

AWCC HANDBOOK

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Welcome

Welcome to the Anthony Wayne Crew Club Parents Association, Inc , which will herein after be referred to as AWCC. The purpose of this handbook is to provide all athletes and their parents/guardians with information regarding the club and the sport of rowing. It provides a description of what the athletes and parents/guardians can expect and what is expected of them. Please keep this handbook in a safe place as it provides a great deal of important information that we hope you will refer to often. Supplements will be provided as needed.

Meet the Anthony Wayne Crew Club Executive Board Executive Committee:

President:	Olivia Dacre
Vice President:	Rob Rotterdam
Secretary:	John Hamernik
Treasurer:	Laurie Watson Rotterdam
Advisory Member:	Etta Miner

A Brief History of Rowing

Rowing is one of the oldest sports in existence today. But, as with many sports, it did not originate as a sport, but as a practical means of transportation on the water. Most ancient civilizations that lived near the northern and mid- latitude oceans of the world used rowing to initiate and expand trade and, for some, to engage in war. Victory usually came to those with the fastest and most maneuverable boats. The Vikings are well known for their oar-powered seamanship. Their largest warships, the dragon-ships known as drakkars, often required 60 rowers. Competitive rowing undoubtedly started much earlier, probably whenever two boats with spirited captains vied for supremacy of local waters along trade routes. Over 2,000 years ago, between 30 and 10 B.C., races between oared galleys were common in Egypt and Rome. It was not until the 1700s, however, that such challenges became popular as a sport among ordinary citizens. This occurred in England, along the Thames River, where boatmen would race long barges. The oldest documented sport-rowing contest is the Doggett's Coat and Badge Race, which has been held annually on the Thames since 1715. In 1829 the annual rivalry of the Oxford-Cambridge race was initiated on the Thames, followed shortly by the Henley Royal Regatta in 1839. Closer to home, the Yale-Harvard race in 1852 on the Charles River in Boston was the first intercollegiate event of any kind in America. Competitive rowing was part of the original Olympic Games first held in Athens, Greece, in 1896.

What Is Crew?

Crew is:

- The name for the sport of rowing within an academic setting
- A physically and mentally challenging/rigorous sport
- Works all muscle groups
 - Requires major endurance
 - Emphasizes teamwork and communication
- A major time commitment
 - Practice is required 4-5 days per week.
 - Regattas (races) are held each weekend of the season.
- 5 to 7 per rowing season
 - Venues are lakes, rivers and reservoirs in- and out-of-state.
- Some overnight travel is possible.
- Year-round (optional) 2 Rowing Seasons and 2 Conditioning Seasons
- Fall and Spring Rowing
 - Winter and Summer Conditioning (optional, but encouraged)
 - Athletes may participate in other sports and row only one of the seasons if they prefer.
- Expensive
 - Fundraising is ESSENTIAL!
 - Racing shells cost from \$22,000 (4+ boats) to \$44,000 (8+ boats) each.
 - Oars cost \$330 each.
 - Cox boxes and head microphones cost over \$600 each.
 - Ergs cost \$1200 each.

AWCC In A Nutshell

- The AWCC is a self-supporting club established in 1998.
- We are members of the Toledo Rowing Club (TRC) and recognized by Scholastic Rowing Association of America, Midwest Scholastic Rowing and US Rowing.
- Crew is a very expensive sport, which requires a combination of dues and fundraising.

- Parents/Guardians are expected to pay seasonal dues for their athlete by the designated deadlines
- AWCC dues cover a portion of the following:
 1. AWCC, TRC, US Rowing & Midwest Scholastic Rowing Team Memberships
 2. Coaches' salaries
 3. Insurance
 4. Boat maintenance & storage
 5. Regatta entry fees, travel expenses (pulling of trailer, gas, etc.), and food

- Due to insurance liability and regatta eligibility, no athlete shall be allowed on the water until dues are paid or a payment plan has been established.
- Failure to adhere to payment schedules will result in your athlete being removed from regatta lineups until payments are made current.
- Failure to fulfill all scheduled Opt-In volunteer obligations will result in your deposit check being cashed.
 - o No refunds will be made after the 3rd regatta.
 - o At least 1 parent/guardian is required to participate in all fundraising events whenever possible.
- Main team communication is electronic.
All notifications by the Communications Chairperson will be sent via email.

- Parents/Guardians are responsible for their child's transportation to and from practice and regattas.
 - o Carpool arrangements are encouraged and must be made by athletes and parents/guardians.
 - o Athletes participating in a crew carpool are required to ride with the assigned parent/guardian.

