

Wakefield High School Crew Team Handbook 2018 - 2019



ABOUT WAKEFIELD CREW

Wakefield High School (WHS) crew is a coed sport that trains and competes in the spring season under the guidance for the Wakefield High School student activity department and in the Virginia Scholastic Rowing Association League.

1. WAKEFIELD CREW MISSION STATEMENT

The mission of WHS Crew is to provide an enriching and rewarding team sport for its students who are interested in physical and competitive challenges and in developing rowing skills and knowledge as an important part of their overall educational experience at WHS.

WHS Crew will provide the environment to gain these rewarding experiences in both training and competitive situations and permit each student athlete to advance whether as a novice beginner or an experienced competitive rower.

WHS Crew will always place the growth, development and needs of our student athletes first since their safety, well-being and personal progress are our first priority.

The mission of the Wakefield High School rowing team is to build the minds, body and character of the student-athletes. WHS rowing team achieves this mission through teamwork, perseverance, commitment, respect, integrity and sportsmanship.

Rowing demands great personal effort and a willingness and ability to harmonize individual effort with that of the team. Rowers will endeavor to synchronize the pace and power of their strokes, and successful rowers will learn to face and overcome challenges as a team, and in competing, come to appreciate the value of hard work and mental toughness.

The Wakefield High School rowing team welcomes all students regardless of grade, size or ability.

2. REGISTRATION

Parents/guardians will be required to register their child for participation in the Wakefield Crew Program prior to the beginning of the season. A registration form, uniform fee and registration fee will be required along with other specific forms.

A Crew informational meeting will be held in the January/February timeframe so that all forms and registration information can be completed, and a follow-up meeting will be held the week after try-outs for all parents and rowers.

Each rower is responsible for paying the annual Crew dues and the cost of their racing uniform.

Dues: Varsity \$400; Novices \$250.00

Uniform Fee is estimated at \$125 per new rower.

No athlete will be allowed to participate in on-the-water training, or other activities until all required fees are paid and the following forms submitted.

- Wakefield Crew registration form
- Athletic participation agreement
- Physical form must be completed by a physician and turned into the Wakefield Athletic Department.
- Emergency Care Card

A Parental Authorization for Field Trip Form will be required prior to using school bus and private transportation to get to practice or regattas:

A US Rowing waiver must be completed and signed by parent/guardian (on-line) in order for the rower to participate in regattas (racing).

3. COMMITMENT & PARTICIPATION

Commitment is a very important part of Crew at Wakefield. Rowing is a physically demanding sport and the season--from conditioning through the final regattas in May--is long. For the team to be successful, commitment is required to withstand the grueling physical demands of the sport, to raise the funds needed to sustain the team, and to keep a growing sport at the forefront. Wakefield Crew exists not only because the athletes are committed to their sport, but also because the parents are committed to their rowers.

All Crew families are expected to participate in regattas, fundraising and other Crew activities throughout the year. Booster families participate with their rowers in fundraisers, workdays, and regatta support.

4. REQUIREMENTS

Athletes must adhere to the eligibility requirements established by the Virginia High School League. Additionally, Wakefield requires student-athletes to maintain a 2.0 GPA (eligibility policy approved by the Arlington School Board).

VHSL REQUIREMENTS:

- A student must have passed at least FIVE (5)-credit subjects the immediately preceding year or semester.
- A student must currently be a full time student, enrolled in at least FIVE (5) credit courses.
- The student-athlete must have a completed Athletic Participation/Parental Consent/Physical Examination form (2 pages), signed by a parent/guardian, student and physician.
- A physical is required annually May 1st through June 30 for the following year. All physicals should be turned in to the athletic trainer (Becky Kigin) in room 23. All physicals must be completed on the new VHSL Physical Form. The student activities office cannot accept sports Physicals completed on any other form.
- The student-athlete must not have reached his/her nineteenth birthday on or before the first day of August of the current school year.
- No student-athlete is eligible to participate if he/she has attended more than EIGHT (8) consecutive semesters in high school.
- Transfer student-athletes must see Noel Deskins or Robert Strauss.

- Providing (any) false information on the physical form could result in ineligibility of up to one year.

WAKEFIELD REQUIREMENTS:

- Wakefield High School will require all student athletes to have a 2.0 GPA and a 2.0 each semester thereafter. This requirement includes those athletes/rowers who participate in WHS rowing, but attend other Arlington County High Schools/programs, such as HB Woodlawn.
- All student-athletes are monitored at interim and at grade report time.
- Final eligibility clearance will be granted by the Director of Student Activities (Noel Deskins) in accordance with the VHSL rules and Wakefield requirements.
- Medical Insurance is mandatory.

Swim Test (Novices Only)

All new rowers must pass a Swim Test prior to practicing on the water. The Swim Test will be administered for all new crew team members prior to the start of on-the-water training.

