

Fall Crew 2018 – What to Expect

We only take experienced rowers in the fall. It is a very short season of long distance rowing and there isn't time to train novices in the fall. *If you want to learn to row in the spring, please email Chris at chris@yarmouth-rowing.org and we'll get you on the spring contact list.*

Competitive fall rowing with Yarmouth Crew is a fun, exhilarating and rewarding experience that requires serious commitment, focus and dedication.

Unlike Spring season, when we race in shorter 1500-2000 meter sprints, the races in the fall are “head” style races over longer distances, up to 3 miles! No racing starts or stake boats...just a build up from a paddle to race pace as you cross the start line. Endurance is the name of the game!

Now that you've mastered the basics, the fall season is when you improve your technique through drills, exercises and lots and lots and lots of distance practice. While rowing is a lifelong sport that anyone can learn, achieving mastery is a challenge and takes hard work. Our goal for you as a fall rower is to help you improve your individual technique and power while making your boat as fast and competitive as possible.

Parents – please be aware that the coaches will also be competing in the regattas during the fall season. We are all active racers and the fall season is our most competitive season. The fall regattas include both youth and masters categories so you'll see many of the adult members of the club, including parents and coaches, out on the course. But don't worry, we'll have plenty of coverage for the kids while we are out on the river.

First Things First

The Yarmouth Youth Rowing Program is the youth division of the Yarmouth Rowing Club, an independent community organization (501c3) with rowers of all ages and abilities from a number of surrounding towns. <http://yarmouthrowing.com>.

We are also now a **Yarmouth High School Club**. That said, students from other schools are still very welcome to join the crew!

Even though we are now a YHS school club sport, we do not get any funding from the school or town and have to manage the costs of our races, bus transportation, equipment, safety launches, gas, boat trailer, and coaching costs, etc. from participation fees, Booster support and fundraising events. We do our best to stretch our budget but the sport of rowing is expensive.

While crew is expensive, it is not an elitist sport. Everyone is welcome! Scholarship is available!

Participation Fee for Fall Crew 2017 - \$480 **NEW UPDATE!**

We have had to change our payment plans. Please note the following:

Payment must be made in full before pre-season: We accept checks (made out to Yarmouth Rowing Club) or credit cards. The 3-part payment plan has been eliminated due to staffing changes and fee collection issues.

Scholarship / Financial Aid

We want any student who wants to row to be able to do so regardless of the family's ability to pay. Scholarship / Financial Aid is available. Please submit the financial aid request form (last page of the sign-up forms) at the Fall Sports Night. We will follow up with you via email regarding the award and balance due.

Setting Expectations

100% Attendance is expected - You are allowed 1 un-excused absence - but we hope you never need to use it. You get 1 warning. After that you will be asked to leave the crew, no fees refunded.

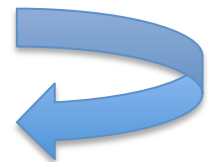
Unlike track, soccer or basketball, if a rower is absent from practice, their boat CANNOT go out unless we find a sub. With a short season, extremely limited water time, a small crew and a busy boatyard, finding a sub at the last minute is disruptive to the entire crew and unfair to your boat mates.

We expect 100% attendance unless you have an EXCUSED absence. If in doubt, email ahead of time to get excused.

Use this and only this email! Put it in your phone!

hscoach@yarmouth-rowing.org

- [Do not email the coaches directly](#)
- [Do not send word with a friend](#)
- [Do not expect the school to tell us](#)



Please email before NOON to get excused. After 12 noon, text your coach.

Excused Absences (get excused first)

- Illness (out sick from school - or sent home from school) **The school does not share any info with us about kids out sick. You must email us.**
- Physical Therapy or Dr. appointment (try to schedule on OFF days)
- Emergency, funeral, unavoidable family travel plans
- Make-up test, teacher conference
- College visits, interviews

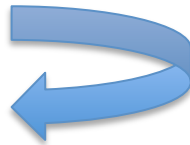
Not sure? Email first for permission. Don't risk it!