Athletes may drive to practices, but they may NOT drive to regattas!
- Caravans to regattas can be arranged by the Regatta Committee if requested.
- The Regatta Committee provides food and beverages for all athletes at the regattas.
- The Regatta Committee creates lists of recommended hotels and directions.
- Parents need to make their own hotel reservations and heed deadlines for reservations of blocked rooms!
- AWCC has an Equipment Trailer that is brought to every out-of-town regatta.
- It carries all necessary camp supplies (tents, tables, cook ware, stoves, propane, etc...).
- Contact the Equipment Chairperson if you are willing to tow the trailer.

- Spirit wear is available for purchase by all athletes and family members.
- Recommended – T-shirt or hoodie for Friday school spirit days and a gear bag
- AWCC has several important documents (all of which are posted on our website), including, but not limited to:
 - OHSAA Sports Physical Form Handbook
 - Code of Conduct
 - Harassment & Intimidation Policy o Safety Guidelines
 - Bylaws
 - Various Forms
 - Supplements will be issued as needed (regatta schedule, contact list, etc...)
 - Contact the Secretary with any questions.
 - Important websites:
 - AW Crew Club Website - <http://www.anthonywaynecrew.com>
 - Toledo Rowing Club Website - <http://www.toledorowing.org>
 - Regatta Central Website - <http://www.regattacentral.com>

What To Do When You Join Crew

Athletes MUST:

- Provide copies of annual sports physical documentation to school and AWCC.
- Complete an annual swim test or provide proof of exemption.
- Complete and submit blanket online/paper waivers PRIOR to participation –
- Athletes will not be allowed to remain at the boathouse if not completed.
- Some regattas require an additional waiver to be completed prior to the event.
- Complete and submit a Toledo Rowing Club (TRC) Waiver – a new one must be completed each season.
- Register online for US Rowing membership - you will be notified when and how via email and the webpage.
- Read and abide by Harassment & Intimidation Policy, Code of Conduct and sign AWCC Policy Acknowledgement.
- Practice 5 days a week at TRC boathouse in International Park in downtown Toledo.

Practice is usually 3:30 - 5:30 Varsity and 5:00 - 7:00 pm Novice.

Practice times are at the Head Coach's discretion and subject to change depending on the size and needs of the team.

The Head Coach often combines the Varsity and Novice practices on Fridays for pre-regatta boat loading.

- Maintain their uniforms
 - Three pieces - Dry Tech/Lycra tank, shorts, and long sleeve tee
 - Order snug fitting pieces so they won't catch on equipment.
 - Pay close attention to order deadlines, because custom orders take up to 6 weeks!
- Be punctual to practice and regattas!
- Pre-regatta preparation is needed prior to putting boats in the water.
- Arrival time is determined by the Head Coach prior to each regatta.
- Wear season shirt or hoodie for Friday school spirit days, if possible.

Parents/Guardians MUST:

- Complete and submit all required forms/paperwork by the designated deadlines:
 - AWCC Document Checklist and Informed Consent Form
 - Proof of medical insurance and Emergency Medical Authorization form
 - OHSAA annual sports physical to be kept on file with both AWHS and AWCC
 - Athlete information/contact sheet
 - TRC waiver and US Rowing Release
 - Payment plan paperwork
 - Uniform, spirit wear, and picture order forms
- Pay all fees as scheduled and attend all scheduled work hours (if applicable).
- Family discounts for multiple athletes
 - Payment plans are available
- Serve on a Committee

At least 1 Parent/Guardian per family MUST serve in some meaningful capacity. Provide transportation to and from practice and regattas or arrange carpools. Athletes CANNOT drive themselves to regattas!!

Contribute to potlucks and provide non-alcoholic beverages for your family and friends attending regattas.

Fundraise

At least 1 Member per family MUST participate in AWCF-organized fundraisers whenever possible.

Attend monthly meetings.

- Parents/Guardians meet once per month, usually on the first Monday of the month (time and location will be announced 7 days prior).
- The Executive Board meets one hour prior to the general meeting. • Support the disciplinary efforts of the coaches and officials.

COMMITTEE and CHAIRPERSON GUIDELINES

At least one (1) Adult Member from each family must participate on one of the AWCF or AWCC Committees listed below. Committees will be formed and dissolved, and Chairpersons appointed, as needed, by the AWCC President. Committees will be assigned a specific purpose and Chairpersons will be expected to report to the

Executive Committee and Adult Members at large at regular Monthly Meetings. Each Committee will be responsible for electing their own chairperson unless one is appointed by the President. Each Committee member that incurs expenses reimbursable by the club must keep accurate records of the expense(s) and submit receipts to the Treasurer on a timely basis.

AWCF Fundraising Committee

- Organize fundraising events in which at least one (1) Member per family must participate whenever possible.
- Coordinate the organized solicitation of private and corporate donations.
- Maintain accurate records of each Member's fundraising activities, including amount submitted, type of activity and date of submission.
- Submit suggested fundraising activities to the AWCF for prior approval.
- Perform all other duties consistent with such committee as deemed necessary.

The Fundraising Committee shall be overseen by the AWCC and AWCF Vice Presidents.

