

Moorestown Rowing Club Handbook



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Moorestown Rowing Club

The Moorestown Rowing Club (MRC) started in 1998 and has steadily grown into one of the premiere scholastic high school rowing organizations in Southern New Jersey. Run by a Board of Trustees in conjunction with the steadfast support of its parents and families, we have a tremendous amount to be proud of.

MRC is a club sport open to all students who live in Moorestown during the Fall Season. MRC is restricted to Moorestown High School students only during the Spring Season. MRC has the endorsement of Moorestown High School, but it is not a school-sponsored varsity sport. MRC is a 501(c)(3) organization. MRC is made up of student-athletes, coaches and parents or guardians of student-athletes on the Moorestown Crew Team and volunteers. The club organization is managed and operated by its Board of Trustees, which is made up of parents who currently have student athletes participating in the club. The Board of Trustees works diligently to consistently provide a genuine caring and extremely supportive and hardworking coaching staff. MRC manages and monitors the club's financial resources and is fortunate to own, operate, and maintain all of its own equipment. MRC leases space from Camden County at the Camden County Boathouse on River Road in Pennsauken. Unless otherwise identified to the student athletes or their parents and/or guardians, all practices and "At-Home" competitions are conducted out of the Boathouse on the Cooper River.

If you have any questions, please do not hesitate to ask and we encourage you to visit our website www.moorestowncrew.org. often for news, information and scheduling throughout the season.

1. The Purpose

Exclusively for charitable and educational purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code of 1986, as amended

2. The Mission

Teach students the sport of rowing. Create and sustain a safe and rewarding program that focuses on the development and inclusion of all participants while offering competitive opportunities. Help foster the lifelong values of perseverance, teamwork, personal physical growth and individual leadership skills.

3. The Values

- We value students as our highest priority.
- We value the dignity, worth and self-esteem of all participants in all athletic activities.
- We value healthy competition, it results in the development of life-long values such as fair play, sportsmanship, teamwork and respect as well as technical, physical and mental skills.
- Athletic programs are most beneficial when they are competitive.
- We value mutual respect among coaches, parents and athletes provide the foundation of a successful athletic program.
- High school athletics should be safe, fun and rewarding.
- Physical fitness, mental discipline and balanced well- being.
- Rowing is a total body workout -- our rowers are in the best physical shape of their young lives!
- Winning is the result of preparation, concentrated effort and deep commitment to excel.
- Rowing is the ultimate team sport. Each rower's individual effort must harmonize with the other rowers to create a smooth, fast boat.
- Participants in a boat are made up of individuals willing to sacrifice their personal goals for the team.
- There is value in encouraging teammates, learning from veteran athletes and respecting the authority of team captains.
- We value in winning as a team and losing as a team.
- We believe well-designed athletic programs promote community and school pride.
- We believe morale, satisfaction and performance are enhanced when athletes work together as a team.
- We believe in focused commitment to our sport. This includes 100% participation in practices and regattas.
- We value parent, family and/or guardian positive involvement and believe it enhances

athlete growth and the program quality.

4. The Program

4.1 MRC offers the following programs throughout the calendar year:

Fall Season:

- The fall season is open to all eligible rowers both new and returning from the spring season. The season runs from September through November.

Spring Season:

- The spring season is the primary program offered through MRC. The season runs from January through May and perhaps into June should your athlete be fortunate enough to qualify for post-season US Youth rowing or Scholastic championships. Students from Moorestown High School, whether new to the sport or returning rowers, are eligible to participate in the season. Indoor training begins in January with the move to the river when the weather allows. Racing, or regattas, begin in mid-March. Spring break attendance and participation is required by 100% of the rowing membership

Learn-to-Row:

- MRC offers a learn to row program for students new to rowing. This program is a week-long introduction to the sport of rowing and is open to area students entering 7th and 8th grade in the fall. There are two of these week long programs offered in July.

Novice Immersion:

- This is a two-week long program held in July. It is open to MHS students in 7th through 11th grade who want to give rowing a try. This longer program builds upon the basics set forth in the Learn-to-Row Program. Ideally this program is completed prior to registering as a member of MRC, but this is not mandatory.

5. The Athletes

5.1 Expectations:

It is expected that athletes continue to show gratitude and respect to their coaches and fellow athletes at all times. Continued effort to improve and be prepared to take on challenges will produce positive results both on the water and off. This handbook has been compiled in an effort to have athletes, coaches, and parents and guardians better understand the policies and guidelines of the rowing club.

