



**2009 - 2010**

**LAKE BRADDOCK  
CREW**

**TEAM HANDBOOK**

## A MESSAGE FROM THE PRESIDENT

Welcome to Lake Braddock High School Crew!

As we enter the 2009 - 2010 academic year and our 11th season of competition I would be remiss if I didn't acknowledge the hard work and dedication of all the past Board members, parents, alumni, coaches and student athletes that have brought us to the established level of achievement that we now enjoy. The team owns some of the newest equipment of the area's competing schools and we continue to expand our inventory. Our athletes have distinguished themselves and honored Lake Braddock at all levels of local and regional competitions.

To the team members I say that I am excited about the possibilities for your success this year. You have experienced coaches to train you and a wonderful group of parents to support you with all that "behind the scenes work" so that you can train and race safely and effectively.

I welcome all the new athletes and the returning members on behalf of this year's Board of Directors, Committee Chairs, and Coaches. This is not an easy sport, but it is one that develops character, physical stamina, a team approach to success, and friendships that will last a lifetime. Work hard, but most importantly, be safe and have fun. See you on the water. Go Bruin Crew!!!

Kurt Willstatter  
2009/2010 President  
LB Crew Boosters Club, Inc

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## THE 2009-2010 LB CREW LEADERSHIP

### COACHING STAFF

Meredith Mariani, Head Coach	Ro Ralph	Dan Martin
Tracy Shakespeare	Marine Jaouen	TBD

### TEAM CAPTAINS

**Men:** Nick Lyle  
Patrick RoDee  
**Women:** Rachel Newby  
Ann Connolly

### BOARD OF DIRECTORS

<b>President</b>	Kurt Willstatter
<b>Vice President–Operations</b>	Bill Flynn
<b>Vice President–Ways &amp; Means</b>	Shelley Sabo
<b>Vice President–Admin &amp; Communications</b>	Angela Nesley
<b>Treasurer</b>	Barb Addison
<b>Secretary</b>	Jamie Peek
<b>Member-At-Large (VASRA rep)</b>	Cynthia Maltenfort
<b>Member-At-Large: Volunteers</b>	Wendy Reid
<b>Member-At-Large: Operations</b>	Jane Smith
<b>Member-At-Large: Membership/Webmaster</b>	Chris Leach
<b>Member-At-Large: Safety</b>	Dave Throop
<b>Member-At-Large: Ways and Means</b>	Julia Kane
<b>Member-At-Large: Ways and Means</b>	Jeff Hughes
<b>Member – Alumni</b>	Duane DeBruyne
<b>Member – Alumni</b>	Kent Taylor
<b>LBSS Representative</b>	Val Carter

For up to date contact information, including the board members, committee leads, coaches and various other information, please visit the “Contact Us” page of the website [www.bruincrew.com](http://www.bruincrew.com). Full contact information including home phone numbers will be displayed if you first log into the

site as a member. All rowers and their families can log in with the user id *bruincrew* and the password of *ursamajor*.

## 2009 - 2010 SEASON CALENDAR OF EVENTS

A complete, up-to-date calendar is maintained on the Crew Website, <http://www.bruincrew.com>.

## 2009 - 2010 REGATTA SCHEDULE

The following is the preliminary race schedule for the Spring 2010 season. Adjustments/changes may be made as dictated by the Virginia Area Scholastic Rowing Association (VASRA). As shown below, our season is broken up into two parts, regular regattas and championship regattas. Six regattas are considered “Regular Season Regattas,” and three are considered “Championship Regattas.” For the final schedule see: <http://www.vasra.org/schedules.htm>.

### Preliminary 2010 Regatta Schedule

Date	Regatta	Location	Comments
March 27	Polar Bear	Sandy Run	Upper Boats Only
April 3	Walter Mess	Sandy Run	
April 10	Darell Winslow	Sandy Run	
April 17	Smokey Jacobs	Sandy Run	
April 24	Charlie Butt Regatta	Georgetown	
May 1	Ted Phoenix / Lower Boat Championship	Sandy Run	Lower Boats only
May 8	Virginia Scholastic Rowing Championship (States)	Sandy Run	Upper Boats only
May 14-15	Stotesbury	Schuylkill River, Philadelphia, PA	Overnight travel involved
May 22	Occoquan Classic	Sandy Run	
May 27-30	SRAA Nationals (Championship Regatta)	Saratoga Springs, NY	Qualifying Boats only, overnight travel

**2009-2010 PROGRAM FEES**

<b>Event/Activity/Item</b>	<b>Cost</b>
Winter Conditioning	\$75.00
Spring Training*	\$475.00
Uniform (estimate)	\$120.00
Mid-Atlantic Erg Sprints Registration (Optional)	\$15.00
Parking per regatta at Sandy Run (2008 rate, subject to change)	\$10.00
Parking per regatta at Satellite Lot (2008 rate, subject to change)	\$5.00
Stotesbury Cup (estimate)	\$275.00
SRAA Championship Regatta (estimate)	\$300.00
Jacket / Pants (optional and estimate)	\$150.00
Spirit Wear	Various

**... Watching your child row across the finish line – priceless!**

\* The payment program for LB Crew has been developed to allow up to 2 payments for the joint pre-conditioning and crew participation program. The payment schedule is as follows:

- Due November 12, 2009 - Lump-sum Payment (preferred method of payment) \$550.00 (with completed Crew Registration Forms) participating in winter conditioning. Lump Sum Payment in the amount of \$475.00 (with completed Crew Registration Forms) if not participating in winter conditioning.
- Due December 4<sup>th</sup>, 2009 uniform fees for novices must be paid (so the uniforms can be ordered).
- **After** January 27, 2010 - Lump sum payment is \$500.00, spring program only

Or for 2 payments:

- Due November 12, 2009 - Initial Payment \$275.00 (with completed Crew Registration Forms) and;
- Due January 27, 2010 - Second Payment \$275.00 (with winter conditioning) or \$200.00 (without winter conditioning).
- **After** January 27, 2010 - Second payment is \$300.00 (25.00 late fee)

*Note that if a family has more than one participant in the LB Crew Program, the registration fee for each participant beyond the first will be reduced by \$100.00.*

## **INTRODUCTION**

Lake Braddock Crew was founded during the 1999-2000 academic year. The co-ed program is open to Lake Braddock students of good standing (as defined by published VHSL, FCPS and Club policies) in grades 9 through 12. The team competes in “sweep” rowing (one oar per rower). We race primarily in “eights” and, when necessary, “fours” to open up more opportunities for team members. Although not mandatory for participation in the spring rowing season, the team conducts a winter conditioning program at Lake Braddock School that usually runs from mid-November through the third week of February. On-the-water practice begins immediately after winter conditioning and the team has about four weeks before the first regatta of the season. The regatta season consists of about six local competitions followed by a lower boat regional championship, and the Virginia State Championships. Typically, the team also participates in one major “travel” regatta, such as the Stotesbury Cup in Philadelphia, PA, or the Mercer Lake Sprints in Mercer Lake, NJ. The season could extend one additional week with participation in the US Scholastic Rowing Association of America (SRAA) National Finals. Boats must qualify for this regatta by their performance at the Virginia State Championships.