AWCF Grant Writing & Sponsorship Committee

- Seek out grants for which AWCF is eligible.
- Apply for a minimum of two (2) grants per year.
- Seek out corporate and private sponsorships.
- Perform all other duties consistent with such committee as deemed necessary.

The Grant Writing & Sponsorship Committee shall be overseen by the AWCC and AWCF Vice Presidents.

Safety Committee

- Make available the most current copy of policies of governing organizations, including, but not limited to, US Rowing, SRAA, MSRA, TRC and the United States Coast Guard.
- Ensure that all Student Members in AWCC receive proper instruction in safe water-person ship as outlined in the US Rowing SafeSport Policies and AWCC Safety Guidelines.
- Ensure that the AWCC Safety Guidelines are being followed.
- Perform all other duties consistent with such committee as deemed necessary

The Safety Committee shall be overseen by the Advisory Member.

Compliance Committee

- Issue and/or update the AWCC documents as deemed necessary from time to time
- Submit initial drafts of any updates to the Executive Committee for prior approval.

- Convene an impartial Conduct Board to conduct disciplinary proceedings in the event of a violation of the AWCC Harassment & Intimidation Policy and/or AWCC Code of Conduct.
- Perform all other duties consistent with such committee as deemed necessary.

The Compliance Committee shall be overseen by the Advisory Member.

Liaison Committee

The Liaison Committee shall be responsible for the following:

- Serving as AWCC liaisons to Toledo Rowing Club (TRC) for the Frogtown Regatta
- Attending monthly TRC board meetings as an AWCC representative and presenting all pertinent information to the Executive Committee and Members
- Perform all other duties consistent with such committee as deemed necessary.

The Liaison Committee shall be overseen by the President.

Regatta Committee

The Regatta Committee shall be responsible each week for the following:

- Regatta menu creation and posting on the website
- Food shopping and preparation
- Food trailer stocking of supplies (including propane), hauling, loading/unloading, maintenance and storage
- Food tent set-up and tear-down
- Boat trailering
- Establishing a “Meet & Follow” procedure for novice families commuting to regattas
- Making hotel arrangements
- Performing all other duties consistent with such committee as deemed necessary

The Regatta Committee shall be overseen by the Secretary.

Public Relations & Recruitment Committee

The Public Relations & Recruitment Committee shall be responsible for the following:

- Promoting the visibility of AWCC
- Working with the Fundraising Committee to publicize fundraising events
- Issuing press releases to news media and posting on social media, including, but not limited to, Twitter and Facebook, to report activities and accomplishments of AWCC and its Membership
- Communicating regatta results to AWHS Secretary for announcements
- Recruiting new Student Members by various means, including, but not limited to, organizing informational meetings, attending the AWHS Open House each fall and 8th grade HS open house in the spring, and distributing flyers and collecting contact information of prospective athletes

- Organizing annual introductory summer rowing camps and winter conditioning, including advertising, registration, etc.
- Performing all other duties consistent with such committee as deemed necessary

The Public Relations & Recruitment Committee shall be overseen by the President.

Communications Committee

The Communications Committee shall be responsible for the following:

- Maintaining an up-to-date list of Student and Adult Members and their phone numbers, email addresses, and

home addresses

- Creating a phone tree to quickly disseminate information to Student and Adult Members regarding emergency meetings, cancellations, and last-minute changes
- Emailing Student and Adult Members of upcoming meetings, schedules, and events
- Maintaining and updating the AWCC website to reflect current club events, including regatta information and directions, fundraising, and athlete information and photos (roster)
- Emailing regatta information and directions to all Adult Members
- Emailing “Meet & Follow” and hotel information to all Adult Members provided by the Regatta Committee
- Perform all other duties consistent with such committee as deemed necessary.

The Communications Committee shall be overseen by the Secretary.

Equipment Committee

The Equipment Committee shall be responsible for the following:

- Overseeing the proper maintenance and storage of all equipment belonging to, or rented by, AWCC
- Maintaining a detailed log of all equipment, including purchase date and price, and all maintenance performed
- Maintaining current licenses and registrations required by local, state, or federal agencies as it relates to

equipment (e.g. boats and trailers)

- Submitting an annual budget for equipment repair and maintenance to the Treasurer 14 days prior to the budget submission date established by the Executive Committee and update changes to the budget throughout the year as necessary
- Performing all other duties consistent with such committee as deemed necessary

The Equipment Committee shall be overseen by the Treasurer.