Athletes need to read and understand this handbook so that they can be prepared for a successful rowing experience.

5.2 Paper Work

No student may participate in any sports activity unless the following paper work is completed for each season:

1. Physical exam has been completed and on file
2. Health History Update Form
3. Emergency Contact Form
4. Signed Advised Consent form
5. Signed NJSIAA Drug Testing form
6. Signed Impact Test form
7. Cardiac & Concussion sign-off of awareness form

5.3 Athlete Code of Conduct:

When representing the Moorestown Rowing Club, it should be understood by all members that a high level of maturity and responsibility will be maintained. While away at events, regattas or conferences; at home in Moorestown, at the boathouse, at regatta's or in the grandstands, members are expected to be courteous to self and fellow members of all clubs. Members will respect all property, and follow the rules of common sense and order. Moving outside of these guidelines could result in the immediate suspension or expulsion of the member.

As an athlete with the Moorestown Rowing Club it is to be understood that at all times, safety is the number one concern. Athletes should be aware of their surroundings at all times so that they are not endangering themselves, others or equipment belonging to any rowing club. Proper precautions are necessary at all times to minimize the likelihood of hazards becoming a threat. Once this is achieved athletes need to keep in mind that those around him/her are volunteers and are at the rowing club to help the sport. Athletes are very fortunate to have the equipment, coaches, volunteers and infrastructure that support the Moorestown Rowing Club.

Sportsmanship involves fair and honest play with a graceful acceptance of the outcome of a contest. Sportsmanship is one of the cornerstones of the Moorestown High School Interscholastic Athletic Program. Competition should involve a strong but friendly rivalry and not an atmosphere of confrontation. Coaches, athletes and fans must set the example of winning without boasting and losing without bitterness. The success of a program can often be measured by the respect earned from its opponents. It is imperative that our teams, coaches, players, and fans enhance and maintain the principles, integrity and dignity of the Moorestown Rowing Club.

Positive spectator participation is an important part of Moorestown Rowing Club. Spectators should always be mindful that the competing athletes are high school students. They are friendly rivals from opposing schools. They are not enemies, but allies. They and their coaches spend many long hours preparing for each competition. Their training, experience and integrity qualify them to be a part of our athletic competitions. Our spectator enthusiasm at an event should reflect that.

5.4 Rules and Regulations.

1. Use of illegal drugs, controlled substances, alcohol, or tobacco is strictly prohibited within and/or outside of the boathouse, at any and all practices or regattas or MRC affiliated events. Alcohol or tobacco may be authorized at specific publicized events for adults of legal age. (e.g. Annual Wine Tasting event)
2. Rowers must obey all coaches' directions. All members must treat coaches with courtesy and respect. Any coaches' instruction to move equipment, heed oncoming traffic on or off the water, or to aid another squad should be obeyed with immediacy.
3. Profane language is prohibited. It is not permitted in the boathouse, at practice, or at competitions. Use of discriminatory language is not tolerated by MRC. Music played at MRC events will not include profane lyrics. Inappropriate language during regatta competition is grounds for immediate disqualification.
4. Public displays of affection are prohibited. Public displays of affection at all practices, at the boathouse, at regattas, or at team events are prohibited. Sexual Harassment (Board of Education File Codes 5751) The Board of Education will not tolerate sexual harassment of pupils by school employees, other pupils, or third parties. School district staff will investigate and resolve allegations of sexual harassment of pupils engaged in by school employees, other pupils (peers), or third parties. Sexual harassment includes, but is not limited to unwelcome sexual advances, requests for sexual favors or other verbal, nonverbal or physical conduct of a sexual nature by an employee, by another pupil, or by a third party, that is sufficiently severe, persistent, or pervasive to limit a pupil's ability to participate in or benefit from an educational program or activity, or to create a hostile or abusive educational environment. Sexual harassment is prohibited.
5. Harassment, Intimidation and Bullying (Board of Education File Codes 5512.01) is any gesture, written, verbal or physical act that takes place on school property, at any school-sponsored function or on a school bus that:
 - Is motivated by any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability; or
 - By any other distinguishing characteristic; and
 - A reasonable person should know, under the circumstances, that the act(s) will have the effect of harming a pupil or damaging the pupil's property, or placing a pupil in reasonable fear of harm to his/her person or damage to his/her property; or
 - Has the effect of insulting or demeaning any pupil or group of pupils in such a way as to cause substantial disruption in, or substantial interference with, the orderly operation of the school.
 - Acts of harassment, intimidation or bullying may also be a pupil exercising power and control over another pupil, in either isolated incident (e.g. intimidation, harassment) or patterns of harassing or intimidating behavior (e.g. bullying).

