by an oarsman when he comes to his full reach forward and then attempts to obtain even greater length by releasing his grasp on the handle with his outside hand or by bringing his outside shoulder further forward.
<b>Paddle</b>	Tells a crew to row with just enough pressure to move the boat. The paddle command is also used to bring a crew down from full pressure at the end of a workout piece or race.
<b>Pair</b>	A shell rowed by two athletes, each using a single sweep oar.
<b>Piece</b>	Any individual part of a workout.
<b>Puddles</b>	Whirls left in the water caused by the blade as the rower pulls
<b>Pull-through</b>	The portion of the stroke from the catch to the finish (when the oar is in the water). This is the propulsive part of the stroke.
<b>Port side</b>	The left-hand side of the boat when facing the bow.
<b>Power-ten</b>	Command from the cox’n to increase power for 10 strokes.
<b>Quad</b>	A boat with four scullers.
<b>Rate or Rating</b>	Number of strokes per minute being rowed by a crew. Varies with type of race, size and experience of crew.
<b>Ratio</b>	This is the relationship between how fast the rowers pull the oars through the water (the drive) versus how fast they move on their slides between the releases and the catch (the recovery). The average ratio is 3
<b>Recovery</b>	The act of bringing the oar back from the finish in preparation for another pull-through. This is the relaxation part of the stroke.

<b>Release</b>	The point in the stroke cycle where the blade leaves the water.
<b>Rigger (Outrigger)</b>	A metal framework on the shell to support the oar lock. These are the metal appendages sticking out of the side of the shell. They allow the oar locks to be outside the boat and therefore give the rowers better leverage.
<b>Roller</b>	The wheels upon which the seat slide travels along its track.
<b>Rudder</b>	Part of the boat that sticks below the water and is used to steer the shell.
<b>Rudder Cables</b>	The ropes held by the coxswain to control the rudder.
<b>Run</b>	Distance a shell travels during each stroke.
<b>Rushing</b>	Term for when rowers move too quickly along their tracks into the catch. The boat will lose the feeling that it is gliding or “ <i>running out.</i> ”
<b>Scullers</b>	A sculler uses two oars. One who rows in a single or in a double or quad.
<b>Set</b>	Is to have a balanced, level boat
<b>Set-it-up</b>	Reminds the rowers to keep the boat on keel.
<b>Sit-ready</b>	Commands the crew to move to the catch blades buried, and be ready to start the race.
<b>Settle</b>	A command and a part of the race. This tells the rowers that the crew is going to bring the stroke rate down for the body of the race, but still maintain the pressure. This usually occurs in the middle of the race.
<b>Shell</b>	A boat built for racing, which usually is 61 feet long and 24 to 26 inches wide at the widest point and tapered at either end.
<b>Shooting your slide</b>	When the rowers legs drive and back /shoulders do not move.
<b>Skeg</b>	Thin piece of flat metal or plastic that helps stabilize the shell in the water.
<b>Slide</b>	The rolling seat which slides back and forth on parallel tracks in the shell when the rower takes a stroke.
<b>Slings</b>	These are what you put a boat into to work on it when it is not on the rack. Never leave a shell sitting on slings without anyone close by.
<b>Spacing</b>	Distance between bowman’s puddle on one stroke and the point at which the No. 7 rower catches water on the next stroke.
<b>Starboard Side</b>	The right side of the boat.

<b>Start</b>	The term for the first four strokes and subsequent ten taken at the start of the race.
<b>Stern</b>	The rear section of the shell.
<b>Stretcher</b>	A frame with straps or shoes to anchor the rower's feet
<b>Stroke</b>	The rower closest to the stern of the boat, who sets the pace for the rest of the crew. Also, the sum total of the motion of the oar, from the catch to the release.
<b>Sweep</b>	Sweeping is asymmetrical rowing, i.e., rowing with one oar. The length of an oar is approx. 12 ft.
<b>Swing</b>	A feeling in the boat when the rowers are driving and finishing their strokes strongly and getting good layback.
<b>Track/slide</b>	The assembly upon which the seat travels.
<b>Up over Heads, Ready, up</b>	Tells the rowers to press the boat above their heads.
<b>Up to shoulders, Ready, up</b>	Tells the crew to lift the boat from any position below their shoulders, up to shoulder height. Can be reversed to lower the boat from heads to shoulders, i.e., " <i>Shoulders, ready, down!</i> " This is the best position for carrying a shell.
<b>Up to Waist, Ready, up</b>	Tells the crew to lift the shell to their waist.
<b>Varsity</b>	2 <sup>nd</sup> , 3 <sup>rd</sup> or 4 <sup>th</sup> year rower
<b>Walking</b>	When passing a boat, the cox'n announces each seat as it is passed.
<b>Washing</b>	Similar to the wake of a power boat
<b>Washing out</b>	When an oar blade comes out of the water during drive too early and creates surface wash that causes the shell to lose power and become unsteady.
<b>Weigh Enough</b>	The command to stop.
<b><u>You did what to the boat?</u></b>	<b>Phrase that should never be asked!</b>

## **Directions to Regattas**

Updated Directions are on GBCC website: <http://www.greatbridgecrew.org>

### **Botanical Gardens (Norfolk)**

I-64 exit 279 toward the airport.