Spirit Committee

The Spirit Committee shall be responsible for the following:

- Maintaining uniform and crew wear vendor contact information
- Coordinating with professional photographers to provide Student Member photo packages
- Distributing order forms to Student and Adult Members in time to order and receive uniforms and necessary gear prior to the first regatta each season
- Placing orders and delivering goods upon receipt
- Collecting and delivering to the Treasurer all payments received
- Creating Student Member lanyards for all Adult Members, preferably prior to the first regatta each season
- Organizing and overseeing the AWCC Little & Bigs Program
- Coordinating the ordering and delivery of Senior gifts, and varsity letters
- Coordinating the kick-off and end-of-season parties and assist team captains in organizing or carrying out any team building activities as requested
- Performing all other duties consistent with such committee as deemed necessary

The Spirit Committee shall be overseen by the Treasurer.

Other Committees

The President may appoint Members and chairs of such other standing or ad hoc committees as are necessary to accomplish AWCC's goals.

Other Committees shall be overseen by the appointed Executive Committee Member.

*All Committees will work closely with the Communications Committee to disburse pertinent information to athletes and parents/guardians in a timely fashion.

General Regatta Information

A regatta is an organized series of boat races. They are usually named for the town or venue where the event takes place. There are three basic types of races in rowing: Head Races, Indoor Races and Sprint Races.

Head Races are typically held in the fall on a 2500 – 5000 meter racecourse and are raced for time. The boats are stagger-started and the boat with the fastest time is the winner. The courses often have turns and bends and take 15 – 25 minutes to complete. Indoor Races are usually held during the winter and are on rowing machines called ergometers (ergs). At an indoor race, multiple ergs are set up side-by-side and rowers race for the fastest time for 2000 meters.

Sprint Races are usually held in the spring. These races are 2000 meters, but the boats line up side-by-side in lanes. A specified number of boats from each heat will progress to the finals. The fastest boat in the final heat will be the winner.

Special Regattas

- Head of the Charles

This is a head race (considered the granddaddy of all head races), held in Boston and is invitation only. AWCC sent Men's V4 in 2005, Women's V8 & Men's V8 in 2011, and Women's V4 in 2014.

- Head of the Hooch

This is a head race in Chattanooga, TN and it has High School, College and Masters' level races. It is sponsored by the Atlanta Rowing Club and has over 5,000 participants. AWCC sent Men's V-4 in 2017, 2018, Women's V2 in 2018 and Men's single in 2018.

- Midwest Scholastic Championship

This is a two-day regatta and consists of sprint races. It is usually held on the second weekend in May and used for the American Scholastic qualifier (Regional Championship).

The AWCC attends 5 – 7 regattas each season on various lakes and rivers. Most regatta locations are in OH (Cleveland, Columbus, Cincinnati, Dayton, Toledo), MI (Ann Arbor area), and IN (Culver, Indianapolis). The Regatta Committee makes recommendations on accommodations and provides directions to each regatta site. It is recommended that you verify directions and travel time.

What to expect: A regatta is like a big tailgate party that lasts all day.

Arrival: Some families will stay in a hotel the night before the regatta, while others will get up early and drive in the morning. Some might "follow-along" in a caravan and some might carpool. One parent or an entire family may attend. If you are not able to attend, please make arrangements with another parent to transport your athlete to and from the regatta. Athletes may not drive to out-of-town regattas. Keep in mind that your athlete must be at the regatta on time and parents/guardians are required to help set up and tear down our site.

Day of: We arrive at the regatta site between 6 and 7am, when it is usually dark and the grass is still wet. We set up our site (tents, tables, stoves, etc.) and cook breakfast while the athletes unload boats and get ready for racing. Races usually start around 8 am, and boats launch 45-60 minutes prior to the official start of each race. After breakfast clean-up, you'll have time to explore the regatta venue and socialize. There are usually T-shirts, food and other items for sale. We usually watch and cheer for the team in a centralized location. Before you know it, lunch is being prepared. Races continue throughout the afternoon, and the athletes eat in shifts according to the race schedule. We are a team, which means all athletes will stay at the regatta until our last boat is on the trailer. The campsite is usually torn down after our last race.

Food: Breakfast, lunch and snacks are available for all athletes. If you have a child with a food allergy or a picky eater, you may want to pack special food for your child on regatta days.

Beverages: Water and Gatorade are provided for all athletes.

Weather: can vary greatly throughout the day, so dress in layers and remember raingear and sunscreen.

Parking: varies by venue, be prepared to ride a shuttle bus and carry your belongings. (Be prepared but pack light.)

What to bring:

ATHLETES:

1. Uniform (with name written in all pieces)
2. Complete change of clothes, including extra shoes
3. Light weight jacket or winter coat depending on weather
4. Extra socks (several pairs, preferably dark-colored, as they will get dirty)
5. Rain gear, sunscreen, lip balm
6. Gloves/mittens & hat
7. Sweatshirt & sweatpants
8. Blanket, sleeping bag, pillow
9. Cards, magazines
10. Spending money (kept in a secure, safe place)
11. A bag to keep all your stuff together!