These are NOT excused absences

- Babysitting
- Your birthday
- Can't get a ride (call, text or email a coach)
- Music, dance, voice lessons or other extracurricular activity
- Work (talk to your coach about scheduling crew and work)
- Too much homework
- Didn't bring the right clothes, shoes, etc.
- Injured - you need to come anyway (within reason – check with coach)

Bottom line - we expect full attendance at all practices, even if injured - you can always help out somewhere and can learn a lot from watching the practice from the launch.

The Google Doc Schedule



Check Your Email 3x a Day!

The Cousins River is tidal and we must plan our practice times accordingly. A draft schedule is put together pre-season to map out which weeks we have water and which weeks we have dryland. Please print and post this so you know where to be!

The live calendar can also be accessed on the home page of the web site and the youth crew page sidebar. When in doubt, email the coaches.

Get in the habit of checking your email in the morning, at lunch, and before practice *everyday* for any last minute updates. Weather can change quickly!

An updated weekly calendar will be posted as a google doc on Sunday. All participants must enter YES for each and every practice they will be attending.

If you cannot make a practice due to a valid reason (see excused absences above) you must **put NO in the google doc, **add a reason** in the note section **AND email hscoach@yarmouth-rowing.org. DO ALL 3!** Get in the habit of checking email!!**

NEW! – Maine Small Craft Celebration

Saturday, September 22, 8 am - 12 pm

A new event to celebrate small boats in Maine. Event will be held at Waynflete School rowing facility in Portland.

Dryland Practices are 3:30 - 5:30 pm

When the weather or tides prevent rowing, we will have dryland practice. We will be running and doing other outdoor activities to build endurance, etc. *Be prepared by ALWAYS packing your sports bag with running shoes, water bottle & a light jacket/pants for outdoor work. If your school gets out later, let you coach know to arrange a later start time or set up an alternative workout for you to do on your own.*

The Regattas

We have 3 regattas this season: Attendance is expected at ALL regattas *even if you are not racing*. We will assign you a key support role for your crew.

The Maine Small Craft Celebration, Portland, Saturday, September 22

The Textile Regatta in Lowell, Mass, Sunday, September 30

The New Hampshire Championships, Sunday, October 14

We will send details about these events as we get closer.

For both out of state regattas, parents should plan to drop off your rower at the Yarmouth Visitors Center on Route 1 to meet the bus for a 6 am departure. Coxswains may depart earlier in coaches' cars. We'll send updates as we know more.

After the race, we return by bus to the Visitors Center and carpool over to meet the boat trailer at the boat yard, rig and put the boats away. We will carpool everyone back to the visitors center and be ready for pick up at the around 6.

All crew members are expected to help with the boats even if you return from a regatta with a parent. No exceptions. You can meet us at the boatyard.

Crew families are encouraged to attend these events and cheer on our racers! We provide a fabulous hot lunch for everyone. Bring a chair, camera and spirit!

End of the Season

Fun Row: Tues, Oct 16

DeCommissioning – Wed, Oct 17, clean and put the boats away for the winter.

Banquet– Thur, October 18, end-of-the-season awards and recognition event.

Bus Trip to Head of the Charles Regatta (HOCR) – Saturday, October 20, a trip to Cambridge/Boston to watch the Head of the Charles Regatta and cheer on your coaches! The HOCR is a huge, 2-day, world-class regatta with elite college crews, international and Olympic crews along with youth crews and masters crews of all ages. An amazing rowing event not to be missed! All kinds of vendors, food, souvenirs, equipment demos and great racing – and usually a few awesome crashes into bridges!! There are 7 bridges in this challenging 3-mile head race. Great fun!
<http://www.hocr.org>

We are still looking for drivers for this trip.

Parents: we'll need your help with this trip! The coaches will be competing at the regatta and will be available to meet up with the kids after for a post-race debrief. We'll need a few parents to coordinate the plan and drive the kids. Once at the venue, the kids are free to wander on their own in small groups. It's fun!

