



Lyme Old Lyme High School and Blood Street Crew Handbook

[Http://www.springcrew.com](http://www.springcrew.com)

Boathouse Phone: 434-3935



Welcome

Old Lyme has deep roots in the sport of Rowing, thanks in a great part to Mr. Fred Emerson, a Lyme resident who enthusiastically donated many hours of his life and financial support to the Blood Street Sculls. Our current boathouse is named after him and the original boathouse still stands on Blood Street. He is also credited with starting many other rowing programs in the United States, including, Trinity and the Coast Guard Academy.

It is not typical for a public school to have a crew team, and we are incredibly fortunate to have access to good equipment. The high school team is supported by Old Lyme Rowing Association which was created in 1983 with the primary mission of supporting junior rowers. In addition, the association under the auspices of Old Lyme Parks and Recreation has a summer Learn to Row program for adults and juniors and a competitive Master's (adults) level program. High school level junior rowers can participate in the summer and the fall competitively with the Blood Street Sculls. These programs have produced national champions and enriched the lives of many.

Unlike other traditional sports, parental involvement is not optional it is a necessity. Understandably, some parents will have more time and resources than others, but there is an opportunity for all to help in some way.

The Old Lyme Rowing Association (OLRA) and the OLHS Coaching Staff have prepared this handbook to keep everyone acquainted with the team's activities and policies, and provide a more informed view on your daughter's and/or son's experience.

We also want to encourage your interest and enthusiasm as a parent to support the team's efforts. Parents are always needed to help during weekends in very practical ways: prepare and bring food, volunteer and cheer for the team at regattas. And, throughout the year, you can also commit to helping organize and carry out fundraisers and special events.

The OLRA Board meets year round to assist coaches in making decisions about the direction and policies of the program, and also to coordinate the many Board functions, that include coaching assignments, communication, fundraising, finance, clothing, parent meetings and boathouse family events, and regatta hospitality. Everyone is welcome to attend these meetings and to get involved in the Board and/or help out with Board functions. Do not hesitate to contact us at any time. The meetings have been taking place at Greg Hack's house.

Contact Information

**Emerson Boat House
174 Boston Post Road
Hains Park, Rogers Lake, Old Lyme, CT**

OLRA 2012 Officers

President:

Gregory Hack

Vice President:

Chris McCawley

Secretary:

Candice Fuchs

Treasurer:

Heather Stone

LOLHS Coaches:

Louis Zubek: boys head coach - zubekl@region18.org

John Laundon: girls head coach - jlaundon@comcast.net; 860-227-9728

Brian Schuch - brian.schuch@gmail.com

Ed McCusker: novice coach - mariemccusker0220@sbcglobal.net

OLRA Website: www.lymeoldlymerowing.org

LOLHS Website: www.springcrew.com

Donations: Tax deductible donations can be made by check to “OLRA” and mailed to:

Greg Hack, President
OLRA
6 STONEWOOD DR
OLD LYME CT 06371

PROGRAM GOALS

1. The development of the basic skills, appropriate attitudes, values, and team concepts necessary for competition.
2. To allow as many students as possible to participate and share the experience and benefits derived from team membership.
3. A comprehensive rowing program allows for both community (team) and individual growth. A student's sense of self-expression, physical and emotional wellbeing, moral and social responsibility and the need to work cooperatively with others are all enhanced by a well-organized and effectively administered rowing program.
4. To compete successfully.

CONDITIONS OF PARTICIPATION & ELIGIBILITY PAPERWORK

All student athletes must meet the following minimal requirements for participation in interscholastic sports.

1. All necessary paperwork* must be completed and kept on file including the following: a parent permission slip, medical clearance from the school nurse, a physical exam by a doctor every 13 months of participation, completion of existing medical conditions form (asthmatic) and signed preseason contract.

* Forms are available online at the District 18 web site (www.region18.org - click on "forms" in the left hand column of the home page) and in the nurse's office at each school.