At Azalea Garden Road, go left on Azalea Garden Road. Turn right into Norfolk Botanical Gardens. Pass through the post/entrance, usually \$8.00 to park. Go to the end of the road to park in the main lot by the visitor's center. Do not attempt to park on the road leading into the gardens. They may tow your car. The dock and regatta site is immediately to the left of the gate, but you likely won't be allowed to park there.

### **Head of the James (Richmond)**

#### **Robious Landing Park/James River High School**

3800 James River Road Midlothian, Virginia 23113

Take I-64 W to Exit to Route 288 S (Chesterfield Exit #288). Take exit at Huguenot Trail/Robious Road E (Rt. 711), turn left and go approximately 2 miles. Turn left at the first stop light onto James River Road.

### **Sandy Run (Occoquan)**

Take I-64 West towards Richmond

Take 295 North toward Washington DC

Pick up 95N toward DC

Take I-95 to the Lorton exit (Route 642)

Go right onto Route 642 (Lorton Rd.) to Furnace Road (Route 611)

Bear right onto Furnace Rd. to Ox Road (Route 123)

Bear right onto Ox Road and go 1.2 miles to Hampton Road (Route 647) also marked by a sign for Fountainhead Regional Park

Left on Hampton Rd. to Van Thompson Road

Bear left onto Van Thompson Road to Sandy Run Regional Park. (The speed limit is 25 mph--strictly enforced). Do not bring dogs to Sandy Run Regional Park.

Parking fee at Occoquan is usually \$10. Also noteworthy, this race site is a large park, extremely hilly and requires a strenuous walk to the viewing stands although a shuttle is also available for \$2.00 each way. You can set up chairs at the waterside but it does require a steep uphill walk back to the top. Restrooms consist of port-a-potties that fill up quickly and run low on supplies, so come prepared. Concessions are usually available. T-shirts- Sales will go fast!

## **Williams Wharf (Mathews)**

Take 64 to Route 17(J. Clyde Morris Blvd)exit.

Follow Route 17 North through Gloucester County.

Turn right on Route 17 Business after you pass Wal-Mart.

Turn right onto Route 14 at the first stop light.

Follow Route 14 until you reach a stop sign (about 12 miles).

Turn right onto Route 14/Route 198.

Stop at the first stop sign.

Turn right again ( there will be a Hardee's here).

Drive about 2 miles and turn right on Route 614.

Follow to the end of Williams Wharf.

There will be parking in an open field on the left before you get to the Wharf for families.

They will have a shuttle bus run the rowers and parents in to the regatta area.

Driving time is approximately 2-2.5 hours. Scheduled departure time could be as early as 4:30AM. Parking is approximately one half mile offsite, but a shuttle is provided. Large bulky items (such as large coolers) are allowed, but a struggle. Because of the location, weather can be unpredictable. Blankets and layered clothing are encouraged. Bathroom facilities are the temporary kind and can be (ahem) short of supplies. Better to bring your own. Limited food choices are available (sometimes better than others).

The road to the parking lot is paved; the actual parking lot is not. No seating is available. Viewing rails along the wharf are excellent locations for taking pictures and to watch the races.

There will be parking in an open field on the left before you get to the Wharf. There will be a parking fee. A shuttle bus runs the rowers and parents down to the regatta site. When you get off the bus, the building on the left is where they screen print T-shirts as they are ordered. Usually supplies last for a while and are very nicely done.

Driving time is approximately 2–2.5 hours. Large bulky items (such as large coolers) are allowed, but a struggle to get on the bus. Because of the location, weather can be unpredictable. Blankets and layered clothing are encouraged. Bathroom facilities are temporary port-a-potties and can run short of supplies—wise to bring your own T.P. They usually sell concessions to raise money for their club. A few of these regattas will offer some wonderful food choices (like crab cakes and clam chowder).

## **Regatta Management**

Each year we look to strengthen the regatta management team with parents who would like to grow with the sport over the course of their child's high school years. Those who assume these roles play a key part in the successful and smooth regatta execution, and have an "up close and personal" vantage point for viewing their children's races.