The Swim Test will consist of the following:

- All rowers must be fully clothed
- Swim 1 lap
- Tread water for 4 minutes
- Don a Personal Floatation Device (PFD) that is tossed to them while in the water

The entire test must be completed without stopping, touching the walls (other than to turn and go in the other direction) or touching the bottom of the pool. There will be no break between the swimming and treading water portions of the test. There is no time limit or stroke requirement for completing the one lap.

Coach and a lifeguard will administer the Swim Test. The lifeguard will sign the swim test log upon successful completion of the swim test.

Returning rowers do not have to complete the test once they have successfully passed.

5. PARENT/COACH COMMUNICATIONS

Parents should ensure that they provide the coaches day/evening/emergency contact information. They should also ensure that the coaches are notified of any special instructions concerning their rower's health or other concerns. While Arlington County buses are available to provide transportation to/from WHS to/from the Anacostia Community Boathouse, parents and rowers are responsible for ensuring transportation home following practices and regattas. Some practices and regattas will require separate transportation arrangements and those will be communicated in advance of that particular practice and regatta.

The coaches will communicate details about the practice/regatta schedule early in the season, though late winter and early spring weather could--and will--force last minute changes to the times and locations of training. Coaches will similarly inform parents about special training and volunteer opportunities.

Coaches contact information is as follows:

Coach David Noyes: david.noyes@apsva.us; Cell: 508-340-0387

Coach Daniel Voigtsberger: CoachDaniel@wakefieldcrew.org; Cell: 703-593-4941

Coach Eliot Voelker: voelkeref@googlemail.com; Cell: 434-422-0672

Coach Russell Topp: rftopp@gmail.com

6. TRAINING

Winter Conditioning (land training)

Winter Conditioning, also referred to as Land Training, is a voluntary pre-season training program designed to prepare athletes for the physical demands of the spring rowing season. The coaching staff highly recommends that student-athletes participate in the winter training program or participate in another sport during the winter months. The accomplishments of winter conditioning set the stage for the team's level of performance in the spring season. Winter conditioning season starts in mid-November and continues right up to the beginning of the spring season water training, which begins in late February. Conditioning sessions are held after school at Wakefield High School and, possibly, at offsite training facilities.

Spring Practice (on the water)

Spring Practice means time on the water at the Anacostia Community Boathouse and it officially begins in late February. All practices are mandatory and will be held each day after school and Saturdays will be either a practice or a regatta. Practice times are as follows:

Monday thru Friday: 4:45pm to 6:15pm (arrival and departure from the high school is dependent on bus availability and traffic)

Saturday: 7am to 9am (Bus will depart high school promptly at 6:30am and return by 9:30am)

Training/Practice continues through Spring Break. All Rowers and coxswains are required to be at all practices and regattas unless otherwise specified by the coach. Rowers must notify and make arrangements with the coach well in advance if there is reason for an absence in practices or regattas during the season. Practices are held daily during the spring break and are considered to be part of the normal season practice schedule. Failure to attend practices over spring break will be treated as if a "regular" practice is missed. Unexcused absences are unacceptable. The absence of one rower can impact not only the other eight athletes in his/her boat, but also those of other boats when athletes are shifted to cover the absent rower. Excused absences should be kept to a minimum. While the coaches recognize the extraordinary demands placed on the

students, instructional time on the water is a precious commodity. Excessive excused absences will cause the rower to lag behind in both technical and athletic development.

7. CLUB EXPECTATIONS

Athletes are expected to:

- Work hard in order to improve and strive to achieve individual goals.
- Be supportive of the team by accepting coaching decisions.
- Participate fully in all aspects of the training.
- Seek feedback. If a rower doesn't know where they stand, ask.
- Realize team goals come before the needs or desires of any individual.
- Treat all teammates, opponents, coaches, and officials with respect.
- Participate fully in all fund raising activities.
- Enjoy being a member of a successful, competitive rowing team!
- Dress for the occasion.

Coaches are expected to:

- Run all training sessions with safety of participants as the first priority.
- Keep equipment in proper state of repair.
- Provide direct feedback to the student-athletes about their strengths and/or weaknesses, and ways to improve. Be constructive in criticism.
- Make fair assessments to achieve the fastest lineups and communicate the results openly.
- When selections are made, hold individual conferences to explain decisions.
- Share with the participants in the failures and many successes of this team!
- Provide clear communications from the beginning on all steps necessary to make Wakefield Crew a successful program.
- Be appropriately certified in CPR/AED, First Aid, Boating Safety, US Rowing education and any other educational programs the Arlington Public Schools require.

Parents are expected to:

- Support their children and the team by taking an active role in the Wakefield Crew Boosters volunteer program.
- Remember that the coaches have full responsibility for training the student athletes.
- Respect the coaches as the final authorities on boat selection and rowing matters. Remember, coaches seek only to create the fastest possible lineups. While decisions are subjective, they are not personal.
- Participate in fundraising and service activities.
- Enjoy your child's growth and development through his/her commitment, dedication, and teamwork!
- Show up at regattas to watch and support the team.