The Lake Braddock Crew follows the guidelines of the Virginia High School League (VHSL) and competes under the auspices of the Virginia Area Scholastic Rowing Association (VASRA) and the U.S. Rowing Association. We are a member in good standing of both organizations. The VASRA website ([www.vasra.org](http://www.vasra.org)) currently lists 36 area member high schools and the number of crew teams keeps growing each year.

Lake Braddock Crew operates and practices out of Northern Virginia Regional Park Authority’s (NVRPA) Bull Run Marina. A majority of the other regional high school teams row out of Sandy Run Rowing Facility on the Occoquan River. Our Bull Run facility is about nine miles up river from Sandy Run.

Crew is a club sport in Fairfax County; however, Lake Braddock Secondary School recognizes it as a Varsity sport for the Crew student athletes. As a club sport, the Crew Team receives no financial sponsorship from the school system or Fairfax County. We must rely solely on donations, parental support, annual club dues, and funds received from and raised by the Lake Braddock Crew Boosters and their friends. Crew participants who qualify are eligible to receive varsity letters as determined by the head coach and the general guidelines published later in this document.

The Crew program is conducted through the Lake Braddock Crew Boosters Club, Inc., (Crew Boosters), a non-profit 501c(3) corporation, whose purpose is to encourage, maintain and further the participation of parents, teachers, and adults of the community in active support of scholastic rowing at Lake Braddock Secondary School. The Crew Boosters promote, assist, and support all

rowing activities at Lake Braddock Secondary School with financial assistance, human resources, management, and consultative advice. The Crew Boosters Club is managed by a Board of Directors, elected for one-year terms, composed of no fewer than eleven members, chosen from members of the Club in good standing, including alumni.

## **LAKE BRADDOCK CREW HISTORY**

On February 1, 2000, Lake Braddock Crew was unanimously and enthusiastically welcomed into the National Capital Area Scholastic Rowing Association. This marked the completion of a critical, though by no means only, requirement to place Lake Braddock students on the water by the spring of the year 2000 Crew Season. Our journey began in November 1999 when Barry Huitema, LBSS Director of Activities, was overwhelmed by the size of the turnout at a preliminary meeting designed to gauge the level of interest for starting a rowing program at LBSS. Addressing a crowd of more than 300 students and parents on the challenges of establishing a club sport, Huitema made it clear that the school would fully support such a team within the state guidelines for such non-varsity sports. The single biggest obstacle: if less than fifty percent of all schools in Virginia offer a sport, then no funds from the school can support that sport. This places the financial burden directly on the club sport organization. The assembled group accepted that challenge.

Guided ably by the Boosters Club's first President, Bob Jarcho, a core group of determined parents soon coalesced and put into motion the many moving pieces required to form the team. There were shells to buy, launches to procure, logos to select, and coaches to hire. But most importantly, there was a requirement for a practice site.

Initial efforts were directed at getting into Sandy Run, a beautiful and booming rowing center on the Occoquan. But that was exactly the problem. The facility could not accept yet another team. Working throughout the winter months, Jarcho and other members of the Board of Directors identified Bull Run Marina as a possible site. As part of the Virginia Parks system, but operated under contract by George Mason University, it proved to be a good choice. After much negotiation with George Mason, an agreement was reached in mid-February 2000. The Lake Braddock Bruins Crew Club had a home, and on February 26-27, everyone had a chance to spruce it up. Docks were brought up river from Occoquan, overhauled, and secured in place; the grounds cleaned, leaves raked, and general debris removed; and boat racks and oar lockers built. A security fence was installed a few days later. On March 4, 2000, the first of the shells arrived and the athletes were in business! In addition to finally getting out on the water, the rowers had their own workout room at LBSS where their land-training machines, or ergometers (ergs), were kept. They now had a practice site to call home but starting a crew program continued to be a real challenge. Some of the shells that had been acquired needed care and attention, and the parents quickly set about learning about boat construction as they worked to make the boats safe and competition-ready.

From the tiniest organizational detail to the serious financial commitment required, all involved exceeded expectations. During the first season, the team participated in regattas at Sandy Run and on the Anacostia River in Washington D.C. The results of this initial season were varied and success was primarily measured in completion of races not necessarily in the standings. Over the next several seasons, LB Crew made significant strides to become one of the larger and more highly competitive rowing teams in the Washington, DC area. With team membership now averaging over 80 athletes each year, LB Crew is becoming one of the largest team sports at Lake Braddock. Accommodating this growth required hiring more coaches, buying more rowing shells, launches and equipment, and, most importantly, finding a better and more secure way to store the team's property. That need was met in early 2002 when, after many months of coordination with county officials and with the help of many local companies, a boathouse was erected at our home in Bull Run Marina.

Now that the LB Crew team has become a significant contender in the rowing community, success is measured not only by the number of regattas in which the team enters, but also by the number of LB boats finishing in the top three places. In 2004, the team won its first Virginia State Championship trophy with a first place by the men's second four boat. That achievement was followed-up in 2005 in the Virginia State Championship with a second place overall by the LB women's team, a second place in the women's second eight event, and a third in the men's third eight. Success continued at the Virginia State Championships with our men's second eight winning 2<sup>nd</sup> place silver in 2006 and 3<sup>rd</sup> place bronze in 2007. Also in 2007, our men's novice four took gold at the Ted Phoenix (lower boat championship) Regatta. The team qualified and participated in Scholastic Rowing Association of America (SRAA) Nationals in 2005 and again participated in 2008. In addition, the team placed its first rower on the Washington Post All Metropolitan Rowing Team in 2005, followed by two rowers in 2006 and one in 2008. LB Crew has also had six All-Met honorable mention rowers in its brief history. In 2009, all of the men's and women's novice boats medaled at the Ted Phoenix Lower Boat Championships. The results of the 2009 regatta season can be found on [www.vasra.org](http://www.vasra.org) or our website at [www.bruincrew.com](http://www.bruincrew.com) along with a much more detailed history.

**RESPONSIBILITIES OF THE BOARD OF DIRECTORS (A MORE COMPLETE  
DESCRIPTION CAN BE FOUND IN THE TEAM BY-LAWS POSTED ON  
[WWW.BRUINCREW.COM](http://WWW.BRUINCREW.COM) UNDER “MEMBERS ONLY”.)**

**President** performs all duties customarily associated with the office of the President. These include, but are not limited to, appointment of chairpersons and members of committees; acting as the primary liaison with the Board, the general membership, the coaching staff, and the Principal and Director of Student Activities at Lake Braddock Secondary School. The President is an ex officio member of all committees, except the Nominating Committee.

**Vice President – Operations** is responsible for coordinating all regatta activities and maintaining an inventory of all physical assets. The VP – Operations also is responsible for obtaining and maintaining equipment and practice facilities, hiring coaches, recruitment, selecting uniforms and transporting the team to regattas. The VP – Operations shall have and exercise all of the powers and duties of the President during the latter's absence or inability to act.