MRC is a MHS affiliated club sport and, we follow their statements regarding Harassment, Intimidation and Bullying. These are prohibited.

6. "Cyber-Bullying" (Board of Education File Codes 5512.02) is the use of electronic information and communication devices, to include but not be limited to, e-mail messages, instant messaging, text messaging, cellular telephone communications, internet blogs, internet chat rooms, internet postings, posts to social networking sites, and defamatory websites, that:
- Deliberately threatens, harasses, intimidates an individual or group of individuals; or
 - Places an individual in reasonable fear of harm to the individual or damage to the individual's property; or
 - Has the effect of substantially disrupting the orderly operation of the club.

MRC is a MHS affiliated club sport and, we follow their statements regarding Cyber Bullying. Cyber Bullying is prohibited.

7. Rower clothing at all practices, regattas, or at any team event must be free of offensive imagery or language. To the best of one's ability athlete's mid-sections will be covered at all times. Coaches will ask rowers wearing inappropriate attire to change or be asked to leave the team activity.
8. Uniforms shall be worn properly, in accordance with the values of the team. While wearing the uniform, rowers are representing MRC and their actions and appearance will reflect that. Rowers are expected to represent MRC at competitions in approved uniforms and outer garments. Regatta unisuits will be worn as intended (over shoulders) before, during and after races. It is the intension of the Board that a well uniformed and matching team represents pride, team spirit and unity regarding the athlete's participation.
9. Stealing is not tolerated. If a Coach determines cause to inspect an athlete's personal belongings, they may do so in the presence of another unbiased adult.
10. Rowers may not participate in Club practices or activities if dues are delinquent or if mandatory medical forms, emergency forms, and/or waivers are not complete and submitted by the dates in which they are requested without exception.
11. As per Moorestown High School regulations, a student who is absent from school is not permitted to participate in after school activities on that date. If the absence from school has been approved by the building principal or designee, the student may be declared eligible to participate.
12. Any student suspended from school is not permitted to participate until the suspension has been served. A suspension has been served at the end of the academic day. Even if a student has served his/her suspension from school, it is still the coach's prerogative to decide whether it is the best interest of the rower and/or team for the student to participate on that day.

5.5 Transgender Inclusion

MRC subscribes to policy set as law by the New Jersey School Boards Association and upheld through the NJSIAA (New Jersey Interscholastic Athletic Association) and PSRA.

1. A transgender student, defined as a student whose gender identity differs from the student's birth sex, shall be eligible to participate in interscholastic athletics in a manner that is consistent with the student's gender identity, under any of the following conditions:
 - a. The student provides an official record, such as a revised birth certificate, a driver's license or a passport, demonstrating legal recognition of the student's reassigned sex, or
 - b. A physician certifies that the student has had appropriate clinical treatment for transition to the reassigned sex, or
 - c. A physician certifies that the student is in the process of transition to the reassigned sex.
2. The determination of a student's sex-assignment for interscholastic athletics shall be made by the student's school.
3. The determination of a student's sex-assignment for interscholastic athletics shall remain in effect for the duration of the high school eligibility.
4. In the event of a positive test result under the NJSIAA's "General Prohibition Against Performance Enhancing Drugs" a transgender student's use of a banned substance may be considered by the NJIAA medical review officer as a medical reason for the positive result.
5. Any member school may appeal the eligibility of a transgender student on the grounds that the student's participation in interscholastic athletics would adversely affect competition or safety.
 - a. Any such appeal will be heard by the Eligibility Appeals Committee.
 - b. The hearing will be confidential.
 - c. The Eligibility Appeals Committee will not consider whether the school has properly determined the sex-assignment.

5.6 Attendance

All training is mandatory and all athletes are expected to attend each practice and regatta on time every practice and regatta except under the following verifiable circumstances:

- Illness/injury – Family note or Doctor's order may be required
- Academic obligations previously scheduled
- Religious holidays
- Family emergencies
- Academic probation

** Please try to plan College visits in the Fall Season

Participation in rowing is a commitment that, once decided upon, must be upheld. We realize the steep time constraints that come with this commitment, but it is essential that team members be able to prioritize other activities to accommodate the rigors of MRC. Unexcused absences may affect a rower's seat or boat assignment. In plain terms, if a rower misses a practice, it not only jeopardizes her/his seat in the boat, but the boat as a whole. A boat affected by an unannounced absence affects the entire team. If a rower is sick or knows she/he cannot attend a practice, the coach must be informed in advance and as soon as possible. Missing practice without giving the coach notice, or just not showing up is unacceptable. Last minute cancellations are discourteous to the coaching staff and to teammates.