2. Each high school athlete must meet the minimal academic requirements established by the CIAC to maintain eligibility. A student must pass (60 or higher) four full credit classes each marking period that their sport is in season. Fall athletes will be assessed on their semester grades at the end of the previous year. Lost credits can be made up in summer school to reestablish eligibility. Parents are encouraged to contact the Guidance Department if they have any questions about grades and/or eligibility. The coaches and Athletic Director will monitor athletes on a regular basis.

3. Student athletes must meet the age requirement. A student may not participate if they turn 19 years of age before September 1 of a school year.

PRACTICE TIMES AND LOCATIONS

Practices are generally held most days after school from 2:45 to 4:30 pm (4:45 to 6:00pm - Valley) at the Rogers Lake. A bus will take athletes from the high school to Rogers Lake at 2:30pm. We also practice and/or race most Saturdays.

FREQUENTLY ASKED QUESTIONS

Do you have to do the “learn to row” to join the team in the spring?

No. We also teach new people to row in the spring season.

What’s the difference between the fall and spring seasons? Fall Season starts warm, finishes cold Races are 20 minutes long Races are time trials We do a lot of sculling (row with 2 oars) We race in the Head of the Charles Regatta (www.hocr.org)	Spring Season starts cold, finishes warm Races are 6 minutes long Races are side by side We do sweeping (rowing with 1 oar) We race in the New England Interscholastic League (www.neirarowing.org) and the Connecticut Public School Rowing Association
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What’s the same between the fall and spring seasons?

Boats are set in both seasons by Ability, Attitude, and Attendance.

We put the best in the 1st boat, the next best in the 2nd boat, and so on.

We have Varsity and JV (includes new rowers)

Races can take a couple of hours or all day and are usually on the weekends

What’s a practice like?

Generally, you meet with your coach, go over the practice plan for the day, get your boat out of the building, put it into the water, and go rowing. On the water you’ll do drills to improve technique and do “pieces” (timed intervals pulling hard) to improve fitness. When done, you clean the boat, put it away and go home. However, it’s likely that practice will also include running, an exercise circuit, stretching, erging, etc.

Do you row every day?

Most boats practice or compete six days a week

Only lightning and thunder keep us off the water. On those days, we do workouts on land.

Does everyone row all the time?

It depends. If you’re on the Varsity, then yes, you row every day and race every time. If you’re on the JV, we try to put everyone on the water every day, but you may not row every day or race every time.

Do boys and girls row together?

No. There is a separate boys and girls team but we’re all part of the LOLHS or Valley Crew. The exception can be coxswains; they can compete in a boys or girls boat.

Can we do other things in addition to crew?

Preferably not, but you do so with the understanding that if you miss practice, you’ll have missed some things and that will make it harder for a coach to put you into a boat when you come back.

What if I can’t swim?

You must pass a swim test in order to practice or compete.

VACATIONS

At the high school, student athletes and parents should be aware that many sports seasons will overlap with school vacations. Competitions and practices will, in many cases, be held during these breaks. Student athletes should take this into consideration before trying out for a team. If a student goes on

vacation during a season, team rules may dictate that a reduction in playing time may occur. It is advised that as much notice as possible be given to a coach if a student athlete will be absent during a school vacation. School sponsored trips may result in the same loss of playing time for an athlete.

HAZING

Hazing is defined as mental or physical harassment of players on a team. Most typically, this results in older players intentionally mistreating younger players for the purpose of initiation. These practices can be demeaning and dangerous. These incidences often happen when the coach is not present (weekends, putting up sheets, etc.) These actions are considered bullying and will not be tolerated by the school district. If hazing is occurring, please contact the Athletic Director or school administration as soon as possible. (Refer to Board of Education policy on bullying, Policy #2305.

BASICS

FALL CREW: September - November

Students DO NOT have to row in the fall to be able to join the team in the spring.

Returning rowers begin practicing the first week of September and are expected to be in shape when arriving. Returning rowers practice 5-6 times a week and generally have 6-10 races during the fall season, with an emphasis on sculling.

