



2009 - 2010

**LAKE BRADDOCK
CREW**

TEAM GUIDELINES

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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 late 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.

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. More information can be found on-line through www.roninracing.com.

Spring Practice

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 they may vary due to things such as weather, coaching staff decisions, and/or which boat you are selected for. Actual practice times will be announced closer to the spring season and day-to-day adjustments posted on 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 if you will miss practices during spring break.

Teamwork is the key to success in crew and 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. Failure to do so affects not only your boat, but one or two other boats as rowers are shifted to fill vacant seats. Unexcused absences are not acceptable. If a rower or coxswain misses a practice for any reason, he/she may be excluded from the following regatta. Anyone who is unable to attend a scheduled practice for any reason must notify their coach prior to the missed day of practice. The head coach will make the final decision on regatta participation.

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 progress to either the Stotesbury Cup Regatta and/or SRAA Scholastic Nationals must work out make-up arrangements 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-state 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	

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.

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 away regattas. All rowers are likewise expected to return to Bull Run Marina to help unload the equipment after completing a regatta.

TEAM GUIDELINES 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 SRA 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 is 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 fundraising 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 season program are not refundable two weeks after on-the-water practice begins.

Student's Name (please print)

Student's Signature

Date

Parent's Signature

Date