The Eastern Virginia Scholastic Rowing Association (EVSRA) Commission provides Regatta Management for our local area. As a member of the EVSRA, GBC is required to provide assistance at all local regattas. The EVSRA Commission Regatta Management Positions include:

**Regatta Manager:** Responsible for coordinating all regatta activities and conducts the regatta in cooperation with the Chief Judge-Referee.

**Course Master:** Responsible for setting up and taking down the course.

**Site Master (Botanical Gardens):** Responsible for site and finish line setup and takedown

**Launch Master:** Ensures that all launches/launch drivers have the required equipment and are matched with their appropriate Judge-Referees or safety roles.

**Dock Master:** Manages the traffic flow for boat launch and recovery, and inspects all boats for rule compliance.

**Finish Line Coordinator:** Responsible for setup and takedown of the finish line equipment and supporting the chief Judge during the races.

**Headquarters Coordinator:** Conducts the sign in of all volunteers, and coordinates the activities of the announcer and awards assistant.

**Communications Coordinator:** Responsible for setup of all communications equipment, posting results and relations with the media.

These roles are structured so that there are at least two people for each role who split the responsibilities over the duration of the season. It is desirable to have volunteers fill these roles beginning in the early high school years and stay with them for 2-4 years in order to maintain continuity and smooth operations from year to year.

There are also opportunities for those with an interest to support any of the other positions. For those new to a role, there will be an assigned mentor and a training course.

If you are interested, please call or email this year's Regatta Operations Committee Chair.

**[www.greatbridgecrew.org](http://www.greatbridgecrew.org)**

The Great Bridge Crew Club (GBCC) web site, along with frequent e-mail, is important sources of information to both the rower's and families' success and satisfaction as a member of the GBCC. The website contains a wealth of information from schedules, calendars, fundraising information, contact information for key GBCC members, directions to regattas, meeting minutes, this wonderful hand book, and is continually updated throughout the year to reflect changes to the schedule and other information that will be helpful in making your experience with GBCC a pleasant one.

Please be sure to visit the web site often (**several times a week if not daily during the school year**). Also, be sure to check e-mail several times a week if not daily as well as this is another important communications media such as Twitter.

# Appendix A

## Varsity Letter Requirements

*Every year, in November, rowers start anew reaching for these standards regardless of last year's performance.*

- Minimum Standards (must meet ALL of the following)
  - Two-year rower
  - Member in good standing
    - Attendance
      - Service
        - 6 hours of community service approved by GBC coach/sponsor
          - ◆ 4 hours must be through GBC arranged events.
          - ◆ 2 hours, maximum, may be credited for work through other organizations.
            - ✓ Must be submitted to Head Coach for prior approval
        - 2 Friends of the Library work sessions
      - Training
        - 95% of ALL meetings and training from the start of winter conditioning on December 1 through the State Championship Regatta in May.
          - ◆ Includes running, erging, lifting, yoga, Teacher Work Days, school ½ days, Spring Break Training, and any other time a coach schedules training sessions or meetings.
            - ✓ Saturday workouts, attended by a GBC Coach may earn a rower “credit” towards an absence
          - ◆ Late arrivals will affect a rower’s attendance
            - ✓ 3 late arrivals = 1 day absent
          - ◆ Excludes Winter Break, although rowers may earn “credit” by attending training during this time.
            - ✓ Erg Marathon = 2 days
            - ✓ Team erging/running = ½ day
            - ✓ Team lifting = ½ day
      - Competitions
        - HRRC Erg Pull in February
        - All Spring regattas up to, and including, the State Championship Regatta
    - Character
      - The Rower must demonstrate Oarsmanship in all aspects of GBC activities, by the coaches’ standards. This also includes a clean and clear school disciplinary record (ISS, OSS, honor code infractions, etc.)
    - Academic
      - Rower must maintain a minimum 2.0 GPA
- Additional Standards (must meet at least ONE of the following)
  - Four year rower
  - Earn a medal at...
    - VASRA Championships – Gold (only)
    - Stotesbury Cup – Gold, Silver, or Bronze
    - SRAA Nationals – Gold, Silver, or Bronze
  - Erg score ...
    - Qualifying events: Baltimore Burn, Mid-Atlantic Erg Pull, HRRC Erg Pull, or Spring Break Training
    - Heavyweight
      - Girls: sub 7:50.0
      - Guys: sub 6:50.0
    - Lightweight
      - Girls: sub 8:00.0
      - Guys: sub 7:00.0

*Coaches may override these requirements to either grant or deny a varsity letter to a rower/coxswain.*