For new rowers, we will cover the basics of the sport with an emphasis on technique instead of fitness. New rowers generally have 3-5 races during the fall season.

WINTER CREW: December - February

Indoor workouts consisting of workouts on the rowing machines, lifting, circuits and various video workout programs

SPRING CREW: March - June

Practice begins the first Monday of March for ALL levels and is held 5 or 6 days a week.

Racing begins the first weekend in April.

SUMMER CREW: June - July

There are several local options for summer rowing. All have a fee.

HOW ARE CRLS CREWS CHOSEN?

Crews are chosen based on ability, attendance and attitude with consideration to the league event we are competing in. (See CRLS Racing Leagues).

PRACTICE

Practice Requirements

Rowing requires discipline, focus and teamwork. Any absence has a direct effect on the boat the rower is in, but may also affect other boats and even an entire practice.

Please be aware that even excused absences may jeopardize the position of the student in a boat.

Practices are almost never canceled. Any cancellations will be announced at school and texted to the athletes.

PRIORITIES

- Family – however, your cousin's birthday party does not count.
- School Studies (not clubs, service projects, etc.)

- Crew
- Everything Else

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REGATTAS

A note about Regattas

In the course of a week, few sports practice (12 - 18 hours) and travel (6 – 12 hours) for such minimal time in actual competition (6 - 12 minutes). Because of this, coaches make every effort to run every race at a regatta. And while they do everything they can to start and end on time, ours is an outdoor sport and subject to the weather. Unfortunately this means regattas can start late and/or go past their scheduled finishing time. Therefore, it is strongly recommended that you **NOT** schedule activities right after a regatta is supposed to end. Team members are required to return with the team to the boathouse after a regatta is finished to unload the boat trailer and put the equipment back into the boathouse. It is unfair to the other members of the team for individuals to not help with the unloading.

Clothing

Rowers and Coxswains should come to practice appropriately dressed, which means running shoes and weather appropriate clothing. If it is cold, they need layered clothing and a hat. If it is wet, they need rain gear. Other items: boots and gloves are the responsibility of each coxswain.

To compete, each student must purchase and wear the CRLS Crew uniform. Additional clothing items such as the long sleeve warm-up, jacket, hat, etc. are recommended but not required.

FUNDRAISING

Ergathon – June 1, 2014

PARENT/FAMILY REQUIREMENTS

Rowing is an expensive and logistically difficult sport to manage. Because of this, each student-athlete and their family agrees to assume responsibilities as requirements for the student-athlete's participation. Each family agrees to provide food or beverages, and make time for and help with, the various team events.

PARENT INVOLVEMENT

Family and friends are strongly encouraged to attend regattas and events. Food and support are always needed and regattas often resemble large lakeside picnics in the middle of an athletic competition.

Expect to be contacted on a weekly basis by email regarding food and help requests. Regattas are many times full-day events, and we have many hungry teenage athletes to feed. Sandwiches, power bars, bagels, and fruit are the main food items during the day. We also provide them with hot chocolate and soup when the weather requires something hot to warm the body. Brownies, cookies and sweets are generally left for after the races. You will be contacted in relation to food contributions needed for each race. A school bus will be used to transport students to away events.

SAFETY

School Insurance/Injuries Any athlete referred by the coaching staff to seek medical advice or attention must be cleared in writing by a LOLHS trainer before being allowed to return to practice.

Please be aware that if the student is required to use any medication, for any reason, you must provide that information on the Medical Screening Form, and in certain cases, you must also provide the coach with a

duplicate of that medication for storage at the boathouse. Most notably asthma inhalers and anaphylactic epipens.

Safety Everybody must take a swim test and watch the USRA Rowing Safety video each year. If your boat swamps (fills with water) or turns over, hang on to it until you are picked up by a coach's launch. **NEVER LEAVE THE BOAT!!!**

DISCIPLINE

As representatives of your family, this team, and the school, CRLS Crew members are expected to use common sense and good will in their decisions and actions. They must learn the rules of this program and have the best intentions in not putting themselves in a position to be disciplined.