5.7 Probation, Suspension and Dismissal

Any member who violates any policy, rule or requirement set forth in this handbook may be put on temporary probation or suspended by his/her coach or the board of trustees.

Probation serves as a warning against repeat violations, which may lead to suspension or dismissal from the club.

Suspension shall mean the rower may not participate in club activities for up to 30 days. Suspension could lead to an early end to an athlete's season.

Removal from the team may occur for any offending rower. The coaches and board of trustees will make all team removal decisions and provide notification to the rower and their family.

5.8 Member Policies/Code of Conduct Agreement

This mandatory form must be understood, signed and submitted by the rower and his/her parent or guardian to MRC before being allowed to begin any club training. This form is attached and also available online. All originally signed portions of this agreement will be kept on file with the board of trustees for the duration of any given season.

5.9 Medical and Emergency Contact Forms: These mandatory forms, must be completed and submitted to the MHS nurse and to a designated board member or coach before a rower will be permitted to begin any club training. These forms are attached and also available online.

5.10 Communication

MRC communicates with parents and rowers in person, by text message or by email. All parents or guardians are required to provide MRC with an email address in addition to one other option, cell or home phone, where they can be contacted. These devices should be ones that are checked on a daily basis. In addition, you can get current information about MRC from our website www.moorestowncrew.org. Please check your email and the website regularly for announcements, schedule updates and other important

information. You are responsible for notifying MRC if your email address changes. The Club sends out numerous types of correspondence. If you feel you are not getting adequate or prompt updates from the Club, please email the Commodore or another member of the Board.

The coaches will advise the rowers of their preferred method of communication. It is the responsibility for the athlete to advise their coach about missing practices. Parents are encouraged to advise coaches of a scheduling problem or any questions or concerns with how their child is being coached. Coaches are not available for questions during practice or regattas, but will talk with you either after practice or at a mutually convenient time. If your question is not specific to the coaching relationship between your rower and coach, please direct your question to a member of the Board of Trustees. Instructions on how to contact Board members are found at www.moorestowncrew.org.

Rowers are expected to first attempt to resolve concerns or differences directly with the coaching staff or with other rowers associated with an issue.

5.11 Financial

5.11.1 The dues and payment schedule for all varsity and novice rowers are described at <http://www.moorestowncrew.org>
Checks may be made payable to:

Moorestown Rowing Club
P.O. Box 184
Moorestown, NJ 08057

Parents or legal guardians shall be responsible for the payment of membership dues and any supplemental assessment that the Club may require, including uniforms. Dues cover in part: the cost of coaching instruction and supervision, shells, purchase and maintenance of coxswain's equipment, oars, ergs, insurance, regatta entry fees, maintenance and operation of launches, trailers, gas, insurance, indoor training facility rental, tents, and other equipment and expenses for regatta day, and other organizational fees.

5.11.2 Dues

Fall Season – shall be paid at the time of registration.

Spring Season – may be paid in two installments. The first payment is due at the time of registration. The second payment is due later in the season prior to the team moving from indoor training to the river. Both due dates are found on the club website. Rowers will not be allowed to begin indoor training without the first payment of dues and submission of all fully-completed enrollment forms. Rowers will be prohibited from the boathouse and participation in boat training on the water until the second payment is made by the required date.

5.11.3 Refunds

No refunds will be given in the event a rower is put on probation, suspended, or expelled from the Club.

A refund of installments paid or a waiver on unpaid installments due to the Club as a result of injury, illness, absence, or academic probation, will be considered upon written request - at the discretion of the Board of Directors - based on a review of supporting documentation and the remaining days of the season.

The MRC refund policy can be found at <http://www.moorestowncrew.org>. Parents or guardians must understand, sign, and submit the MRC Refund Policy form found on the club website and in this handbook at the time of registration.

5.11.4 Financial Aid

MRC may make a limited number of partial Financial Aid grants available to eligible families. Financial Aid is available on an “as-needed basis” (For Spring Season Only) and must be applied for in a timely fashion in writing prior to each season’s participation. Financial Aid awards for a particular season do NOT automatically carry over to subsequent seasons.