PARENTS/GUARDIANS:

1. Rain gear
2. Lawn chairs
3. Blankets
4. Binoculars
5. Cameras
6. Very warm clothing and waterproof footwear
7. Books, magazines, playing cards, etc...
8. Food and non-alcoholic beverages for your family and friends
9. Wagon for carrying all of the above

Coaches' Responsibilities

1. Safety
 1. The safety of the athletes is every coach's primary concern and responsibility.
 2. Coaches will learn and consistently abide by the safety and weather policies of The United States Coast Guard, US Rowing, TRC and AWCC.
 3. Coaches will be aware of the weather and environmental conditions on the water and will not put athletes in situations where they are subject to

injury. Potential safety hazards include, but are not limited to, the following:

- i. Weather
 - ii. Temperatures
 - iii. Supervision of athletes on the water before, during and after practices
 - iv. Rowers' and coxswains' skill levels
 - v. Condition of launch boats and safety equipment
 4. Coaches will ensure safety equipment in launches is complete and rowing shells are properly equipped.
 5. Coaches will work with the Equipment Committee to ensure boat and trailer safety by:
 - i. Periodically examining equipment and making sure that routine maintenance is completed
 - ii. Making recommendations when equipment needs to be repaired or replaced
 - iii. Presenting formal requests for additional equipment, and relevant information as needed, at monthly meetings for a vote by the majority of members present; no major purchases may be made without majority vote
 6. Coaches will teach athletes proper rowing, transport and erging technique to avoid injuries.
2. Competitiveness
 1. The coaches' goal is to configure fast, competitive boats.
 2. The coaches will set high standards and hold athletes accountable for performance and behavior.
 3. Fairness and impartiality
 1. Coaches will make rowers' boat assignments based on several factors, including, but not limited to:
 - i. Erg testing
 - ii. Seat racing
 - iii. Technical skill evaluation
 2. Coaches will assign coxswains based on several factors, including, but not limited to:
 - i. Ability to motivate and encourage a crew
 - ii. Ability to make good decisions that keep his or her rowers and equipment safe
 - iii. Level of knowledge of rowing
 - iv. Ability to convey to the crew the important aspects of drills and techniques.
 4. Time Management
 1. Coaches will do their best to start and finish practice on time.
 2. They will come to practice with a specific plan for the day and a general plan for the week and month.

5. Communication

a. Coaches will maintain open lines of communication with athletes, parents/guardians, other coaches and the AWCC President.

Coaches Will:

- Know, abide by and enforce all TRC, USRA and USCG safety rules and guidelines.
- Educate and inform athletes regarding the above guidelines.
- Verify that athletes have passed the swim/float test before allowing them out on the water.
- Ensure athletes follow all safety rules when on and off the water.
- Review AWCC Code of Conduct, AWCC Harassment & Intimidation Policy, and the PCA Student-Athlete Social Media Agreement, as well as the procedures for reporting them and consequences for violating them.
- Forward/Deliver all incident reports received to the Compliance and/or Safety Committee Chairpersons.
- Refrain from linking to athletes via social media, including, but not limited to, Twitter, Facebook, Instagram and Snapchat.
- Copy athletes' parents on any electronic communication with athletes, including, but not limited to, email, texting, and messaging.
- Forward any inappropriate electronic communication from athletes to the athletes' parents and/or the Executive Committee, if deemed necessary.
- Establish and enforce guidelines regarding:
 - Punctuality
 - Attendance
 - Attitude
 - Land training
 - Water training
 - Eligibility for regatta participation
- Post regatta lineups no later than the Thursday prior to the event.
- Attend all Coaches and Coxswains Meetings prior to regattas as required.
- Make sure that rigging and de-rigging procedures and times are known in advance and coordinated with all participating teams.
- Report potential hazards to the appropriate authorities.
- Help athletes set and achieve challenging, yet realistic short- and long-term goals for themselves.
- Encourage healthy eating and sleeping habits to maximize health and athletic performance.
- Promote team spirit, cohesion, and enthusiasm!
- Ask for help when and if needed.

AWCC WEATHER POLICY

The Head Coach will consult the weather forecast for the AW area that is headed toward Toledo, check air and water conditions on the Maumee River website: <http://glakesonline.nos.noaa.gov/moncurrent.html> and confer with the TRC Executive Director as needed. The Head Coach will make the determination if practice will continue as scheduled and communicate any change in a regular practice to the athletes and their families via phone chain, email and/or announcement at school.