ROWING: THE BASICS

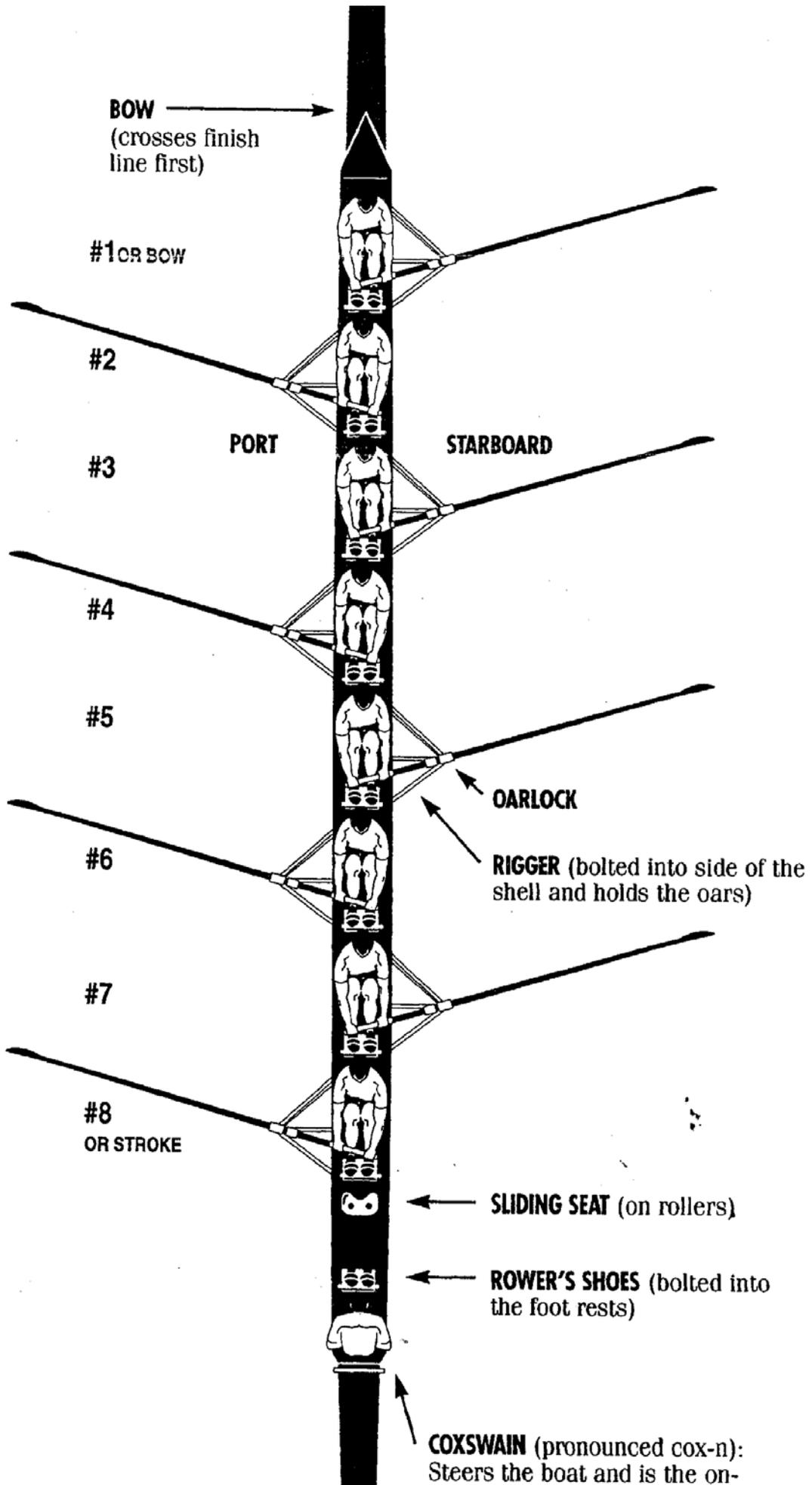
The information of this section is drawn mainly from the US Rowing Association website:
<http://www.usrowing.org/parents/index.aspx>

The Rowing Motion

The whole body is involved in moving the shell through the water. Although rowing looks like an upper-body sport, the legs are the dominant force and provide most of the power. There are four parts to the rowing stroke: catch, drive, release and recovery.

