



**AMOSKEAG ROWING CLUB
NEW HAMPSHIRE-USA**

**YOUTH ROWING TEAM
ROWER AND PARENT
HANDBOOK
FALL 2023**

Welcome to Amoskeag Rowing Club – Youth Rowing Team

Amoskeag Rowing Club – Youth Rowing Team is a co-ed, co-operative rowing team that provides opportunities for New Hampshire middle and high school aged students to participate in the sport of crew. We are parent/volunteer run non-profit organization.

Our coaches have over 30 years of combined coaching experience! All coaches are US Rowing Certified, have a New Hampshire boating license and hold certifications in CPR, First Aid and AED usage.

Communications

Website

The website, <https://www.amoskeagrowing.org> has general information about the sport of crew and current information about the upcoming season.

The website is also where you register and donate to Amoskeag Rowing Club.

iCrew

Most communication to rowers and families will come via email through the iCrew app to the address parent supply on registration forms. Parents should watch their email especially about 2 days before each race. Race times, direction, and food assignments for the hospitality tent will come by email. Why so late? Because that's when coaches get notified of the schedules.

Athletes and parents are welcome to discuss specific issues with the coaching staff. If you have a question or concern about how things are going for your rower, please start by contacting your rower's coach via email or cell phone, outside of normal practice hours.

Facebook and Instagram

Amoskeag Rowing Club has a public Facebook and Instagram page. They are mainly used to advertise our programs and share news from the boathouse.

Parent Meetings

There are 2 mandatory meetings for rowers and parents. One occurs at the beginning of the spring season and the other is at the beginning of the fall season. At the start of the season, expectations and goals for the upcoming season will be communicated.

Registration Fees and Scholarships

The cost of crew is high, and we are constantly working to balance the requirements for equipment, operating expenses, and fees passed on to our rowers. The board has been working to respond to changes in the rowing world and the needs of our members. Since our founding, we've offered need-based assistance to area families who are financially challenged to get their rower in a boat.

This year the program is being improved to serve our membership more equitably. If your family needs help paying registration fees you will have the opportunity to apply for aid at the time of registration. Based on the number of applicants, the available funds, and the level of need expressed, we will be awarding selected families a percentage of the registration fees. Unfortunately, there is no assistance available for US Rowing fees or the one time required \$95 uniform fee for rowers.

In the past, we've struggled with how to fairly administer this program. We would like the plan to be self-regulating, with each family making the decision to apply or not, based on their own, unique situation.

If you apply, and are awarded a scholarship, you should expect to make a significant contribution to the success of the organization through volunteer participation in all crew events, both on the water and off. Families will be expected to complete a predetermined number of volunteer hours participating in activities such as helping set up and tear down after regattas, install, upkeep at the boathouse, and volunteering at fundraising events. This is not intended to be embarrassing, punitive, or to publicly name those who receive scholarship in any way. Scholarships will still be a confidential agreement between the scholarship committee and each family. The idea is to make sure that those who are awarded scholarships are fully engaged in the organization and contributing in some way other than financial. It's hard work to keep this boat afloat.

Fundraising

Amoskeag Rowing Club is an entirely self-funded organization. We do not receive any funding from school districts. This means that all our operating costs, including the purchase and maintenance of boats, coaches' salaries, and race entry fees must be covered by registration fees and fund raising. Participation in fundraisers is required of all athletes and their parents. Occasionally, additional fundraisers may be added to ensure the financial health of the program.

Practice

Practice will be held Monday - Friday. Please arrive at 3:45. We will be on the water promptly at 4:00 pm.

Attendance Policy

When a student joins the club, it is expected that the student will be on time for every practice and attend all regattas (races). Poor attendance and unexcused absences affect the entire team and will also affect seat and boat selections for races.

Reporting absences well in advance is important, as coaches have workouts and line-ups planned. Last minute changes will delay the entire crew from accomplishing their goals, getting on the water in a timely fashion and obviously improving. The boat crew depends on each member!

Definition of Excused Absences

1. Due to illness, the student does not attend school. *
2. The student leaves school early for illness. *
3. The student is sick at the end of the school day. *
4. The student has a short notice doctor's appointment for a current illness. *
5. The student reports an absence **2 weeks** prior to a planned regatta. *

*A text should be sent to Coaches by 12:00 pm notifying of absence.