- Tornado Watch or Warning – In the event of a Tornado Watch or Warning, all practice is cancelled. The boathouse is not a safe storm shelter (a safe shelter, for example, would be one of the nearby restaurants) if a watch were to be upgraded to a warning. If athletes are at the boathouse when a Tornado Warning is declared, parents will need to notify the coaches in order for them to be released from the boathouse.
- Thunderstorm Watch – In the event of a Thunderstorm Watch, practice will continue as planned. Be advised that this could change at any moment according to the weather.
- Thunderstorm Warning – In the event of a Thunderstorm Warning, no boats will be on the water. It will be at the discretion of the individual parents/guardians and/or carpool drivers to proceed to the boathouse to erg and condition. Carpool drivers and athletes who choose not to go to the boathouse must inform the coach by cell phone so all athletes are accounted for.
- Lightning or Thunder – In the event that lightning is spotted or thunder is heard at the boathouse – all boats will immediately proceed back to the boathouse. Boats will remain off the water and athletes will remain inside the boathouse for a period of 30 minutes after the last thunder is heard or lightning is spotted.

“Watch” means conditions are favorable and “Warning” means a tornado or severe thunderstorm has been observed by spotters or indicated on radar and is occurring in the warning area.

TRC Cold Water and Air Temperature Guidelines

- Level 1: Air temperature is above 32°F AND water temperature is below 40°F.
 - Shell size is limited to 8+
 - All crews must have one (1) launch per shell on the water, regardless of shell size
 - There must be a minimum of two launches and two shells on the water to assist in the event a water rescue is needed
 - First season novice rowers are not permitted on the water, i.e., rowers that did not row in a previous season
 - All crews are required to stay together on the stretch of water between the Conrail Bridge and the end of the no wake zone at the MLK bridge
- Level 2: Air temperature is above 32°F AND water temperature is below 45°F BUT at or above 40°F.
 - ▪ Shell size is limited to 8+, 4+, 4x, and certified Advanced scullers in 2x with a launch.

- ▪ First season novice rowers are permitted in 8+ only.
- ▪ All high school crews must have one (1) launch PER shell on the water, regardless of size
- ▪ There MUST be at least one other launch on the water to assist in the event a water rescue is needed.
- ▪ All crew groups of at least two launches and shells (both adult and high school) are required to STAY

TOGETHER on the stretch of water between the Conrail Bridge and the upstream side of the I-280 Bridge.

- • Level 3: BOTH air temperature is above 32°F AND water temperature is above 45°F.
 - ▪ Normal TRC policies apply for shell sizes 8+, 4+, and 4x.
 - ▪ Only certified Advanced scullers in 2x and 1x allowed to row with one launch per 8 rowers total if rowers are under 18 years of age.
 - ▪ Adult certified Advanced scullers are to utilize the buddy system in 2x and 1x and must be accompanied by a launch if any rowers are still in high school or college.
- • Level 4: BOTH air temperature is above 32°F AND water temperature is above 50°F. - 14 -



The Toledo Rowing Club is an important part of the AWCC. An annual TRC Membership fee is included in the dues of each AWCC athlete.

The TRC Boathouse is located at International Park in downtown Toledo (8 Main Street, Toledo, OH 43605). This is where practices are held during the season and where our equipment is stored. We also team up with three of the other clubs* to organize transportation of the boats to the regatta sites. The Toledo Rowing Club is home to rowing for seven area high school teams and clubs. These include:

Anthony Wayne High School
 Central Catholic High School*
 Notre Dame Academy
 St. Francis de Sales High School*
 St. John's Jesuit High School
 St. Ursula Academy
 Toledo Metropolitan Rowing Club*

AWCC is obligated to follow all TRC safety guidelines and regulations. These include, but are not limited to, waivers, fees, boathouse rules, safety equipment required in the launch, coach training and cold water policy (air temperature above 40° and water temperature above 45°).

Directions to Toledo Rowing Club Boathouse: Take 75 North to the Miami Street exit (Exit 199). Turn right on Miami Street; follow Miami Street along the river. Turn left at the access road to International Park (there is a large sign that says THE DOCKS with all the restaurants listed in International Park). Follow this road past all the restaurants. TRC boathouse is the last building on your right. Toledo Rowing Club's phone number is 419-698-9336. Please do not drive into the parking lot directly in front of the boathouse.

For additional information see www.toledorowing.org.

The Art and Sport of Rowing

At first impression, rowing appears to be a fairly simple activity. The rowers get in a long and skinny boat, put out their oar and row, hopefully all in unison. With experienced crews, the boat moves smoothly and quickly through the water, known as swing. There is a rhythmic, often poetic cadence of motion as the rowers lean forward for the catch, drive through the stroke, recover, and then repeat the pattern. The coxswain steers and calls out instructions to keep the boat on track and preferably ahead of any competitors. The same basic motions are also used by novice rowers, but with subtle, and occasionally not so subtle, differences. To the careful observer, the novice boat may wobble more from side to side, its rowers' strokes may not be as synchronized, the blades of the oars may cause a lot of splashing, the path along the course may be more snake-like and the coxswain much more vocal. Occasionally, a rower may "catch a crab" and literally be ejected from the boat by the oar if he/she is not quick enough to duck or strong enough to force the blade out of the water. Rowing is truly as much art as it is sport.