Application for Financial Aid does not guarantee availability or eligibility of funds from the Club. The maximum Financial Aid grant for an individual is 50%. In order to be eligible for a grant, the first installment for the season must be received by the required due date.

For Financial Aid forms and complete instructions, contact a Board of Trustees member through the email links available at www.moorestowncrew.org.

The Board of Trustees’ Financial Aid committee reviews all Financial Aid requests. The Financial Aid committee will notify applicants of decisions. The club’s non-refundable membership dues must be paid upon enrollment of each rower and accounts must be kept current through the Financial Aid determination period. No Financial Aid grant will be awarded to a rower that is not otherwise current in dues payments.

5.12 Representation of MRC

No member may represent MRC membership without the specific authorization of the Board of Trustees.

MRC respects the privacy of its rowers and families. Accordingly, while the Board of Trustees may make available contact lists for rowers and their families, all communications to MRC members by mail, telephone, facsimile, email, or other means representing the Club must be limited to official club business and be authorized by the Board of Trustees.

Only content approved by the Board of Trustees or a delegate may be posted on the MRC website.

The MRC rower and family roster that is compiled annually serves as a directory for parent and rower use only.

5.13 Equipment use and care

It is the responsibility of the athletes to have oars and coach launch prepared for practice at the time specified by the coach. Care for the equipment is an ongoing process by being aware of surroundings so that boats are not knocked into other obstacles, on and off the water. Continued cleaning of equipment is a necessary part of being a rower. Take care of the equipment, and the equipment will take care of you.

The athletes may also have the responsibility to assemble or prepare the coach launch and motor for their coach. The procedure for this is listed below. Once the practice session is over again it may be the responsibility of the athlete to disassemble and remove the coach boat. This should happen after every practice session so that others are not removing the boat in their place.

5.13.1 Coach launch assembly:

Place a lifejacket bag, fuel can, paddle and any other safety equipment in the boat

Confirm fuel level

Start motor if asked and trained to do so

Leave in idle and tied to dock

5.14 Grievances

From time to time grievances arise. Please utilize the Grievance Form and procedure found in the addendum section.

6 The Coaches

6.1 Expectations:

The Moorestown Rowing Club is grateful to all of the coaches, past and present. It is understood and appreciated that the amount of time that the coaches bring to the club is priceless and without those hours the club would not be what it is today. It is the coaching staff that has guided athletes to the wins; it is the coaches that the club owes a great amount of gratitude.

In order to maintain a high level of club unity it is expected that all athletes in a program practice at one time with one program coach and as many assistant coaches as are necessary to maintain a safe and effective environment. The squad head coach's communication with the board liaison will find a suitable time slot for practice and work together to assign equipment for the program.

6.2 Coaches Code of Conduct:

When representing the Moorestown Rowing Club, it is understood by all that a high level of maturity and responsibility must be maintained. While away at events, regattas or conferences; at home in Moorestown, at the boathouse, at regatta's or in the grandstands, members are expected to be courteous to self and fellow members of all clubs. Moving outside of these guidelines could result in the immediate suspension or expulsion of the member or of the coach.

As a coach with the Moorestown Rowing Club it is understood that at all times, safety is the number one concern. At all times coaches are looking for the hazards of water traffic, water conditions, weather conditions, and the health and wellbeing of the athletes. Proper precautions are necessary at all times to minimize the likelihood of these hazards becoming a threat to the coach and the athlete(s). The goals of the coaches of the Moorestown Rowing Club should be to develop athletes, themselves and the sport of rowing. This way coaches are effectively working towards the improvement of the sport of rowing, the continuing education of themselves as well as the education of the athletes. As a coach, care and thought should be put into how much influence one can have with a young athlete as well as the great effect they can have on the ability to keep a youth occupied from otherwise inappropriate activities.

6.3 Education and Certification:

From time to time the Moorestown Rowing Club will ask coaches to enhance their knowledge about the sport. It is expected that all coaches at a minimum have a valid driver's license. Additionally, certifications such as lifeguard certification, CPR certification, boating license may be required. For example, a boating certificate can be acquired from online options such as:

<http://www.boaterexam.com>

<http://www.safeboater.com>

<http://www.boatsafe.com>

Rowing technical clinics can be found at:

<http://archive.usrowing.org/domesticrowing/coaches/coachingeducation>

6.4 Coaching Education Reimbursement

In order to gain reimbursement for coaching education it is recommended that you contact the board liaison prior to paying the registration fee. The rowing club highly endorses club coaches continuing their rowing coaching education however the rowing club must be aware of who is doing so and maintaining that the coaches are not taking advantage of the rowing club. Minimum qualifications to gain coaching education reimbursement are that the coach has already coached a club season and can say with certainty that they will be coaching a second club season in the following year.