The catch is the moment the blade enters the water, the drive is the power phase of the stroke (when the blade is in the water and the boat is at its most stable position). The moment the blade exits the water is the release, when the power phase ends. The recovery is the time that the blade is out of the water and traveling to the catch position and the rower must use her oar to balance the boat.

“Catching a crab” is when the blade cannot be released from the water at the release because it is not perpendicular to the water. A suction-like effect is caused, not allowing the blade to pop out of the water. A minor crab can cause the rower to have to stop to clear her oar, a major crab will require the whole boat to stop. The stroke rate is how many strokes per minute the crew is rowing, and the swing is the overall rhythm of the entire crew. The run refers to the movement of the boat through the water. A fast, smooth looking boat has run or good spacing. Spacing is the distance between the #2 release puddle and Stroke's catch. A fast, smooth looking boat has good run and spacing.



Sweeping vs. Sculling

Athletes with two oars are scullers. Athletes with only one oar are sweep rowers. LOLHS Crew uses sweep boats. Our boats carry a coxswain to steer and act as an on-the-water coach. We race in fours with a coxswain and eights with a coxswain. Athletes are identified by their seat in the boat. The athlete in bow is seat No. 1, that's the person who crosses the finish line first. The person in front of the bow is No. 2, then 3, 4, 5, 6, 7 and 8, a.k.a. the stroke. The stroke sets the rhythm and number of strokes per minute the rest of the crew must follow.

Oars

Oars move the boat through the water and act as balancers. Sweep oars are 12'-6" long, approximately two feet longer than sculling oars. The blades, the large area at the end of the shaft of the oar, are the only portion of the oar that enters the water and shows the school colors. Although oars with standard shaped blades are still used, oars with hatchet blades are the most popular because of their larger surface area.

Boats

Boats or shells are light and appear fragile but are crafted to be strong and stiff in the water. The longest boat, the eight, is 57 feet long; a single scull is 27 feet. LOLHS mainly competes in Fours (NEIRA) and Eights (CPSRA). The oars are attached to the boat with riggers, which allow for the levering action of rowing. Generally, sweep rowers sit in configurations that have the oars alternating from side to side along the boat. The side of the boat to the right of the rower is the port; the side of the boat to the left of the rower is the starboard. Rowers are generally assigned to one or the other side, and are therefore a port or a starboard. The rowers' seats are sliding seats, they move on rollers. Seats also have rowers' shoes that are bolted into the foot rests.

Team Members:

Coxswains

The brain behind the brawn. Good coxswains are driven, smart, quick thinkers, articulate, competitive leaders with a lot of common sense. In addition to steering the shell, the coxswain executes the practice and race plan and works to ensure the safety of the crew and equipment. Their ability to execute a practice enables the coach to focus the attention on the technical improvement of the rowers.

Rowers

The horsepower. Good rowers are motivated, powerful, fit, smart and competitive. They have a desire for personal improvement while understanding and accepting the impact their actions have on the crew as a whole. Increased fitness and technical improvement are their primary objectives. Rowers should come into each season in shape and ready to work hard from day one. They should come to practice and events well rested and healthy.

RACES

SPRINT RACES: Similar to track or swimming.

The start happens from a dead stop. All the boats in an event are aligned side by side. The rowers are poised at the catch, ready to take the first stroke. There is an initial burst of effort, usually at a high stroke rating and maximum effort, to get the boat up to speed. After these starting strokes the coxswain will call for their crew to 'settle' into the race at a lower rate and about 95% effort.

To respond to an opposing crew, or focus on technical goals or a problem, the coxswain will call for a 'ten' – when a crew focuses on one element of the race (it could be power or technique) for 10 consecutive strokes.