**Vice President – Ways and Means** is responsible for coordination of all activities related to funding the club, including corporate sponsorship, community funding, and general fund raising activities.

**Vice President – Administration and Communication** is responsible for corporation documents, insurance and legal matters, coordinating membership recruiting, team rosters, newsletters, and other communications and publicity.

**Secretary** records minutes of all meetings, maintains proceedings of all general and Board meetings and maintains all non-financial historical records.

**Treasurer** collects, disburses, and maintains custody of all funds, securities, valuable papers, and other non-equipment assets of the club. The Treasurer also prepares and submits an annual financial plan to the Board and general membership. In addition the Treasurer prepares and submits financial reports to the Board and governmental agencies as required, and coordinates external audits.

**At-Large Members** (no fewer than five) serve as committee chairs, represent the club on VASRA or as the Occoquan Local Organizing Committee (OLOC) representative.

**Alumni Members** provide crucial continuity and historical perspective to the board. They are selected each year by the elected board members.

## TEAM GOALS

Rowing is an amazing sport that is challenging and demanding, but, more importantly, it is **rewarding** and **fun**! The sport, at any level, requires hard work, dedication, mental toughness and safety awareness. In return, the sport will give you so much more – a successful team, a fit body, and a healthier mind. Team safety is paramount: at school, on-the-water and while traveling in cars. One of LB Crew's overall goals is to field highly competitive boats. Successful programs operate under the sport's tradition of a coach seeking out his or her "best eight", not "eight best". Consequently, the boat and seat selection are two of the most difficult decisions a crew coach faces. Each week of racing, the coach must consider many factors when determining a participant's boat and seat assignment so don't be surprised by boat line-up changes or rowers switching from port to starboard and vice versa; those changes are part of the sport. The coach's boat selection assessment is further described under the Team Guidelines section.

LB Crew has just completed another successful season in 2009 and our goal for the upcoming season is to continue to build upon that success. As part of that effort, the Crew Boosters Board recruits and retains strong coaches who believe in US Rowing's philosophy and the overall development of our student-athletes. We will also continue to promote the awareness of this extraordinary sport in summer/fall rowing programs in order to recruit more novice rowers/coxes and further enhance the depth of our overall team. In addition, and just as importantly, we will endeavor to further extend the wonderful volunteerism and fund raising Lake Braddock Crew has experienced over the past years so we are able to continually and capably meet the many challenges of sponsoring a non-funded varsity sport.

## TEAM GUIDELINES

### Winter Conditioning

Winter Conditioning 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 or early December 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 Lake Braddock High School three to four days a week with some Saturday mornings. Actual practice times will be set by the coaching staff and posted on the Bruin Crew website nearer.

Winter conditioning participants are also encouraged to test their skills at the Mid-Atlantic Erg Sprints, which is an indoor rowing competition that takes place during winter conditioning training period. Registration is done by individual team members. Access each event on-line through [www.roninracing.com](http://www.roninracing.com).

## Spring Practice (on the water)

Spring Practice means time on the water at Bull Run Marina and it officially begins in late February. Practice will be held each day after school and Saturdays will be either a practice or a regatta. Practice times will generally be fixed throughout the season but may vary due to weather, sunset times, coaching staff decisions, and/or your designated boat, as examples. Actual practice times will be announced closer to the spring season and day-to-day adjustments posted on [www.bruincrew.com](http://www.bruincrew.com).

Training/Practice continues through Spring Break. 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. Rowers and coxswains are expected to be at all practices. Please notify the coach well in advance if you intend to miss practices during spring break.

## 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 expected 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.

Conflicts between practice and official LBSS events **MUST** be presented to the Head Coach **IN WRITING no later than 48 hours prior to the missed day of practice.**

Anyone who is unable to attend a scheduled practice for any reason must notify the Head Coach and the coach of the relevant squad **IN WRITING no later than 24 hours prior to the missed day of practice.**

If a rower or coxswain misses a practice for any reason, he/she may be excluded from the following regatta. Failure to adhere to the above notification procedures may also result in exclusion from the following regatta. The final decision regarding regatta participation is within the discretion of the Head Coach.

## Regattas

Coaches will attempt to announce boat line-ups on the Wednesday before each regatta. The team attendance policy will remain in effect after line-ups have been announced. Each crew will be required to arrive at the race location at a specific time set by the coach. Be punctual as your crew may not race if you are not on time or if a teammate from your boat does not show up. LB rowers and coxswains are expected to exhibit the highest standard of sportsmanship on and off the water including bus rides, hotel stays, team meals and banquets.

Qualifying for away championship regattas will be based on the following criteria:

- First and Second eights will automatically advance to championship regattas, except for Nationals.

- As with regular season regattas, the Head Coach will make the final decision on regatta participation including boat line-ups, which may change between the State Championship and any out-of-state championship regatta(s).
- Qualification for and advancement to the Scholastic Rowing Association of America (SRAA) National Championship is based on boat performance at the Virginia State Championship.
- Note: The Booster Club requires volunteers to manage the logistics planning and execution of out-of-state regattas in order to make them possible.

## Participation in Regattas

Every effort is made to see that each rower and coxswain who has fulfilled team obligations and complied with the **attendance policy** has the opportunity to participate in the local regular season regattas prior to the State Championship. Boats are required to qualify for the Championship Regattas and full participation in these events cannot be guaranteed due to the limitations placed on the coaching staff by the regatta organizers. Rowers who participate in regatta's that involve missing school classes must submit the Excused Absence paperwork and make arrangements for missed assignments with their teachers ahead of time. This is particularly true if any SOL testing periods are to be missed. LBSS will recognize these out-of-school trips as excused absences with prior parental notice.

## Boat Selection

A great strength of this team is our depth of talent. There are students rowing on our lower boats who would probably make the varsity eight on many teams in the area. Each year the coaches struggle with the difficult decisions of which athletes to put into which boats. Factors that coaches consider in the seating and boat selection process include:

Rowers	Coxswains
Attitude	Attitude
Consistency/Attendance/Teamwork	Consistency/Attendance/Teamwork
Ergometer scores	Leadership and ability to motivate others
Racing skill, experience, and past performance	Race management skill, experience, and past performance
Seat racing	Steering skill
Subjective analysis of boat moving ability	Technical knowledge of rowing
Physical conditioning	

## Athletic Letters

A rower or coxswain may earn a LBSS school letter by completing the season:

- in good academic standing;
- having consistently attended practices, meetings/banquets, and fund raisers;
- consistently on time for practices, regattas and events;
- free from any disciplinary action; and
- by competing in the varsity men's/woman's first, second or lightweight boat(s) for 3 or more regattas in a single season.

Rowers and coxswains who maintain a GPA of 3.5 or higher will be given a separate award and recognition at the all-school Spring Sports banquet in June.