Each coach with the club coaching experience to qualify for reimbursement is eligible for one conference reimbursement per year. A year is understood to be the fall and winter/spring in that order. Any reimbursement is subject to club funds available and provided at the discretion of the board at that time.

Example courses, clinics and conferences that might qualify for reimbursement are:
<http://archive.usrowing.org/domesticrowing/coaches/coachingeducation>

6.5 Coach Equipment

6.5.1 Equipment use and care

The program administrator and the squad head coaches of the rowing club will work together to assign equipment to the program. If other equipment is needed, then the program administrator should approach the board liaison. At all times if different equipment is being used it is good to inform the program administrator so that he/she is not assigning it to another program. It is primarily the responsibility of the athlete to care for the equipment but the coach can play a large role in the fine tuning of this process. Be aware of the proper placement of all boats back on the rack, as well as correct placement in and out of stretchers and the water.

Much of the same applies to the care and use of the coach's boats and motors; while it may be the responsibility of the athletes. However, it is good habit to check that they have assembled the boat correctly so that the coach does not get into trouble with problems such as a missing drain plug or the motor is not properly secured to the transom. If a coach feels that a piece of equipment is in need of repair, please report it to the program administrator as soon as possible.

6.5.2 Coach Launch Reminders:

- Stay clear of shore to avoid rocks that will damage the propeller
- Check to make sure that cooling water is flowing out of the back of the motor; weeds can often clog the intake
- Mind your wake; always have an eye for where you are going and where you have been

Start-up checklist:

- Kill switch toggle is attached to motor and operator
- Plenty of fuel in the tank
- Choke is pulled out all the way, once running push back in ½ way and let idle for 5 minutes before pushing in all the way and putting the engine in gear
- Fuel line is firmly attached and the can lid is slightly open to allow air flow
- Engine is flooded; if you have been trying to start the motor repeatedly without success, let the motor sit for 10 minutes, and try again

Minimizing wake

suggestions:

- Pull away from and come into the dock at slow speeds
- When possible stay in center lanes so that wake is evenly dispersed
- Avoid traveling all the way to the start and the finish areas to avoid congestion
- When a crew is approaching a coach boat, point the bow of the shell at the motor
- Remember that someone is coming up behind you

7 The Parents

7.1 Parent Expectations

The Moorestown Rowing Club is an all-inclusive yet competitive rowing club. Rowing in the top boat is not a right – it is earned through effort, achievement in practice, experience and the ability to get the job done under pressure. Athletes are given many hours of practice and instructional time to further their development. The decision of who rows in top boats will be made in order that the team may be successful and achieve program and club goals.

Which athlete is in which boat is exclusively the decision of the coaching staff. The coaches are at practice daily with your athlete and know their strengths and weaknesses in the sport of rowing. They alone have the right to decide who rows in which boat and when.

Athletes are encouraged to discuss their strengths and weaknesses with their coaches during practice sessions at appropriate times such as during an on water break or on shore. We ask that such discussions be limited to practice times only and not to approach the coaches during a regatta.

Parents will please not approach coaching staff during regatta days with questions regarding line-up, race strategies, or boating positions. Should you have questions, the coaching staff will be happy to set up a time to discuss your child's progress with you. Discussions will be limited to your athlete's performance only. Coaches will not comment on other rower's performances as well as other coach's actions.

The rowing club is grateful to all parents for their numerous ways of contributing to the rowing club. Without parents the rowing club would be short of many volunteers for all aspects of the club. There are many areas in which parents can contribute to the club as well as contribute to the success of their child. Once again, the rowing club is very appreciative of all that a parent can do to contribute to the success of rowers and the rowing club.

7.2 Fundraising for the Club

The Moorestown Rowing Club depends on fundraising to keep both our shell, launches, trailers and tent equipment in good condition. It is the hope of the rowing club that parents of current and former athletes will participate in some form of fundraising. This may include specific fundraising events, organization of free events for club community awareness, and corporate sponsorships within your place of employment, etc.