In the last several hundred meters of the race, the coxswain calls the stroke rating and effort back up, and the crew 'sprints' for the finish line. First bow ball across the finish is the winner.

HEAD RACES: Time Trial

All the crews in one event are assembled above the starting line. At 15 second intervals they cross the starting line and begin racing against the clock. Because of the length, the stroke rates are generally a few beats lower than sprint races but the target effort is still 95%. 'Tens' are called as needed.

Crews are allowed to pass if overtaking a slower boat, but they must yield the better line if a faster crew is going to catch them. Results are based on a crew's elapsed time over the course.

RACE SEASONS

Spring – Traditional College and High School Season. High School and College races and championships are held separately. The traditional distance for high school is 1500 meters. Regattas organized by the United States Rowing Association are 2000 meters - which is the international distance for Juniors. College races are 2000 meters.

Summer – Club and International Racing. U.S. and International Championships are held during the summer. Club and International races are 2000 meters.

Fall – Head Season. High School, College, Club and International crews compete in separate events at the same regatta. Distances vary from 2 to 3 ½ miles. Distance depends on the available water and whim of the organizing club. The Head of the Charles Regatta is the most prestigious and is 3 miles.

Winter – Erg Season. Indoor events are similar to Fall regattas with different events at the same competition. Indoor races are also 2000 meters. The CRASH-B's in Boston are the unofficial world championships.

RACE CLASSIFICATIONS / EVENTS

Sweeping (+ with a coxswain / - without a coxswain)

2- Straight Pair

2+ Pair or Pair With

4- Straight Four

4+ Four or Four With

8 Eight (always has a coxswain)

Sculling (all without a coxswain)

1x Single

2x Double

4x Quad

Open vs. Lightweight

There are also divisions based on body weight. There are high school, college, club and international lightweight races. The International maximum limit for men is 160 lbs. For women it is 130 lbs. In high school it's 155 and 130 lbs. Anyone over these limits is considered an open weight rower. Lights can race open if they choose. Neither the CPSRA nor the NEIRA have lightweight events.

LOLHS RACING LEAGUES

LOLHS Crew participates in two racing leagues: the Connecticut Public High School Rowing Association (CPSRA) and the New England Interscholastic Rowing Association (NEIRA). Both leagues require parent volunteers to help run their respective regattas.

CPSRA <http://cpsra.org/> The CPSRA is open to any public school in the State of Connecticut. They organize spring championship. Crews must compete against at least 2 other CPSRA programs during the regular spring season to be eligible to enter the championship regatta.

In the CPSRA, rowers are separated by skill level –

Novice – a freshman or anyone in their first year of rowing.

Varsity - all others.

Novice rowers can participate in Varsity events but Varsity athletes cannot race in a novice crew.

Programs are required to race from the 1st boat level down. Exceptions are made for first year programs. Students can row in one sweep event and any number of sculling events.

The CPSRA has the following events at its championships.

Boys and Girls 1st, 2nd and 3rd Varsity 8

Boys and Girls 1st Novice 8

Boys and Girls 1st, 2nd Varsity 4+

NEIRA www.neirarowing.org

Open to public and private schools in New England (CT, MA, RI, ME, NH), crews must compete against at least 3 other NEIRA programs during the regular spring season. Based upon results from these races, the top eighteen 1st boats, and the top twelve 2nd, 3rd and 4th boats respectively, qualify to for the Championships. At the start of the season, a school declares which type of boats it will try to qualify in. CRLS is a 'Fours' program.

In the NEIRA, there are no skill separations. The best rowers (regardless of grade or years on the team) go into the 1st level boat, the second best into the 2nd boat, and so on until a program runs out of athletes. Students are allowed to compete in one event only.

The NEIRA only holds a spring championship. Crews finishing first or second in a 1st level event are invited to compete at the US Rowing National Youth Championships in Ohio.

NEIRA Events:

Boys and Girls 1st, 2nd and 3rd Eights

Boys and Girls 1st, 2nd, 3rd and 4th Fours

Boys and Girls 1x