What to Wear

Dressing for fall crew is a delicate balancing act as the temperature on the water can be significantly cooler than on dry land. The temperature can change from 80 degrees right after school to 50 degrees at the end of practice as the sun gets lower, wind picks up, etc. Once you get working, however, you need to be able to cool off. The solution is smart, hard-working **LAYERS!**

Tops

- Layer 1 – under armour or similar moisture-wicking top, short or long sleeve
- Layer 2 – Performance fabric top, long-sleeve – avoid *cotton
- Layer 3 – Fleece jacket or vest or similar – light but warm - avoid *cotton
- Layer 4 – wind breaker or light jacket with zipper pockets. *Open pockets can get caught the oar handles.*

**Cotton holds moisture and, once wet, actually pulls heat from the body which can be very uncomfortable and impact performance.*

Bottoms

- Under armour or spandex – shorts in early season, longer later on.

No long or baggy sweat pants! They can get caught in the wheels of the slide.

Other

- Water bottle **MANDATORY!! – we don't have drinking water on site.**
- Warm hat and/or ball cap, especially if sunny – the glare can be harsh on the water.
- Thin gloves for later in the season (for pre and post rowing time)
- Sunglasses – the glare can be harsh on the water.
- 2 pairs of socks, smart wool or cotton blend
- sports watch if you have one
- Tie-backs for hair (keep a stash in your sports bag!)
- Blister tape, band-aids and/or rowing gloves (sold by ScullingGear.com or TheCrewStop.com)
Disclaimer: ScullingGear.com is owned by Chris
- Antibacterial gel



Shoes

Crocs, boots, sandals, slip on sneakers or other easy-to-get-on-or-off shoes. We don't wear shoes in the boats as they have them built-in already. You'll be removing your shoes on the dock into designated shoe bins, labeled by boat. You'll retrieve them upon landing and have to be able to get them on and off FAST. These shoes will get wet and muddy and dusty so choose rubber, plastic, etc. You do wear socks in the boat and these will get wet too so always pack spares! Your cold feet will thank you!

Coxswains

You need extra layers to make sure you stay warm and dry. Follow the list above but make the jacket a bit heavier and add waterproof/wind pants over the spandex. You may also want a hood, neck warmer or scarf to keep warm. You CAN wear shoes in the boat so sneakers or boots are fine. A jacket with zipper pockets is best. **Be sure to bring your (labeled) cox tool to every practice!! Your crew will thank you!**

What to Pack in Your Sports Bag

Practice can be cold and wet – from the weather, sea spray or backplash from your boat mates – so **ALWAYS bring a sports bag with a complete change of clothes.** These items CAN be cotton.

Pack sunscreen, bug stuff, bandaids, antibacterial gel, tape for wrapping your hands, granola bars or other healthy snack that won't spoil, spare water bottle (full), cell phone, extra socks, hats, gloves and **running shoes!**

*If you need an inhaler or other medical item, make sure you bring it and give it to your coach or cox to carry in the boat! **No cell phones in the boat please.***

For dry land practice, T-shirt, spandex shorts and optional top shorts (not baggy!) and running shoes will be just fine. **BUT – always be prepared to run outside too!**

Choosing Captains

Our goal is to be transparent, eliminate undue peer pressure and open the selection process up to any and all interested participants, regardless of grade. We will select up to 3 captains depending on the size of the team. We are looking for a balance of boys and girls, both rowers and coxswains.

Here's the plan...

Any veteran who is interested in being considered for a captain role will submit a brief written statement – **an open letter to the crew** - on why they feel they should be considered and detail what makes them good captain material. **Due by midnight on Saturday, September 15. Email to chris@yarmouth-rowing.org.**

Please note that the content, not the writing ability, is the key here. *This is not an English assignment but a heartfelt statement to your coaches and fellow rowers/coxswains.*

The crew will read the letters and vote (anonymously) for their top 3 choices. The coaches will review the results and make the final determination, which is final.

Invitations will be sent to finalists and the **Captains will be announced at the Maine Small Craft Celebration Event.**

Some of the qualities we would be looking for include:

- Prior leadership experience (not a requirement!)
- Listening ability
- Time management skills
- Leading by example
- Comfortable communicating with peers/coaches

Continued...