7.3 Volunteering

There are many different areas of rowing and regattas that require volunteer assistance, some examples are:

Medical & Safety Boats Parking Finish Tower Boat Drivers Wine Tasting Fundraiser Photography Regatta Day Leaders Food Prep Food Trailer Manager	Officials Parking Assistants Crew Dock Marshall Boat Stake Holders Year End Banquet Tent Setup Tear Down Publicity Trailing
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In the Addendum section and online is a volunteer form that can be filled out and returned so that a person will contact you.

8 The Practice

8.1 Work Ethic

Following are some expectations and challenges regarding work ethic during practice:

- Being on time means being early
- Give 100% each day. Some days this means pushing a little harder or concentrating a little more than other days, depending on your physical and mental state of fatigue. Still, strive to give maximum physical and mental effort each day
- Have pride in how hard you and your teammates work. Develop intensity - it can be contagious
- Push yourself. Only you can make yourself work harder. The coaches can guide and help you, but ultimately you control the level of your intensity
- Make every stroke a quality one, regardless of whether it is during a time trial or rowing into the dock
- Strive to be better than you were the day before. Learn something new each day and try new things with patience and an open mind
- Attempt to perform each drill with precision, regardless if the drill is slow or fast paced, complex or simple
- Maintain an attitude that allows you to do your best. This includes being patient with yourself and your teammates, remaining positive, and keeping the sport in perspective
- Know and understand your responsibilities, as a team member, during practice - both on and off the water. Take the initiative to ensure these responsibilities and tasks are fulfilled before leaving or asking to leave.

8.2 Coach-ability

The coaches are here to help you become a better rower and can help you become as good as you want to be. It is expected that you should be active in your own improvement by helping find ways to aid in the process. Practice and training are not things the coaches do to you. Rather, it is something you do to yourself with the assistance and guidance of the coaches. Coach-ability of each member of the team is vital to the success of this notion and therefore each crew and the team as a whole. Following are expectations and challenges to meet regarding coach-ability:

- Be respectful of the coaches and listen when they are speaking
- Know that your coaches are trying to help you improve. They're part of the team, too, so trust in their abilities
- Be willing to try new ideas
- Have patience with yourself and your teammates. Allow yourself to make mistakes. Simply strive to improve upon them
- Ask questions. Use the coaches as a resource. The more informed the team is and the more its members understand rowing, the more successful we will ultimately be
- Come to practice ready to learn and grow as a person and a rower. Have an open mind and an eager heart
- Keep the sport in perspective.

As an athlete it is best not to coach other athletes. Be aware of the difference between coaching and communicating an idea or suggestion to another rower. When in doubt speak to your coach about the difficulties that you feel a fellow athlete may be having.

8.3 Practice Attire

It is strongly suggested that the rowing club uniform not be worn during practice or training times.

8.3.1 Warm Weather

Practicing in the heat and humidity requires proper dress as well as proper conditioning. Normal practice would take place in the afternoons and evenings. Racing may often take place in extreme conditions so it is beneficial to sometimes train in those same conditions. Below is a list of recommended weather gear:

- Snug fitting clothing to wick moisture away from the body
- The torso must be covered at all times
- Sunscreen and sunglasses
- Plenty of water – refillable water bottles only.
- Baseball cap or head cover to keep the sun off

8.3.2 Cold Weather

During the early high school spring season and sometimes training through the winter, rowing takes place in extreme cold conditions. Moorestown has a moderate climate which allows on water training for the majority of the year, but only if athletes dress properly. It is strongly suggested that long tights and long sleeves are worn when the on water temperature drops below 50°F. This will allow for better performance as the

muscles of the body will be warm and stay warm through the training session. Below is a list of cold weather gear:

- Snug fitting long tights and long sleeve shirt to wick moisture away from the body
- Long sleeve shirt that is long enough to stay tucked in, covering the low back at all times
- Ski hat
- Outer shell to break the wind
- Plenty of water – refillable water bottles only.
- Sunglasses

9 The Eligibility Parameters

9.1 Eligibility and Divisions

9.1.1 High Schools

Moorestown Rowing Club is open to all Moorestown High School Students. We operate under PSRA guidelines which require athletes to attend the high school that the boat is representing. In the Fall season the club attends several regattas that do not hold to this requirement, therefore in the Fall season MRC is open to all residents of Moorestown of High School age and attending any High School.

9.1.1a Philadelphia Scholastic Rowing Association (PSRA)

Seniors: Under 19 years of age on 1st January, of the competitive year.

Juniors: Under 16 years of age on 1st January, of the competitive year and are not yet Seniors.

Lightweight for girls 130lbs events the maximum individual weight is 130lbs

Lightweight for boys 150lbs events the maximum individual weight is 150lbs

Novice: shall be those male and female athletes in their first year of rowing or coxing.