For the novice rower, coxswain and parents, understanding what rowing is all about first requires learning a new language. Fortunately, it is in English.

- The Boat (Shell)

The word shell is often used in reference to the boats used because the hull is only about 1/8" to 1/4" thick to make it as light as possible. Most shells today are made of composite materials such as carbon fiber, fiberglass, or kevlar. There are two types of boats or shells used in rowing, sweep and sculling. In sweep rowing each rower handles a single oar, and in sculling a rower uses two oars. The subtypes of rowing shells are classified according to the number of rowers in the shell and if the shell is equipped for a coxswain + has a coxswain and x does not. For example: 1 (single), 2 (pair/double), 4, or 8. Our boats would look like this: 4+, 8+.

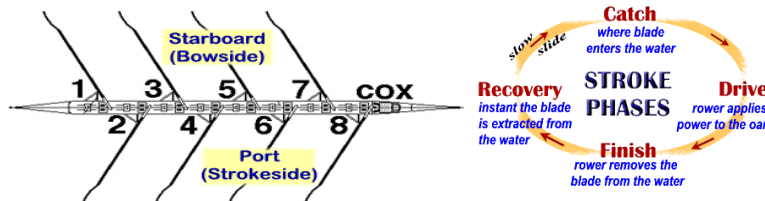
Each seat in the boat is numbered from the bow (front) to the stern (rear). Each rower has his back to the direction the shell is moving and power is generated using a blended

sequence of movement of the rower's legs, back and arms. The rower sits on a sliding seat with wheels on a track called the slide.

- The Rowing Stroke

The rowing stroke is a precise movement. In one fluid motion, a rower uses their legs, back, and arms to generate power. Perfecting the stroke requires practice, dedication, and more practice. The stroke begins with the placing of the oar in the water and ends when the oar has reemerged and is poised to begin another cycle. A good technique is based on the work of the legs to create most of the total power.

The rowing stroke can be broken down into individual components or phases: the catch, drive, finish (or release) and recovery. These phases must flow into each other, producing a continuous and fluid movement. The catch is the beginning of the stroke when the fully “squared” (perpendicular) blade enters the water. The rower is fully compressed (knees bent directly above ankles, back straight and leaning slightly forward at the hips, arms straight and reaching forward) and the seat is forward on the slide. The drive is the part of the stroke cycle where the rower applies power to the oar and pulls it through the water. This consists primarily of driving with the legs, leaning back slightly at the hips (with back still straight), and finally pulling in the arms with wrists flat and hands touching to the bottom of the rib cage. At the finish the rower’s legs are straight, the hands have finished pulling the oar into the body, and the rower is pushing down on the oar handle to pull it out of the water. When the blade comes out of the water, it is immediately feathered (turned parallel to water) with the inside hand. On the recovery the rower extends the arms, leans forward, bends the knees and moves slowly back on the slide towards the catch.



Glossary of Rowing Terms

Bow: the front section of the shell; also used as the name of the rower sitting nearest to the bow

Buoy: A floating marker that is used to lay out a course, usually look like big red, orange or yellow balloons

Catch: one of the four stroke phases - The moment the blade first enters the water

Coxswain: person who steers the shell and is the on-the-water coach for the crew using a microphone system (cox box)

Crab: a stroke that goes bad. The oar blade slices the water at an angle and gets caught under the surface. The blade is not fully feathered before/squared when leaving

the water. This results in the blade being stuck in the water, severely slowing the boat down and throwing off the set. This term is from the claim that “a crab grabbed the blade and wouldn’t let go.” Crab is also used to describe when a rower’s blade jams in the water and he/she finds it impossible to get the oar out of the water at the end of the pull-through.

Crew: the term used in American schools and colleges to designate the sport of rowing. When outside of the academic sphere, then the sport is known as rowing.

Double: a two person sculling shell; symbol is 2x

Drive: one of the four stroke phases - the part of the rowing cycle where the rower applies power to the buried blade

Eight: a shell with eight rowers and a coxswain; Symbol is 8+

Erg(ometer): often referred to as an "erg;" a rowing machine used for training and testing that closely approximates the actual rowing motion

Finish: one of the four stroke phases - the oar blade leaving the water at the end of a stroke

Foot Stretcher: where the rower places their feet; consists of two foot rests with shoes bolted on

Four: a shell with four rowers and a coxswain; symbol is 4+

Full pressure: the top level of exertion of which a rower is capable

Gunwale: the top edge of the boat’s die, pronounced “gunnel”

Head Races: typically held in the fall on a 3000 – 6000 meter racecourse with boats stagger-started and racing for

the fastest time; often have turns and bends and take 15 – 25 minutes to complete

Junior: under 19 years old

Lightweight: refers to the rowers, with a maximum weight for each rower participating in a lightweight event

Masters: 27 years and older

Novice: a rower with less than two seasons of experience (similar to JV)

Oar: used to drive the boat forward; not to be confused with paddles

Oarlock: a U-shaped swivel device that holds the oar at the end of the rigger

Port: the left side of the shell when looking at the bow; oars on the port side of a standard rigged boat are 2, 4, 6, and stroke (8)

Power 10: a call for rowers to do 10 of their best, most powerful strokes; a strategy used to pull ahead of a competitor

Quad: a four person sculling shell; symbol is 4x

Racks: tiered wood or metal structures in the boathouse used to hold the shells

Ready-All, Row: starting command for most races

Regatta: an organized series of boat races, usually named for the town or venue where the event takes place. There are three basic types of races: Head Races, Indoor Races and Sprint Races.