## Team Responsibilities and Training Rules

- Alcohol, illegal drugs, or tobacco are **prohibited**. Use of any of these substances **at any time** throughout the season will lead to automatic dismissal from the team.
- The team is a self-policed group. You must watch out for each other. You have a responsibility to each other to keep yourself and your teammates eligible to compete.
- Please let the captains or a coach know as soon as possible if you think that there is someone on the team who is hurting the team and him/herself by breaking the training rules.

## Rules at the Boathouse

- Our boathouse at Bull Run Marina is a shared facility. Rowers and coxswains are expected to exhibit mature behavior at the boathouse. Demonstrate pride in your team, your school, and yourself by abstaining from horseplay.
- Do not touch, move, or handle things that do not belong to you. This includes personal items and equipment belonging to teammates and athletes on other teams.
- Regulations require that a coach must always be at the boathouse with you. If you arrive early, wait outside the boathouse until one arrives.
- When land training, stay in groups. Do the assigned workout in the designated area only.
- If you have a conflict with anyone at the boathouse or on the water, report it immediately to a coach, park ranger, or race official.

## Safety Rules

- All team members must pass a swim test (a one-time requirement), view the team's water safety video, and read and sign-off on the team's safety guidelines before going on the water for the first time.

- All boats will be accompanied by a coaching launch after moving out of the designated launching and docking area. Do not row if a coach is not in sight.
- All coaches' launches must be outfitted with life vests and other safety equipment.
- If your boat swamps (fills up with water) or turns over, stay with the boat. The boats are designed to float and you should stay with it until you can be picked up by the accompanying launch. **NEVER** leave the boat.
- When the boat is on the water, follow the instructions of the coxswain and coach. Other than in the case of an emergency or during breaks in practice, rowers should not talk while in the boat. This may interfere with instructions from the coxswain, coach or racing officials.
- If you or someone else is injured, notify the coach immediately. Those who are seriously injured must report to the LB Trainer at the first opportunity. If you are held out of practice or a regatta because of an injury, you may not return without prior clearance from the LB Trainer.
- Team members who drive cars and who provide rides to other team members have a legal responsibility to drive maturely and responsibly at all times. **UNSAFE DRIVING BEHAVIOR MAY BE GROUNDS FOR IMMEDIATE EXPULSION FROM THE TEAM.**

### **In Case of Emergency: Dial 911**

#### Other Non- Emergency Information:

- Northern Virginia Regional Park Authority: Bull Run Marina, 12619 Old Yates Ford Road, Clifton, VA 20124 ----703-631-0549
- NOAA National Weather Service: [www.nws.noaa.gov](http://www.nws.noaa.gov)
- Fairfax County Fire and Rescue: 703-246-2126
- Northern Virginia Regional Park Authority Headquarters: 703-352-5900
- Lake Braddock Secondary School Athletic Director's Office: 703-426-1001

### **Equipment Rules**

- **Rowing equipment is very expensive and must be handled with care.** Carefully follow all directions regarding the handling of equipment.
- Unnecessary talking is not permitted when handling equipment. Your attention to the task at hand is very important.
- All rowers must participate in routine cleaning and maintenance of equipment. Please report any equipment problems to a coach immediately.

- It is the responsibility of both the coaches and rowers to properly secure all equipment on the trailer before traveling to all regattas. All designated rowers and coxswains are likewise expected to return to Bull Run Marina to help unload the equipment after completing a regatta.

## CLUB EXPECTATIONS

### All athletes are expected to:

- Treat all teammates, opponents, coaches, spectators, officials and LB Crew members with respect.
- Refrain from displaying inappropriate behavior and/or the use of foul language. Violations of this rule can lead to boat disqualification.
- Participate fully in all aspects of the training.
- Participate fully in all fund raising activities...LB Crew receives no funding from LBSS or Fairfax County.
- Support the team and yourself by accepting coaching decisions.
- Seek feedback from the coaches. If you, as a team member don't know where you stand, ask.
- Realize that team goals come before the needs or desires of any individual.
- Enjoy being a member of a successful, competitive rowing team!
- Dress for the occasion
  - All members of the team must be appropriately dressed for current weather conditions. It is highly recommended that they have extra clothing with them. Clothing for water training should be close fitting and have basic water-resistant properties. Coxswains should be well covered with warm clothes that can withstand wind and water penetration. Coaches recommend the following:
    - *In Cold Conditions (you will get wet and it will be cold):*
      - Winter hat (this is critical as most heat is lost through your head)
      - Gloves
      - Lined, long spandex or close-fitting fleece/lined athletic pants
      - Dry-fit or moisture-wicking inner layer (i.e., polypropylene, cool max)
      - Waterproof or water-resistant jacket (shells work better than large bulky jackets)
      - Fleece vest or jacket
      - Warm socks - polypro, fleece, or warm wool socks
      - Sunscreen (protect your face from the sun)
    - *In Warmer Conditions:*

- Baseball cap or visor to protect your face from the sun and to keep your hair in place
  - Sunglasses
  - Close-fitting shorts (baggy shorts can get caught in the seat tracks)
  - Cotton, dry-fit, or cool max T-shirt
  - Sunscreen (protect your face and body from painful burns)
- *In General:*
- Spare required sneakers every day. . . good running shoes for land practice and old ones for water workouts. Also an extra pair of socks or some extra clothes to replace wet clothes is essential.
  - Filled water bottle (at least 16 ounces). Athletes must be appropriately hydrated to function effectively and avoid injury. Water is preferable to sport drinks.
  - Towel to wipe off moisture after exercise or spraying in the boat. Team members should make sure to take home each day whatever clothing or personal belongings they bring to team events. Items left at the Marina at the end of the season will be donated to charity.

### Coaches are expected to:

- Provide clear communications from the beginning on all steps necessary to make LB Crew a successful program.
- Promote the development and well being of student athletes.
- Provide direct feedback to the student-athletes about their strength(s) and/or weakness(es), and ways to improve. Be constructive in criticism.
- Make fair assessments to achieve the fastest lineups and communicate the results openly.
- Share with the participants in the failures and many successes of this team!

### Parents are expected to:

- Support their children and the team by taking an active role in the Lake Braddock Crew Boosters volunteer program.
- Remember that the coaches have full responsibility for training the student athletes.
- Respect the coaches as the final authority on boat selection and rowing matters.
- Remember that coaches seek only to create the fastest line-ups possible. While decisions are somewhat subjective, they are not personal.
- Participate in all fund raising activities.
- Participate in 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; don't leave after your son/daughter has raced.

## COMMUNICATIONS

**Website:** The Lake Braddock Crew web site, along with directed e-mail, provides a multitude of Information. The website can be accessed through <http://www.bruincrew.com>. Parents and rowers are encouraged to access the website on a daily basis for late breaking news such as practice time changes/cancellations or boat lineups. More casual browsing may be made for information pertaining to:

- An electronic copy of this handbook
- Registration Information
- Coach's Corner
- Crew Contact List
- Regatta Schedule and calendar of events
- Regatta Information and Directions
- Regatta Results
- Crew Pictures

In addition, we have the ability to access the VASRA web site ([www.vasra.org](http://www.vasra.org)), which not only references our current crew season, but also offers regatta-training sessions, outside competitions, etc. Other rowing links are also available on our website.