Comfortable asking questions when unclear about something
Willing to assist with novice practices
Willing to teach novices or veterans how to tie down, rig, adjust, wash, wrap, etc.
Willing and able to come early, stay late and do “other duties as assigned”
Willing to coordinate car pooling efforts and shuttling (if able to drive others)
Willing to plan captains’ practices & spirit days
High Team spirit
Friendly and helpful (in a quiet OR outgoing manner)
Sense of humor
Patient and kind
Healthy competitive spirit
Grace under pressure
Glass half-full attitude
Willing to help other crews as needed
Willing to row any seat, any side, any boat as needed (within reason)
Ability to diffuse tense situations with calm reasoning
Ability to minimize gossip, bullying or unsportsmanlike conduct
Open to give and receive constructive criticism and honest feedback
Willing to help get the launches set up and put away
Willing to double check tie downs, safety locker gear and boat trailer gear

We do not expect anyone to have ALL these qualities...this is just to get you started thinking. Provide examples when possible. Use your unique voice to add other qualities or skills you feel are important to being a crew captain. Good luck!

Participant Code of Conduct

The sport of rowing requires an unusual amount of close interaction and cooperation between teammates who often have varying degrees of experience and leadership skills. There are times, especially during race events, where coaches are not on site to adjudicate conflicts or referee disputes. There are instances where a parent or parents may not understand why a decision has been made. It is with these points in mind that we have put together a list of guidelines, expectations and resources for team members and parents.

Guidelines for Yarmouth Rowing Behavior

Yarmouth Rowing is committed to helping all students succeed in becoming disciplined individuals who act with integrity and respect, and recognizes that a strong club/school/home partnership is essential in achieving this goal.

The strength and quality of the rowing program rests upon a foundation of trust, consideration, compassion, respect and personal integrity. *Accordingly, all students are expected to conduct themselves in a courteous manner, whether at school, at the boatyard, on the water, at a fundraiser, at a workday, on the bus or at a regatta.*

Obscene gestures, foul language and/or racist, sexist, intimidating, belittling, demeaning or other offensive comments, *even in jest*, are unacceptable and have no place on crew. Hurtful, exclusionary or demeaning speech or action can have damaging consequences for individuals and for the community, particularly when

they take the form of persistent patterns of behavior such as bullying and/or harassment.

All students are expected to respect the rights and individuality of others, and to demonstrate care for themselves, for others, for the quality of their athletic endeavors, for their gear, as well as club equipment and property.

Civil Behavior

The Yarmouth Rowing Program expects students to behave civilly toward one another. Kindness, courtesy and mutual respect should characterize behavior *at all times, whether in person, by text or message or online.*

Students are expected to work together with captains, coaches, staff and parent volunteers to address any incident of uncivil or otherwise inappropriate behavior in a way that seeks to resolve conflict and restore trust.

Yarmouth Youth Rowing recognizes that socially responsible attitudes and disciplines are developed over time, and that young people will make mistakes along the way as they develop both understanding and self-control. We seek to create a climate in which all community members can feel safe, secure and valued, both physically and emotionally.

Addressing Grievances

Coaches are available to hear out and moderate any disputes and to answer questions you may have. Captains will serve as go-betweens for rowers and coxswains who have grievances either with each other or with other participants. They should be the first line of complaint – they will bring issues to the coaches. Captains are available to approach coaches if an aggrieved party does not wish to approach the coach him/herself.

Captain Coach – *We Need a parent volunteer!*

In an effort to assist the captains in their role as team leaders, we have created a volunteer position: The Captain Coach. This individual will work with the captains individually, and as a group, to help them develop leadership skills, communication techniques and conflict resolution expertise.

Parent Liaison – *We Need a parent volunteer!*

In an effort to assist the parents with issues, questions and concerns, we have created a volunteer position: The Parent Liaison. This individual will work with parents to answer any and all questions about practice and race protocols, parking, carpooling, clothing, expectations, scheduling Dr. appointments, etc.

If you would like to offer your services for either of these positions, please email chris@yarmouth-rowing.org.