Recovery: one of the four stroke phases - The time between drives, when the blade of the oar is traveling through the air in a feathered position

Rigger: metal arms/tubes that are bolted to the body of the shell, in which the oarlocks are attached; acts as the fulcrum

Rigging: attaching the riggers to the shell (a shell CANNOT be transported with the

riggers attached)

Rudder: small movable piece/fin on the bottom of the shell that is used to steer

Sculling: when a single rower uses two oars

Seat: where the rower sits

Set: the balance of the boat

Shell: can be used interchangeably with the term boat

Single: a one person sculling shell; symbol is 1x

Skeg: a stationary fin in the stern used for stability; not to be confused with the rudder

Slide: 1) the physical rails upon which the seat rolls, and 2) the part of the stroke when the seat is moving, both

during the drive and during the recovery

Slings: collapsible/portable frames with straps upon which a shell can be placed

Sprint Races: typically held in the spring on a 2000 meter racecourse, with boats line up side- by-side in lanes. A specified number of boats from each heat will progress to the finals, with the fastest boat in the final heat being the winner.

Starboard: the right side of the shell when looking at the bow; oars on the starboard side of a standard rigged boat are the Bow (1), 3, 5, & 7

Stern: the rear section of the shell

Stroke: the #4 or #8 (depending on shell size) rower who sits closest to the stern; sets the rhythm or cadence for the boat, with all rowers behind him/her following his/her cadence

Stroke rate: the number of strokes per minute; usually between 34 and 38 strokes per minute during a race Sweep: one of the two disciplines of rowing, where rowers use only one oar. Pairs (for two people), fours (for four people) and eights are sweep boats. Pairs and fours may or may not have a coxswain, while eights always have a coxswain.

Tracks: the set of metal runners set inside the shell that accept the wheels on the bottom of each rower's seat (slide).

Varsity: any athlete with two or more seasons of experience

AWCC TEAM CAPTAIN EXPECTATIONS

Four Team Captains, one male and one female from each of the Varsity and Novice teams, will be voted in by the team each Fall and Spring season before the first regatta.

PERSONAL

- Lead by example in appearance and behavior at all times.
- Be an example of dedication and positive work ethic.
- Exhibit positive sportsmanship and character.
- Work to your ability in the classroom.
- Be a positive example in class, in school, and our community.
- Be chemically free.
- Be willing to stay after practice to work on little hings!

TOWARD YOUR TEAMMATES

- Encourage positive practice intensity and enthusiasm.
- Accept all team member and help make AWCC a positive team experience.
- Support and show interest in AWCC novice teammates.
- Maintain morale and team spirit.
 - Plan team unity activities and events, including, but not limited to, arranging “Crew Wear” days, team lunch tables at school or social events outside of school (e.g. bowling, ball games, pot lucks, etc.).
 - Plans will be presented to the Spirit Committee Chairperson for prior approval.
 - Request support/assistance from parents as needed.
 - Use the Communications Committee to disseminate information to all athletes via email and website.

TOWARD THE COACHING STAFF

- Serve as a liaison between the team and coaching staff.
- Communicate any concerns, ideas, or problems to the coaching staff.
- Be supportive of the coaching staff.

TOWARD THE COMMUNITY

- Help the parents and supporters understand and feel how important and appreciated they are.
- Try to recruit whenever you can – not only through words but through appearance in the community.
- Be dependable and prompt for practice.
- Help set a positive and enthusiastic atmosphere at practice.
- Help set the standard of great intensity and competitiveness.
- Help the coaching staff during the strength period.
- Set the pace during conditioning.

REGATTA EXPECTATIONS

- Be dependable and prompt for regattas.
- Help set a positive pre-regatta atmosphere and promote team spirit by leading cheering for teammates.
- Help lead the pre-regatta warm-up.
- Help set an intense and enthusiastic atmosphere during the regatta.
- Display good sportsmanship during and after the regatta.

ELIGIBILITY

- Be a continual example of adherence to AWHHS academic eligibility standards.
- Be a continual example of adherence to AWHHS and AWCC rules regarding drugs, alcohol and violence.
- Report players who are rumored to be violating team rules to the Head Coach.