Definitions of Unexcused Absences

1. The student does not show up for practice.
2. Notification is given, but without acceptable reason for absence. (e.g., simply saying, "I will not be at practice.", regardless of how far in advance, is unacceptable.)
3. Last minute (after 12:00 pm) notification due to routine doctor's appointment, homework, projects, teachers' meetings, social events, etc., are NOT excused. This involves time management and can be scheduled around crew.

NOTE: The coaches recognize that things happen which are out of an athlete's control (e.g., family emergency, etc.) Please contact Coach Mike ASAP should something unexpected occur.

Late Arrivals: Late arrivals must be kept to a minimum. The coaches need to know if you will be late. No arrangements will be made to pick you up at the launch ramp if your boat is already on the water when you arrive.

Early Departures: In most cases, early departures cannot be accommodated and are not an option, other than family emergencies. Please notify the coach ahead of time to see if it can be accommodated and if you should attend practice that day.

What Should I bring to Practice?

- On the first day – Your REQUIRED PAPERWORK (if it has not already been turned in to our team registrar)
- Water (there is no potable water on site, so bring plenty to drink)
- A snack
- Sunscreen/Bug Spray
- Towel for cleaning up/drying off after practice

What Should I wear to Practice?

- Spandex/Compression pants or shorts – everything must be tight fitting in the boat
- Fitted t-shirt or tank – quick dry preferred
- Synthetic clothing dries quickly. Please do not wear cotton clothing. When wet, cotton rapidly robs the heat from your body and takes a long time to dry.
- Please dress in multiple layers, allowing flexibility to comfortably respond to the weather conditions and your level of exertion.
- Socks that can get dirty (the boat has built in shoes – you'll want to wear socks in these shoes)
- Sneakers for warm up – these are not worn in the boat
- Shoes that are easy and quick to take off – slides, flip flops, Tevas, Crocs
- Wind breaker/raincoat – weather changes quickly. Make sure these are form fitted and not loose in the boat.

What if it rains?

We row rain or shine. However, if there is a chance of thunderstorms, we will act according to our safety protocols. Check Twitter, coaches will post up to date practice information there.

Where do I go?

The Amoskeag Rowing Club Boathouse – 101 Merrimack Street, Hooksett, NH 03106

Regatta Expectations

Rowers are generally expected to arrive at a regatta two hours before their first race time. Several days before a regatta, coaches will give specific arrival times to rowers.

All rowers stay to the end of the last race at all regattas.

After the regatta, all rowers drive back to the Amoskeag Rowing Club to put shells and equipment away. This makes for a long day! There are a lot of good reasons for this practice:

1. We are good teammates. The last racers of the day need the support and cheering of the team and parents just as much as the first racers. The entire team's results matter equally!
2. We are good neighbors. At the end of every regatta, all rowers participate in de-rigging and loading shells on trailers. We then clean the entire area in which we've been "camped" for the day, to be sure we leave it better than we found it.
3. Many hands make light work. At the end of every regatta, we need to clean up the hospitality tent which has served close to 75 people, put away hulls, rigging and oars, and get all our equipment back to Hooksett and tucked away safely. Imagine how long this would take with only a few! It's more fun and it's fairer to share the work as a team – rowers and families. Once boats and equipment are put away in Hooksett, coaches will share important announcements about upcoming events.

Can Rowers Drive Themselves To A Regatta?

No. Rowers are not allowed to drive themselves to a regatta. This is a club rule. Races are usually at least an hour away and very early in the morning. Teen drivers will be very tired after a full day of racing and should not be driving. If rowers need a ride, they can reach out to other teammates to carpool or talk to a coach about arranging a ride.

Boat Selection Methods

Rowing is an athletically challenging sport with a long history of competitions in races called regattas, some regattas are local or regional and others, like The Head of the Charles, are international. Amoskeag Rowing club strives to ensure each rower participates in at least one race at each regatta. However, there may be times when this cannot be accomplished (e.g. odd numbers, rowers are not ready to row safely, rower/equipment conflicts, etc.). In all cases, the decision of who will be selected for a particular boat remains with the coaching staff.