Coaching questions should still be addressed to an individual coach, the Program Director or the coaching staff as a group at hscoach@yarmouth-rowing.org.

Expected Behavior as a Member of Crew

Guidelines

1. When you come to crew, be present and leave your outside problems at home. The river, or the gym, is NOT the place to gossip, complain about other people, whine about homework or the workout, or carry grudges. Bring a positive attitude, respect for your teammates, coaches and opponents, and a willingness to work hard.
2. Unless you are SPECIFICALLY ASKED TO CONTRIBUTE, please do not offer advice about rowing technique to your teammates (or your opponents). Coaches are hired to coach, and while a boat meeting about what is or is not working in the boat is appropriate at times, these discussions should take place with a coach present.
3. Rowing is not the place for exclusive friendships, romances, or cliques. While you are at practice or during regattas, each of you is a representative of the entire team. You must strive to make your boat as fast as it can be but also to make the team as well behaved and well meaning and seamless as you can.
4. Be flexible. Be helpful. Make an effort daily to assist other crew members with mastering crew procedures and routines such as erg storage, care of workout mats, water systems, washing boats, tie downs, safety locker key, safety gear, slings, rigging, loading and unloading the trailer, coxswain gear, cleaning up, etc.

Choosing Varsity Boats – The Policy

We want to provide everyone with a SAFE and valuable rowing experience. We have limited water, just 3 safety launches and up to 6 coaches to work with. This situation dictates how many boats we can have on the water at any time.

We will have a maximum of 4 veteran boats on the water - one coach/launch for every 2 veteran crews.

Rowers/coxswains should expect to be swapped around in the weeks leading up to Race Prep Day so the coaches can assess ability and determine the best boating lineups. Do your best and let the coaches do their work.

Everyone will get to race at least once. Please note: bus space limited to 50 riders so depending on team size, carpooling to regattas may be necessary.

Seat racing may be done for any crew at the discretion of the coach. *(see below)*

The race crews will be determined by attendance, aptitude and attitude combined with effort and performance on the water.

Water Practice

Once we hit the water during the regular season, the coaches will be mixing up crews to try and determine the best lineups they can based on size, skill, talent, balance, flexibility, ratio, strength, etc. Keep in mind that the coaches have to quickly evaluate the newest veterans and figure out how they will fit in with the more experienced veterans.

Please be patient, flexible and open to the coach's decisions. Do not campaign for a particular seat or boat or coxswain during this time. Note: We asked for your preferred seat/side at sign up so we have it on record.

We expect everyone to put in their best effort everyday to ensure that whatever boat they are in has a productive practice and goes fast. Again, be patient and flexible as the coaches move people around. No seats are final or guaranteed.

Seat Racing & Final Boats

Crew is a competitive sport and at Yarmouth Rowing, we aim to put together the fastest crews possible. That said, selecting a fast crew is as much art as science. It's hard to know what combination of rowers will be the fastest. Oddly enough, what works on paper does not always translate to the boat. Therefore, the coaches may seat race rowers to determine the fastest lineups.

How Seat Racing Works

Seat racing is a series of short, head-to-head races in which a coach is evaluating 2 rowers at a time.

For example, let's say Boat A and Boat B are very competitive. The coach does a short, measured distance race with the original lineups. There is a virtual tie. He/she then switches the 3-seat in each boat and re-races them. Now Boat B is the clear winner. The 3-seat rower who was in the winning boat is considered to have "won" the seat race. The coach may continue to re-arrange and seat race the rowers until the fastest boats are set.

If all goes as planned (?!?), coaches will set their race lineups after the Maine Small Boat Celebration. We will pull from the JV boats to sub in to the top crews due to illness or injury.

If you do not make a top boat, take it as a learning opportunity to improve your rowing. You never know when an opening will appear and you want to be ready to race on short notice! We will make every effort to make sure everyone gets to race at least once if not twice.

When you join the crew, you are agreeing to cooperate with this plan and abide by the coaches decisions and lineups. If you are not comfortable with this, you may want to consider another sport or rowing program.