**Newsletter:** Two or more times a year, the team will publish a team newsletter with current activities, an upcoming schedule of events, order forms, and summaries of accomplishments. We will endeavor to provide this via the website as well and intend to distribute at least once a year to our many donors.

**E-Mail:** The LB Crew Board, Volunteer Coordinators and Coaches use e-mail to correspond on specific information with parents and with participants. This format may also be used to reinforce information listed on the web. It is extremely important that the website be accessed regularly during the course of the season to stay in touch with late breaking news and announcements. It is also extremely important that the team has the latest email addresses for rowers and parents as the need for effective/timely electronic transmission of information is essential.

**Lake Braddock Crew Booster Club Meetings:** LB Crew Booster Club Board of Director (BOD) Meetings will be held monthly. This is another dissemination point for information packages whether on budget, fund raising, volunteering or miscellaneous items. Dates/times/locations for each of these meetings have been indicated in the calendar of events posted on the web.

**Snail Mail:** The LB Crew Boosters Club has two mailboxes:

1. The U.S. Mail Address is:  
Lake Braddock Crew Booster Club  
P.O. Box 10458  
Burke, VA 22009-0458
2. The “Crew” drop box in the LBSS Activities Office.

## **EQUIPMENT & FACILITIES**

A complete inventory of the LB Crew equipment is maintained by the VP Operations. Main items within the inventory include:

**Shells:** The team owns approximately nine, state-of-the-art 8-seat and two 4-seat racing shells with a fleet average age of less than three years, enough to accommodate approximately 100 kids on the water. Each is equipped with a full set of oars and the associated rigging. In addition, the team owns a heavily used 8-oared practice shells. The *Laura Moody*, the club’s first 8-oared racing shell is now retired is a great reminder to our club members of where we started and how far we have come in such a short period of time. The team’s goal is to continuously replace older boats with more competitive boats as needs require and funds permit.

**Launches / Motors:** The team currently owns seven launches and associated outboard motors. One of the team’s goals is to replace the older heavy motors with lighter, more maintenance friendly, and cleaner running motors.

**Boat Lifts:** The team has two boat lifts to retrieve or place boats in higher rack spaces. The lifts must be used carefully and only by authorized personnel.

**Trailer:** There is one large 12-boat capacity trailer for transporting all the shells, oars, and associated equipment to the various regattas.

**Ergometers:** LB Crew owns 22 Ergometer rowing machines (“Ergs”). These are maintained at LBSS for our use throughout the Winter Conditioning Program. During the Spring Crew Season, the ergs are moved out to Bull Run for use there. The ergs are rented out during the summer months to provide our crew members a great workout and the team some supplemental fund raising income. Additional ergs will be added as the needs of the team dictate.

**Bull Run Marina:** Lake Braddock Crew operates out of Bull Run Marina, which is owned by the Northern Virginia Regional Park Authority and located at 12619 Old Yates Ford Road, Clifton, VA 20124. We lease space there to house the crew shells, launches, motors, oars, and associated equipment. All of our equipment is stored in our boathouse; the small storage shed adjacent to the boathouse, the water-side sea container, or the Marina building. Since we are “guests” at this facility, we work hard to help maintain the common areas with periodic clean-up and maintenance of the marina grounds.

## **FINANCIAL OBLIGATIONS / REGISTRATION**

**Participation Costs:** As indicated earlier, all costs for the LB Crew Program are borne by the participants and other private resources. Crew is an expensive sport and, given the lack of Fairfax County sponsorship, the LB Crew Boosters Club is charged with handling all costs of the program. By the start of the 2005-2006 academic year the club had retired all debt associated with startup operations. Dues for 2005-2006 were reduced accordingly. However, in addition to providing new equipment for a competitive fleet, we must maintain what we already have and build our foundation for a coaching staff. This is an extensive undertaking since we support between 80-100 members and six to seven coaches. The following provides a rough estimate of the costs associated with participation:

- **Winter Conditioning Program:** Lake Braddock Crew’s Winter Conditioning program, described in the Team Guidelines section, is open to all Lake Braddock students in grades 9 - 12. Costs for the program are part of the annual membership dues which are collected in the Fall of each year. However, if the student does not continue with Spring crew, the dues are refundable except for fee applied toward winter conditioning.
- **Spring Crew Program:** The Spring Crew Program officially starts the Monday of the last week of February each year and runs through late May. It consists of instructor led-introductory training, rowing, land training, physical exercise, and work-related activity to support the program. This cost is refundable only for participants who withdraw from the program on or before a date specified each year. After that, requests for refunds may be considered based on family exigencies. Approval of the President and two Vice Presidents is required. The program cost for those who do not participate in the winter conditioning program is reduced the winter conditioning fee. Although fees may seem expensive to some, these fees help cover the cost of running the program, (new racing shells can run approximately \$28,000 each). Fund raising activities help offset our costs but require the full support of the team members and their parents. To give you an idea of the costs, the following is a list of budgeted items (not all-inclusive):
  - Coaches’ stipends
  - Coach training and education
  - Boathouse acquisition/maintenance
  - Equipment (racing shells, oars, rigging, cox boxes, safety equipment, tools, etc.)
  - Land training equipment (erg machines, weight training, etc)

- Regatta entrance fees
  - Regatta transportation (trailer of shells)
  - Insurance
  - Association dues
  - School fees
  - Park Marina fees
- Additional expenses that should be expected through the season.
  - Mandatory:
    - VASRA requires that each participant be in uniform to be able to participate in regattas.
  - Optional:
    - Erg Races Registration Fees - during winter conditioning, there are ‘erg races’ such as the Mid-Atlantic Erg Sprints or the Baltimore Burn.
    - Lake Braddock Crew “Spirit Wear” -- team bags, team jackets, T-shirts, and other items are available for purchase at or near cost. These are optional purchases, but of course we love to sell them and promote the team!
    - Parking fees - at local regattas, don’t forget to carpool to the event to save on parking fees.
  - Highly Suggested:
    - Stotesbury Cup Participation - Stotesbury is the largest scholastic regatta in the world, and a wonderful post-regular season regatta with nearly a thousand boats and 6,000 student-athletes. Those student-athletes selected to attend the Stotesbury Cup (Thursday - Saturday travel) will be required to pay for regatta participation including regatta fees, transportation, hotel and food. We also couldn’t participate in this event without parents providing logistical support and a cheering crowd. We negotiate a special rate for a block of rooms to cover the athletes, chaperones, coaches, and any accompanying parents/siblings. The cost of the room, meals, and transportation for attending parents/siblings is an extra charge.
    - SRAA Nationals – the cost may be similar to the cost for Stotesbury for any boats that qualify.