Being Part of the Team

Attendance is very important for a rowing team. Sculling is mainly practiced in crews of 4, 2 or 1. Learning how to row requires mastery of specific skills, practicing them in crews until they are automatic, and performing them effectively as part of the boat line-up. In rowing, the line-up of a boat needs to be thought of as a unit. When one person is missing from the line-up, the boat is not able to practice.

Boat selection

Line-ups do not stay the same from season to season or even week to week. Boat selection decisions are not made through seniority or popularity, but rather through demonstrated skill ability to make the boat go faster. Working to earn a seat is how athletes build their skills and improve their performance. Each athlete demonstrates their ability and commitment throughout the season in the following ways:

1. Attendance
2. Ergometer and fitness tests
3. Time trials or head-to-head racing
4. Coach-ability – Open to constructive criticism. Constant effort to improve.
5. Physical Trials – Stamina, physical conditioning, able to row effectively the entire race
6. Mental Traits – Discipline, grit, never-quit mindset, focused, good sport, team oriented
7. Technical Rowing Ability – Good techniques and ability to blend with the boat crew effectively

Regatta Survival Guide For Rowers And Parents

Here is a helpful list of things to bring with you to Regattas. Regattas can be all-day events, check the weather and plan accordingly. We can start the day in the 30's and finish in the 50's.

Check List for Rowers

1. Amoskeag Rowing Club uniform
2. Hat/Visor
3. Suntan Lotion & Sunglasses
4. Variety of Clothes- For Cold and Hot Weather
5. Rain Gear (Boots/Poncho or Jacket)
6. Changes of Shoes – flip Flops/Crocs/etc.
7. Blanket
8. Personal Entertainment – Cards, Music, Games
9. Cell Phones and Chargers
10. Money (some venues sell clothing, keychains, etc)

Check List for Parents

1. Chairs (Fold up/Lawn Style)
2. Hat/Gloves
3. Suntan Lotion/Sunglasses
4. Variety of Clothes – For cold or Hot Weather
5. Rain Gear/Umbrella (Boots/Poncho)
6. Comfortable Walking Shoes
7. Binoculars
8. Personal Entertainment – Books, Tablet, Etc
9. Cell Phones & Chargers
10. Money (Parking, Souvenirs, Etc)

Arriving At The Regattas

Plan to arrive early! Parking can be challenging, sometimes it will require walking a fair distance. Coach Mike will give the rowers the times that they have to arrive (Coxswains and Captains arrive earlier than the rest of the team), please plan accordingly.

The Food Tent

The food tent is set up early at every major regatta. It supplies Rowers plus parents/guests food for the day. Breakfast and Lunch are served, as well as snacks throughout the day. This is the home-base for the day, rowers will come back to the tent to eat and relax, and parents usually hang out and socialize here when they are not watching their rower's race.

The food tent is parent/volunteer run. We ask that all parents volunteer to work the food tent at least one regatta per season. We use Sign-up Genius to coordinate the menu items for the day.

Watch your email the Tuesday before the regatta for the link to the menu and to sign up for food items to bring. The volunteers must arrive early (time will be on Sign-Up genius) to set up the tent, grill, tables and cook and prep food. Also, at the end of the day, parents breakdown the Food Tent and pack the trailer – we ask that ALL parents stay for breakdown and packing.

Watching the Regatta

Fall Season: These races are called “Head Races”. Races are usually longer, 3000 to 6000 meters long. Boats are started single file in about 15-30 second intervals. Depending on the course, you may only get to see a small portion of your rower’s race. You will not know how they are doing, so be loud and cheer them on! We provide cow bells for cheering!

Spring Season: These are called “Sprints”. The course is usually 1500 to 2000 meters long. Boats are aligned in lanes and start at the same time. These races are exciting to watch as it is true head-to-head competition.

For major regattas, you can follow results on your smartphone at www.herenow.com

Volunteer Opportunities

The essence of a successful crew team is participation! Club tasks are voluntarily conducted by parents and guardians of the team members. There is a tremendous amount of work that is necessary for the crew club to be successful, having all members and their parents/guardians contribute to the effort helps make the required tasks manageable.