Parents should remind their rowers to remain engaged with their coaches regarding their development, areas needing improvement and goal setting. Parents are welcome

to speak with coaches when they are available about rowing and their student athlete's progress but shall not question the coaches authority regarding boat and seat placements and other coaching decisions as defined below.

Boat Selection:

Boat selections are based on demonstrated performance as measured against standards and individual goals, including erg performance, technique, work ethic, and other criteria as determined by the coach. Decisions regarding boat selections are solely the purview of the coach. Attitude and attendance at practice play a crucial role in boat selection as well. Coaches sometimes use a selection method called "seat racing" in which they switch rowers between competing crews to determine which person makes the boat go faster. In all cases, coaches reserve the right to use a certain amount of subjective judgment in making these decisions.

Coaches take the following factors into account when making boat selection:

ROWERS	COXSWAINS
Attitude	Attitude
Consistency/Teamwork/Attendance	Consistency/Teamwork/Attendance
Erg Scores	Leadership Ability
Rowing Performance	Ability to motivate others
Experience and racing skills	Experience and racing skills
Seat racing	Technical Knowledge
Physical conditioning	Practice and race management

8. ATTENDANCE POLICY

Teamwork is paramount to success in crew. Absences are extremely disruptive to the team's progress and overall success. All rowers and coxswains are required to attend each practice and report on time. Unexcused absences are unacceptable. If an athlete is absent from school or departs school early due to illness, they are not permitted to attend practice on that day.

Not attending practice has the following effects:

- The absent athlete does not develop.
- Other athletes are unable to practice.

Not attending practice may have the following effects:

- Athlete is removed from a boat and replaced by another athlete for practice.
- Athlete is removed from a boat and replaced by another athlete for a race.

Rowers and coxswains are required to be at all practices and regattas unless otherwise specified by the coach. Rowers must notify and make arrangements with the coach well in advance if there is reason for an absence in practices or regattas during the season. Practices are held daily during the spring break and are considered to be part of the normal season practice schedule. Failure to attend practices over spring break will be treated as if a “regular” practice is missed. Unexcused absences are unacceptable. The absence of one rower can impact not only the other eight athletes in his/her boat, but also those of other boats when athletes are shifted to cover the absent rower.

While athletes are expected to attend all scheduled practices, the coaching staff recognizes that legitimate conflicts arise and perfect attendance is unrealistic. Conflicts that are considered legitimate are: religious, family, medical, employment and academic. Athletes, parents or guardians MUST notify coaches in advance of an impending absence by email or in writing. Such notification helps mitigate all the negative effects of missing practice.

9. PRACTICE FACILITIES

Winter conditioning will be held at Wakefield High School (lower level) and possibly at other off-site facilities.

When the spring season begins at the end of February, on-water practices will be conducted on the Anacostia River, rowing out of the Anacostia Community Boathouse located at 1900 M Street, SE, Washington, DC. This is where we store our rowing shells, motorboats, and related equipment.

10. GENERAL ORGANIZATIONAL & REGATTA INFORMATION

The Virginia Area Scholastic Rowing Association (VASRA) promotes scholastic rowing in the Washington metropolitan area, and is an association of booster clubs from 25 member schools from Virginia, District of Columbia and Maryland including Robinson. VASRA organizes and operates competitive rowing events for its member schools and guests at Sandy Run Park on the Occoquan Reservoir and the Potomac River.

VASRA interacts with the Northern Virginia Regional Park Authority, the US Rowing Association, and the Scholastic Rowing Association of America to promote scholastic rowing on a local and national level. VASRA works jointly with the Coaches' Association to advise the Crew Council, which is composed of the principals or the athletic directors of high schools with rowing programs and governs the rules and regulations of scholastic rowing in the Washington metropolitan area. The regulations of the Virginia High School League and similar regulations of Maryland and DC also bind crews. Regattas are run according to the US Rowing Rules of Racing with rules and regulations specific to local crew programs established by the Crew Council.

WAKEFIELD CREW TEAM HANDBOOK 2018-2019

I have read and understand the Wakefield Crew Team handbook and the requirements of the program. I accept and agree to abide by the Wakefield Crew Team policies and program requirements and will perform all duties and responsibilities to the best of my ability.

Student Athletes Information

Rowers Name: _____

Email: _____

Grade: _____ School: _____

Phone Number: _____

Rowers Signature _____

Parents Information

Parent 1 Name: _____ Parent 2 Name: _____

Email: _____ email: _____

Address: _____ Address: _____

Phone: _____ Phone: _____

Signature: _____ Signature: _____

This form must be completed and return to your Rowing Coach no later than Wednesday March 6, 2019.