**Registration:** All forms necessary for registration into the LB Crew Program can be downloaded from the Bruin Crew website ([www.bruincrew.com](http://www.bruincrew.com)) or picked up from the registration chairman. All forms must be completed and returned before a student is allowed to participate in any activity. Early planning is essential as one of the forms is a sports physical required by Fairfax County that must be completed by a licensed physician. Doctors book up early for these physicals. Required forms are as follows:

- **LB Crew Registration Form.** Contains the necessary information to register for the Crew Program. Must be completed and submitted with the appropriate registration fee (see Crew Pre-Conditioning & Crew Participation Registration & Payment Program).
- **Athletic Participation/Parental Consent/Physical Exam Form.** Required by Fairfax County School System, this form must be completed fully and signed by the doctor's office and the parent, by the registration dates if any student is to participate in any athletic program. The actual physical examination cited by the participant's physician must have been completed after May 1. A blank form is available in the LBSS Main Office, or can be printed from the web at [www.fcps.edu](http://www.fcps.edu) or [www.bruincrew.com](http://www.bruincrew.com). If the student has participated this school year in another LBSS sport where this form has been submitted, then the student can request a copy of this form from the LBSS main office and include it with the registration material. *No one may join any Crew practice or regatta without turning in a completed form.*
- **Emergency Care Information Card.** Required by Fairfax County School System, this form must be completed fully by the required dates if any student is to participate in any athletic program. If a participant is joining both the pre-conditioning and the crew programs, only one card needs to be completed and turned in with the pre-conditioning registration material. If the participant is joining the crew program only, we will need an Emergency Care Information Card with that registration information. A blank form is available in the LBSS Main Office, or can be printed from the web at [www.fcps.edu](http://www.fcps.edu) (click on forms, then Emergency Care form – 2 copies are needed).
- **LBSS Student Participation Policy Form.** Required by Fairfax County School System, this form must be read and signed by both the student and, if the student is under 18; by a parent, if the student is to participate in any athletic program. Even though all students signed this form at the beginning of the year, it is necessary to turn it in again for this program as well. Please note that only the page with the signatures needs to be returned with the registration material. A blank form is available in the LBSS Main Office.
- **LB Crew Swimming Requirement Form.** Each first-year participant in crew (novices) must pass the swimming requirement set forth by the Virginia Area Scholastic Rowing Association (VASRA). Once the test has been passed, it does not have to be retaken in subsequent years. Failure to meet this requirement will preclude participation in crew. The test is normally administered at either the Wakefield Recreation Center or the South Run Recreation Center (time/date/location to be announced each year). Novices will be required to take the test with clothes on -- these normally include shorts, T-shirt, and socks. The test is conducted in two parts: (1) Treading water for two minutes. (2) Swimming 100 meters (usually the width of the pool and back) using any stroke the swimmer prefers with no time limit. Results are recorded by a

test monitor and turned into the coaching staff. The intent of the test is to ensure Crew participants are able to maintain themselves in the water in the event they fall out of the boat for any reason. Rowers do not wear life jackets while rowing and must be able to sustain themselves until help arrives. While on the water, either at practice or at regattas, coaches or judges are in motorized launches with life jackets for each rower and other associated equipment.

- **U.S. Rowing Insurance Waiver Form.** This waiver form indicates that the student and his/her parents understand rowing activities and believe the student is qualified to participate in this program. It indemnifies, saves, and holds harmless each of the Releasees from any claim by the participant. *No one may join any Crew practice or regatta without a completed form in the Coach's file.*
- **Field Trip Driver's License and Vehicle Insurance Information.** Required by Fairfax County School System for any student or parent who is involved in transporting participants to and from practices and regattas.
- **Field Trip Permission Forms.** Required by Fairfax County School System for any student who is permitted to ride with someone other than themselves to and from practices and regattas.
- **LB Crew Uniform Order Form.** The information requested on this form allows the uniform coordinator to order the participant's correctly sized crew uniform. Regatta rules dictate that everyone on the team must have identical uniforms that are appropriate clothing for regattas. *This form will not be available until closer to the start of the on-the-water training and it will be sent out via email as well as posted on the Bruin Crew website.*
- **LB Crew Team Guidelines Acknowledgement.** After reading the 2009-2010 Crew Team Handbook (this document) each rower and a parent (if rower is under the age of 18) must sign as indicated.

Crew registration is open from October until the start of spring training, but keep in mind that uniform orders are usually placed in December or January and late registration may prevent the student from obtaining a uniform before the start of regatta competitions. If you are making two payments and register after the first payment deadline and prior to the second payment date, just include the Initial Payment fee with the registration form. If registration takes place after the second payment date, the first and second payments will be due with the registration form. LB Crew is a not for profit volunteer organization so it is very much appreciated if all forms and payments are made in a timely manner; otherwise it's your fellow team parents or coaches who are spending extra time tracking down registration files and dues payments. Note that if a family has more than one participant in the LB Crew Program, the registration fee for each participant beyond the first will be reduced by \$100.00.

## FUND RAISING AND VOLUNTEERISM

One of the most important aspects of the success of the Crew program involves volunteer support from parents, rowers, friends, alumni, and other family members. Lake Braddock Crew has enjoyed tremendous support from all these participants in the past, and we must have willing, energetic support now and in the future to sustain our thriving program. In addition to volunteer commitment, it is important for rowing families to be committed to help raise the funds needed to operate the team. **All Crew families must participate in both fund raising and service efforts throughout the year to remain members in good standing.** Through participation we establish a bond and share unique experiences, which is an uncommon occurrence between teens and parents today.

### Lake Braddock Crew Volunteer Positions at VASRA Regattas

The following is a list of the VASRA volunteer positions available for LB Crew Booster parents. Duty descriptions for each of these positions may be found at [www.vasra.org](http://www.vasra.org). It is mandatory that a rower parent sign up to perform at least one and preferably two of these functions during each regatta season. Signup sheets will be presented at the General Interest Meeting. Failure to fill a position either through lack of participation or last minute absence will result in a monetary fine being assessed by VASRA against the team. Some of these positions require prior training or certification, others require no prior training. (Example: Launch drivers require prior training. VASRA provides a free training class early in the season; even if you have boating experience it is still important to learn what the referees expect from their drivers and how to operate the launch safely around racing shells and a race course).

