

WT Woodson High School Rowing Program Information & Expectations

The WT Woodson Crew Program, a Virginia High School League (VHSL) sponsored Interscholastic Club Activity, was established in the fall of 1986. Regulated and guided by the Crew Council and National Capital Area Scholastic Rowing Association (NCASRA), Woodson has maintained a strong presence in the local rowing community.

This document briefly defines the opportunities and responsibilities for a rower within our club, and sets forth the expectations placed upon them by the coaching staff. Details on the Crew program and on each of these topics are explained more fully in the WTW Crew 2009-10 Handbook. This Handbook is posted on the team website, www.wtwoodsoncrew.org.

We ask that parents review this document and the Handbook with their rower to ensure an understanding of what the Crew program is about. We have made every effort to ensure the accuracy of this handout, however, if there are any inconsistencies between this document and the WTW Crew 2009-10 Handbook, the handbook policies are controlling. Each student athlete and parent are required to read and abide by all policies and provisions of the WTW Crew 2009-10 Handbook. Please sign and return the back page with your registration packet.

BACKGROUND

WTW Crew Program is a rowing development program. Rowing opportunities are provided for a wide range of athletic abilities and can help a non-athlete become a highly trained and competitive athlete during four years of crew participation. We teach novices the basics of rowing, conditioning, and nourishment. Each year that you participate in rowing you will build your strength, endurance, and the confidence that comes with being an athlete. Our goals are to field competitive boats in as many categories as feasible, to have every team member row as often as possible, and in as many regattas as possible, and to learn the benefits of a healthy lifestyle.

ELIGIBILITY

- ◆ The student shall not have reached the age of 19 on or before the first day of August of the school year in which he or she wishes to compete.
- ◆ The student shall be currently enrolled in no fewer than five subjects, or their equivalent, and shall have passed at the end of the semester immediately preceding that in which he/she desires to compete, not less than five subjects, or their equivalent.

- ◆ The student shall have submitted a current Virginia High School League Form 2 (Athletic Participation Parental Consent Physical Examination-<http://www.vhsl.org/forms.htm>) completely filled in and properly signed, attesting that he/she has been examined and found to be physically fit for athletic competition, and that his/her parents consent to his/her participation. Physicals must be dated no earlier than May 1 of the year preceding their participation.

- ◆ Athletes must adhere to all school rules, regulations and the W.T. Woodson High School Athletic Participation Policy signed by the student at the beginning of the school year.

- ◆ Successful completion of the Booster administered Swim Test – treading water for 2 minutes and swimming 100 meters, any stroke.

COSTS

Crew is a club sport and, as such, is not supported in any way by Fairfax County School Board Funds. Funding for WTW Crew is obtained through contributions and fundraising activities that are conducted by team members and their families.

Dues: Each rower is required to pay \$350 per season. Payments can be made in two installments, November 20th and January 15th.

Crew Dollars: A combination of dollars earned through individual fundraising activities, Tag Day participation, scrip purchases or regular payment. Returning rowers must earn \$250 and novice rowers \$200. First Crew Dollar payments are due February 15th. Final Crew Dollar Payments are due March 15th.

Rowing Gear: Athletes need a unisuit (approx. \$75.) and a Coolmax shirt (approx. \$30) for races. New rowers receive a team T-shirt, and returning rowers must have a navy blue WTW crew team T-shirt. For practices and warm-ups rowers need running shoes and layers of clothing appropriate to the weather plus the usual tee shirts and sweats. Rowers may purchase optional Spirit Clothing - team jackets, sweats, rainwear, gear bags, caps and more from the team clothing coordinator.

Transportation: Athletes/families are responsible for making their own transportation arrangements. Many juniors and seniors drive their private vehicles and form carpools. Other team members' parents form carpools. In the past, the Crew Boosters, based on need and interest, contracted and coordinated bus service to and from the Sandy Run Rowing Facility on the Occoquan river and Woodson High School for an additional fee (approximately \$500 per rider, based upon the level of participation). For Fairfax Station riders, the bus stops at Fairview Elementary School on the return trip. In addition, each bus riding family is required to sign up for chaperone duty. The bus runs for weekday practices only, not holidays or Saturdays.

Championship Regattas: If your athlete's boat is invited to attend the championship regattas there are additional expenses for these two trips. Excess Crew Dollars can be applied.

EXPECTATIONS

Coaches are expected to define their selection plan, provide feedback to the athletes so they know their strengths and weaknesses, make fair assessments in order to achieve the fastest lineups, and hold individual conferences to explain selections and decisions.

Athletes are expected to work hard to improve and strive to achieve individual goals, be supportive of the team by accepting coaching decisions, seek feedback, realize team goals come before the needs or desires of any individual, treat all teammates, opponents, coaches, officials, and Booster members with respect.

Expected Behavior: When athletes are at the boathouse, traveling by bus or car to or from the boathouse or a regatta, they are expected to be courteous and act responsibly as a representative of Woodson High School's community. It is important to the rowing program, WT Woodson High School, and Fairfax County that athletes maintain the highest level of conduct and sportsman like behavior at all practices and racing events.