Committee Leads

We are always looking for parent volunteers to help ensure the success of our club.

Currently we have the following positions open:

- Marketing/Communications (Website/Social Media)
- Food Tent Coordinator
- Recruitment Lead
- Members at Large

Regattas

- Food Trailer Towing
- Boat/Shell Trailer Towing
- Boat/Engine Maintenance Support

Public Relations

- Photographer
- Sportswriter to submit articles to newspapers and news sites
- PR Assistants to help recruiting efforts at local middle / high schools & events

Glossary

General Rowing Terminology

BOW: The forward section of the boat. Also refers to the first part of the boat to cross the finish line and the person in the seat closest to the bow, who crosses the finish line first. Since seats in the boat are numbered bow to stern, this is the 1-Seat.

BOW -COXED BOAT: A shell in which the coxswain is near the bow instead of the stern. It's hard to see the coxswain in this type of boat, because only their head shows. Having the coxswain virtually lying down in the bow reduces wind resistance and the weight distribution is better.

COXSWAIN: aka a "Cox", person who steers the shells and is the on-the-water coach for the boat crew. The only crew member faces forward in direction of movement. Generally small in stature but decisive and strong personality.

ERGOMETER: Rowers call it an "erg". It's a static rowing machine that closely approximates the actual rowing motion. The rowers' choice is Concept II, which utilizes a flywheel and a digital readout so that the rower can measure their stroke-rate, split and the distance covered. Amoskeag Rowing Club has 17 ergs for indoor practice in inclement weather and off-season training.

FISA: Short for Federation Internationale des Societes f' Aviron. The international governing body for the sport of rowing in the world, established in 1892.

PAIR PARTNER: In all boats with more than one rower, the rowers are divided into pairs. Seats 1 and 2 (Bow Pair), 3 and 4, 5 and 6 and 7 and 8 (Stern Pair).

PORT: Left side of the boat, while facing forward, in the direction of movement.

POWER 10: A call for rowers to do 10 of their best, most powerful strokes. A strategy used to pull ahead of the competition.

RATEOR STROKE-RATE: The number of strokes per minute a rower is taking.

SCULLING: One of the two disciplines of rowing – sculling is where each rower uses two oars simultaneously.

SHELL: Boat

STERN: The rear of the boat, the direction the rowers are facing.

SPLIT: Refers to how long it would take the crew (or on erg) to cover 500m. This is the unit of measurement used to describe the speed of a crew. For example, if a crew finished a 2K race in 8 min., their average split was 2 minutes.

STARBOARD: Right side of the boat, while facing forward, in the direction of movement.

STROKE OR STROKE SEAT: The rower who sits closest to the stern. The 'stroke' sets the rhythm for the boat, others behind them must follow their cadence. Also called the eight seat.

SWEEP: One of the two disciplines of rowing – the one where rowers use only one oar. Pairs, fours and eights are sweep boats. Pairs and fours may/may not have a coxswain but eights always have a cox to help steer/call.

BOAT TYPE ABBREVIATIONS

A sculling boat is denoted by 'x'

A coxed boat is denoted by '+'

A straight/coxless boat by '-'

Single (1x): a boat with single/one rower

Double (2x): A boat with two rowers

Pair (2-): A sweep boat with two rowers

Quad (4x): A sculling boat with four rowers

Coxed-Quad (4x+): A sculling boat with four rowers and a coxswain

Digital Links

Check the Amoskeag Rowing Club website for general information and Amoskeag Rowing Twitter for real-time practice updates.

Amoskeag Rowing Club Website: AmoskeagRowing.org

Email: registrar.junioramoskeagrowing@gmail.com

Social Media:

Facebook: [Amoskeag Rowing Club](#)

Instagram: [@amokseagrowing](#)

US Rowing: Website for USA's official rowing organization www.usrowing.org

Regatta Central: Info on Regattas and Results www.regattacentral.org

Row 2k: Great up-to-date rowing information and race results www.row2k.com

Herenow: Major race status and results tracking www.herenow.com

Head of the Charles Regatta (HOCR): Premier International Rowing Event in Boston www.hocr.org