### VASRA Volunteer Positions

• Announcer – Finish Line	• Driver – Shuttle
• Announcer – Headquarters	• Driver – Take-Down
• Awards Assistant	• Finish Line Assistant
• Money Collector – Park Entrance	• Finish Line Timer
• Money Collector – Shuttle Van – Upper Parking Lot	• Flag Holder
• Money Collector – Shuttle Van – Finish Line	• Helper – Set-Up on Water
• Communications – Set-Up	• Helper – Take-Down
• Communications – Take-Down	• Launch Master
• Concession Seller	• Parking Lot Assistant
• Course Set-up/ Course Take Down (before season and after season assignments)	• Program Distributor/Vendor
• Cross-Over Marshal	• Radio Relay Assistant
• Dockmaster	• Race Results Poster

• Dockmaster Assistant	• Set-up Helpers
• Driver – Marshal	• Sign-In Coordinator
• Driver – Judge/Referee	• Stakeboat Holder
• Driver – Safety	• Trophy Awards Assistant
• Driver – Dam Guard	• Weigh-in Assistant
• Driver – Set-Up	

## GENERAL REGATTA INFORMATION

By far, the most exciting part of Crew participation is the Saturday regatta racing. As members of VASRA, we generally have participated at one of two locations, Sandy Run (the majority of our races) on the Occoquan River and various sites along the Potomac River (Georgetown, Anacostia, and/or Alexandria). Each location has its pros and cons, but both offer the rowers an exciting experience. Want to know when your son/daughter races? If your son/daughter knows his or her boat assignment the night before (sometimes they don't), you can look at VASRA's website [www.vasra.org](http://www.vasra.org) for the schedule of events. As a team sport we look for the parents and the kids to support every event entered by LB Crew, not just the event in which your son or daughter competes. The team stays for the entire regatta. Parents are encouraged to do the same.

Some basic Regatta Day tips:

- Plan on a full day from early morning to late afternoon. Concession stands are available if you prefer not to bring picnic meals. Parents, if you have to arrive later, give yourself plenty of time because it is easy to miss a race if you are not in the park, out of your car, at least an hour before scheduled race times. (On big regatta days at Sandy Run satellite parking is provided down Route 123 and/or at the new South County School with bus service to/from Sandy Run so please recognize that that can add time and you will need to plan accordingly.)
- Visit [www.bruincrew.com](http://www.bruincrew.com) for regatta locations, directions and other related information.
- Rowers/coxswains will be required to arrive at the race location at a specific time set by the coach. It is important to be punctual. The team will not row if members are not there on time.
- Rowers/coxswains must wear their uniforms.
- Rowers/coxswains are expected to exhibit the highest standard of sportsmanship and support for the team at competitions.
- Regatta participants are responsible for "rigging" the boats at the regatta and also for de-rigging the boats after the event.

- Unless instructed differently by the coaches on Regatta day, all rowers are expected to return to the Bull Run Boathouse after the regatta to move the boats and equipment from the trailer into the boathouse.
- The Crew Boosters, through the dedication of its volunteers, brings (hauls is a better word) drinks, snacks, and tents to each regatta for our student-athletes. Those “volunteers” are “can-do” parents! Plan on coming early or staying a little late at least once or twice for set-up or takedown; it’s also a great way to get to know the other parents on the team. An added treat is to come Friday evening to Bull Run Marina to “drive” launches down to Sandy Run or bring them back up Saturday afternoon. A great way to unwind (weather permitting) after a long workweek.

**The Venue of Sandy Run – A park dedicated to rowing enthusiasts.** Sandy Run is a Crew-only Marina and is set up solely as a practice site and regatta location. On regatta days, you should plan to arrive early to ensure you will get to the viewing area in time for your planned race. A word of advice here, don’t be in too much of a hurry while driving through park property. The 15 mph speed limit is enforced by local police and park authorities. Failure to observe the speed limit may result in your parking privileges being revoked.

The athletes need to help set up the boats in the morning before each regatta and a day or two before the coaching staff will announce the arrival time for all team members. It’s also important that coxswains are present at the early morning race meeting or they risk being eliminated from racing that day. (It’s a safety issue; coxswains at Sandy Run receive a wristband, which indicates they attended the meeting).

Sandy Run charges parking fees on regatta days. Parking is limited so in order to promote carpooling, a parking fee is charged. To just drop off rowers/coxswains, you should tell the officials collecting entrance fees that you are just dropping off your participants, and they will issue you a special ticket after you pay the parking fee. The entrance fee will be returned to you as you depart the area. If you are entering to watch the races, you will be directed to one of the designated parking areas after payment of the entrance fee. Early arrivals will be able to park closer to the race site. There is also off-site satellite parking with a reduced parking fee and shuttle service. This will take longer to arrive at the regatta site, so plan accordingly. See the VASRA website for full details.

It is important to understand that there are two primary areas at Sandy Run. The first area is the Marina area/Regatta headquarters, which is where many participants wait for their race to be called. (Note: This is where our boats/trailer/equipment are located.) This area is located at the end of the main road going into the park area. If you stay there, you will not be able to see the races. Race competitors also are found on “the point” near the grandstand. Lake Braddock Crew members are often stationed at the point. The second area is the actual Grandstand or viewing area, which is the best place to see the boats finish their race.

Competitors leave the Marina area or “the point” when their race is called and row downriver outside the race lanes well beyond the race area to the holding area. (Note: You can just barely see this area from the Grandstand/viewing area.) The boats are then started from that location and race back upriver to the finish line. After completion of the race, they proceed to the Marina or the point. At the end of racing, the boats are rowed to headquarters to be loaded onto the trailer.

There are three main options for getting to the Grandstand/viewing area to watch the races:

- First, there is a shuttle van which departs about every 10 minutes from Parking Lot C. A nominal fee per person, for each one-way trip to/from the viewing area is charged. (Note: After you take the shuttle, you will have a short walk to the final location.)
- Second, you can follow the trail from Parking Lot C to the Grandstand/viewing area. This trail is clearly marked, but it is hilly in places. It is about a 15 minute walk from the starting point.
- Third, you can follow the trail from the Marina/Regatta headquarters area to the Grandstand/viewing area. This is about a 20-minute walk and the trail joins up with the path from Parking Lot C. As a spectator that day, you should expect delays in reaching the Grandstand until you become familiar with the park layout; most parents have experienced the thrill of watching their child row and a quite few have also experienced the agony of being a few minutes too late. It can easily happen if you don't arrive early in the morning (or park an hour before the scheduled race) because you must walk through the woods after parking your car or wait for a shuttle ride (fee attached) to the Grandstand. If you are carrying a chair and/or tote bag, you may want to take the shuttle.

**More details** on regatta schedules, race results, and general information/directions can be found at the general VASRA web site [www.vasra.org](http://www.vasra.org) and also on the LB Crew website at [www.bruincrew.com](http://www.bruincrew.com).