Parents are expected to respect the coaches as the final authorities on boat selection and rowing matters, and remember that coaches only seek to create the fastest possible lineups and, in the end, the decisions are subjective and not to be taken personally. (*See Handbook on Parent-Coach Communication*)

Attendance: All student athletes are expected to attend every practice. In order to field successful boats, team members must practice together regularly. If there is a need to stay after school for extra work with a teacher, the student must inform the coach beforehand so plans can be made to fill the seat or delay the water work until the student arrives. Conflicts can be worked out with the individual's coaches. Attendance will be taken at each practice. The attendance records of a rower will be shared with any parent that requests it.

The team also recognizes that athletes have other commitments during the season. The coaches ask that other activities or appointments be minimized during the scheduled practice time. Athletes are asked to complete an Extracurricular Activities form, to assist the coach's in scheduling conflicts where large numbers of team members will not be at practice or regattas.

Conditioning: During the winter season, (late November-late February) conditioning is strongly encouraged and important to each athlete's (both rowers and coxswains) success on the team through:

- ◆ Participation in the off-season conditioning program held four days a week at Woodson, beginning in late November and continuing through February, and/ or;
- ◆ Participation in a winter sport that provides strength and aerobic conditioning at least 3 days/week.

Practice: During the spring season, (late February-May) the crew team practices on the water: Monday through Friday, 3:00 p.m. to approximately 7:00 p.m. (including travel time). Prior to the start of regattas, practice is also held on Saturdays (Please see www.wtwoodsoncrew.org for details).

All rowers/coxswains are expected to be at each practice. **Unexcused absences are unacceptable.** Excused absences must be minimized.

Vacation Policy: Vacations by athletes during a sport season are discouraged. Parents/athletes wishing to do so may need to reassess their commitments. In the event an absence due to a vacation is unavoidable, an athlete must:

- ◆ Be accompanied by his/her parents while on vacation;
- ◆ Contact the Head Coach prior to the vacation (the sooner the better);
- ◆ Be willing to assume the consequences related to their status on the team regarding boat assignment, regatta participation and lettering.

Spring Break: Spring break is a very important time because it allows the team to get large amounts of time on the water. The rowing development during spring break is critical to the overall performance of the crews at the end of season championships. All rowers and coxswains are expected to be present. Speak to the Head Coach if there is a conflict that cannot be avoided. Practices are typically held twice each day. Due to other jobs held by the coaches, coach availability will determine the time and number of practices.

VOLUNTEER COMMITMENTS

Volunteers are integral to the Crew program and without them there would be no rowing team. The following guidelines are the minimum requirements.

Student Athletes: Rowers must participate in at least 3 tag days that last from 8:30am to 1pm on Saturdays during the pre-season, participation in 3-4 tag days earns crew Dollars. Student athletes are also required to assist with the loading, unloading and rigging of boats for out-of-town regattas and the clean up of the boathouse area.

Parents: The parents from each family are required to volunteer for a minimum 3 duties per season. Duties can take place at the river during regattas or in support of fundraising activities. Sign up for these volunteer duties are done through emails and for regattas, during the February Membership Meeting.

Other: Throughout the year the Crew Boosters and volunteers host and coordinate several social activities such as parent socials, pre-regatta Pasta Parties and end of the year picnic. Volunteers are needed to assist with the hosting of these functions.

CREW SELECTION

The strength of the crew team is its depth of talent. There will be rowers in lower boats who might qualify for varsity level at other schools. Coaches take the following factors into account when making boat selection:

Ergometers: The selection process is greatly aided by the use of the rowing ergometers. These machines allow measurement of overall strength and condition by having the student athlete row either set times or distances. The scores are then sorted on a computer and the initial groupings are developed. Several "Erg Tests" and track improvements are conducted throughout the season.

Seat Assignments: Seat assignments are based on a combination of rowing skills (how effective is a rower in the shell), strength, condition, commitment/motivation, and attendance. It should be noted that seat assignments are not permanent and rowers and coxswains may be shifted between shells and seats to determine the best performing crews. Such shifts may continue up to and including the championship season. Time on the water is a major factor in the decision process.

Out of Town Regatta Qualifications: In addition to the local Saturday regattas, Woodson can elect to participate, based on qualifications, in two out of town regattas in May, the Stotesbury Cup Regatta on the Schuylkill River in Philadelphia, PA and the Scholastic Rowing Association Championship (Nationals), held a different locations on the East Coast. Boat composition for these events often varies depending on the requirements for each event.

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*** PLEASE RETURN THIS PAGE WITH YOUR REGISTRATION PACKET ***

PERMISSION TO PARTICIPATE

Our signatures indicate that we have:

Read the **W. T. Woodson Crew Information & Expectations**, and agree to abide by them as well as all requirements in the WTW Crew 2007 – 2008 Handbook. We understand that a full explanation of the crew program, as well as additional requirements and expectations, can be found in the Team Handbook, posted on the team web site.

A signed copy will be kept on file with membership records.

Student Signature

Date

Parent Signature

Date

Received By:

Crew Board Member

Date