## ROWING TERMINOLOGY

### Equipment

<b>Blade</b>	The wide flat section of the oar at the head of the shaft. The two types of blades are called hatchet and spoon.
<b>Button</b>	A plastic or metal fitting tightened on the oar to keep the oar from slipping through the oarlock.
<b>Foot Stretcher</b>	Adjustable brackets in a shell to which the rower's feet are secured in attached sneakers or similar footwear.
<b>Gunwale (Or Gunnel)</b>	Top section on the slides of a shell, which runs along the sides of the crew section where the rowers are located. The riggers are secured to the gunwale with bolts.
<b>Hatchets</b>	These oar blades have a bigger surface area than the standard or spoon blades and have a hatchet or meat cleaver shape.
<b>Keel</b>	The centerline of the shell. The term refers to the extent to which the boat is balanced from side to side while rowing. A "good keel" is where the shell is rowed with little or no continual dipping to port or starboard.
<b>Oar</b>	The piece of equipment that each rower uses to propel the boat. In sweep rowing, each oar is approximately 12 feet long, lightweight and well designed.
<b>Oarlock</b>	A U-shaped swivel that holds the oar in place. It is mounted at the end of the rigger and rotates

	around a metal pin.
<b>Rigger</b>	The device that connects the oarlock to the shell and is bolted to the body of the shell.
<b>Rigging</b>	The adjustment and alteration of accessories (riggers, foot stretchers, oars, etc.) in and on the shell. Examples of rigging adjustments that can be made are the height of the rigger, location of the foot stretchers, locating and height of the oarlocks, location of the button on the oar and the pitch of the blade of the oar.
<b>Rudder</b>	Steering device at the stern. The rudder is connected to cables (tiller ropes) that the coxswain uses to steer the shell.
<b>Scull</b>	A shell configured so that each rower uses two oars. This term is also used interchangeably when referring to the oars used in a sculling shell, the shell itself, or to the act of rowing a sculling shell.
<b>Shell</b>	The racing boat. Shells come in configurations and sizes for single rowers, pairs, fours and eights. An eight is approximately 60 feet long, narrow (about two feet wide at its widest point), and weighs about 280 pounds.
<b>Skeg(Or Fin)</b>	A small fin located along the stern section of the hull. This helps to stabilize the shell in holding a true course when rowing. All racing shells have a skeg. The skeg should not be confused with the Rudder.
<b>Slide (Or Track)</b>	Two tracks on which the seat moves. The seat moves forward and backwards on the slide, enabling the rower to “gather up” his or her body at the start of the stroke and then use the combined power of the legs, back, and arms when actually executing the slide.
<b>Slings (Or Boat Slings)</b>	Collapsible/portable frames with straps upon which a shell can be placed temporarily.
<b>Sweep</b>	A shell configured so that each rower has one oar. Oars on a sweep shell are normally alternated from side to side.

### Rowing Cycle Terms:

<b>Catch</b>	The start of the rowing cycle at which the blade enters the water. It is accomplished by an upward motion of the arms only. The blade of the oar must be fully squared at the catch.
<b>Crab</b> (Not a hard or soft-shell edible.)	“Catching a Crab” refers to a problem encountered by a rower when his or her oar gets “stuck” in the water, usually right after the Catch or just before the Release and is caused by improper squaring or feathering. The momentum of the shell can overcome the rower’s control of the oar. In extreme cases, the rower can actually be ejected from the shell by the oar.
<b>Drive</b>	That part of the rowing cycle when the rower applies power to the oar. This is a more or less blended sequence of applying power primarily with a leg drive, then the back, and finally the arms.
<b>Feathering</b>	The act of turning the oar blade from a position perpendicular to the surfaces of the water to a position parallel to the water. This is done in conjunction with the Release.
<b>Finish</b>	The last part of the Drive before the Release where the power is mainly coming from the back and arms.

<b>Rating</b>	The number of strokes per minute. Also known as Stroke Rating.
<b>Recovery</b>	Part of the rowing cycle from the release up to and including where the oar blade enters the water.
<b>Release</b>	A sharp downward (and away) motion of the hand, which serves to remove the oar blade from the water and to start the rowing cycle.
<b>Squaring</b>	A gradual rolling of the oar blade from a position parallel to the water to a position (almost) perpendicular to the surface of the water. This is accomplished during the Recovery portion of the rowing cycle and is done in preparation for the Catch.
<b>Stroke</b>	One full motion to move the shell. It is also used as a term referring to the stern-most (eighth seat or fourth seat in the case of fours) rower who sits nearest the coxswain.

### Other Terms of Interest:

<b>Bow</b>	The forward end of the shell.
<b>Check</b>	Any abrupt deceleration of the shell caused by some uncontrolled motion within the shell; an interruption in the forward motion of the shell.
<b>Course</b>	A straight racecourse for rowers that normally has 4-6 lanes. In high school, the course length is 1500 meters, while in college and Olympic events; the course length is 2000 meters.
<b>Cox Box</b>	A small electronic device, which aids the coxswain by amplifying his or her voice, and which gives a readout of important information such as stroke count.
<b>Coxswain (Or Cox, or Cox'n)</b>	The person who sits at the stern of the shell (although this may be in the bow of some "4s"), steers, gives commands, calls the ratings, and urges the rowers on in a race. A knowledgeable coxswain will generally serve as an "on-site/in-the-shell" assistant to the coach. Relatively light in weight, a good coxswain will have as much competitive spirit as the rowers and can make a considerable difference in a race.
<b>Ergometer</b>	A rowing machine. An "erg" allows beginning rowers to learn the basics of the stroke before going on the water, and is used by all rowers to develop their conditioning.
<b>Port</b>	The left side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the port side.
<b>Starboard</b>	The right side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the starboard side.
<b>Stern</b>	The rear end of the shell.
<b>The Stroke</b>	The rower sitting nearest the stern (and the coxswain). The stroke is responsible for setting the stroke length and cadence for the rest of the crew, following the commands and encouragement of the coxswain.
<b>Weigh-Enough</b>	Actually sounds like "way-nuff". This is the coxswain's call to have all rowers stop rowing.

## TEAM PARTICIPATION ACKNOWLEDGMENT FORM

1. We have read and understand the Lake Braddock Crew Team Guidelines.
2. We understand that winter conditioning is a voluntary pre-season training program designed to prepare student-athletes for the physical demands of the spring rowing season.
3. We understand that all rowers and coxswains are expected to be at each practice during the spring season, including spring break and trailer loading and unloading. If a rower or coxswain misses a practice for any reason, he/she may be excluded from the following regatta.
4. We understand that while participation is not guaranteed, every effort will be made to see that each rower and coxswain who has fulfilled team obligations and attended practice regularly will participate in every local regatta prior to the State Championship.
5. We understand that not all rowers and coxswains on the team will participate in the championship regattas including the Virginia State Championship, VASRA Regional Championship, Stotesbury Cup and/or the SRAA National Championship. Furthermore, we understand the criteria for having a chance to attend the out of state championship regattas and that the head coach has the final decision on all regatta participation.
6. We understand that alcohol, drugs, and/or tobacco use are prohibited and that the use of any of these substances at any time throughout the season will lead to automatic dismissal from the team.
7. We understand that photographs, and/or audio/video taping of team activities may take place throughout the year and fully authorize and grant permission for such to be used without compensation, including the posting of such images on the BruinCrew website.
8. We understand that LB Crew is a non-funded sport. We recognize that volunteer activities, dues, and fund raising are the life blood of our ability to exist. We therefore agree to comply with both student's and parent's participation requirements in identified activities in order to remain members in good standing.
9. We understand that winter conditioning fees are not refundable once winter conditioning has begun and that remaining dues and expenses for the 2009/2010 program are not refundable after March 7, 2010.

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Student's Name (please print)

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Student's Signature

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Date

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Parent's Signature

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Date