No weight averaging is required.

The current PSRA rulebook can be found here: <http://www.phillyflicks.com/racing/general-rules/>

9.1.2 Scholastic Rowing Association of America (SRAA)

Seniors: Must not have attained the age of 19 years prior to September 1st of the competing academic year.

Juniors: Must not have attained the age of 18 years prior to September 1st of the competing academic year. Senior (12th grade) students may not compete in junior events.

Lightweight boys shall weigh no more than 150 lbs.

Lightweight girls shall weigh no more than 130 lbs. No weight averaging is required.

Coxswains are not required to weigh in.

9.1.3 Stotesbury Cup Regatta

Seniors: Must not have attained the age of 19 years prior to September 1st of the competing academic year except that each eight may contain two competitors and each four or quad may contain one competitor who must not have attained the age of 19 years, 6 months prior to September 1st of the competing academic year.

Juniors: Must not have attained the age of 18 years prior to September 1st of the competing academic year. Senior (12th grade) students may not compete in junior events.

Lightweight boys shall weigh no more than 150 lbs.

Lightweight girls shall weigh no more than 130 lbs.

Coxswains are not required to weigh in.

No weight averaging is required.

9.2 Procedures

9.2.1 Ergometer Training and Racing

At the beginning of the Spring competitive seasons an ergometer training and racing will be scheduled for all athletes to participate in. While not the sole method of training, or boat placement ergometer results give a tangible numeric baseline to an athlete's strength and endurance capabilities at that time. This is just one part of the training.

9.2.2 Skill Assessment

As a method of ranking athletes in the program, the coach(s) will conduct skill assessment of each athlete. This will consist of assigning a number rank to each athlete in the order of which the coach(s) believe the athlete falls. For example, to rank 12 athletes, the coach(s) would assign the ranking of one to the athlete that they feel is the most skilled of the group and 12 to the least skilled athlete. If working with sweep athletes, it is beneficial for the coach to rank port and starboard athletes separately. Using the same example of 12 athletes, the starboards would be ranked one to six and same for the ports.

Once the assessment is complete coaches should be setting up short meetings with each athlete to explain the results. This is an excellent opportunity for the athlete to learn what parts of their stroke need improvement and how to go about progressing in the program.

9.2.3 Seat Racing

After the ergometer training and racing and skill assessment the coach(s) will have a good idea of boat placement and will use seat racing to further fine tune boat lineups. There are no set rules as to how many athletes can or cannot be put into seat racing. However, the less people there are, the easier it is to get concrete numbers on who is

best moving the boat.

Seat racing varies between Fall and Spring due to the regatta distances raced. In the Fall season if time allows 2000m is the suggested distance for seat racing. This is due to the longer regatta distances in the Fall season. For both seasons, the longer the distance used in seat racing the more accurate an assessment can be made on which athletes will be better for success.

Seat racing is a necessary part of a competitive rowing program such as that at the Moorestown Rowing Club. Seat racing is a big part of the selection process but it does not finalize the process. Coaches reserve the right at any time and for any reason to make changes in the boat. There are dates that are outlined annually to determine when the majority of the selection process will be complete so that fine tuning of boats can take place to prepare for major regattas.

Please know that seat racing is a high pressure situation for rowers that can be emotionally charged. Earning a seat in a top boat is a great accomplishment and losing a seat is disappointing. Learning to gracefully deal with victory or defeat are important parts of developing a sense of sportsmanship and fairness as young athlete. It is an important reason that sets rowing apart, and it is one of the reasons that rowers develop into young men and women of exceptional character. Please help the coaches reinforce these important lessons by encouraging this type of sportsmanship, which we as parents and coaches also need to demonstrate ourselves. Encourage your son or daughter to be competitive in whichever seat they earn and cheer on every boat on our team.

9.2.4 Ergometer Racing Standards

These are suggested standards for the program. This is 2000/meter time represented by the time under the heading selection. The time under the heading of development needed represents those athletes that should be strongly considering developing their skills/fitness. For Varsity athletes this number indicates that the athlete should be strongly considering developing their skills/fitness level.

10 The Competition

10.1 Travel

From time to time the Moorestown Rowing Club will participate in regattas that require overnight travel. Parent volunteers will be utilized to coordinate transportation and hotel reservations as needed. Athletes should re-read section 5.3 Athletes Code of Conduct as this also applies to bus and hotel behavior. When traveling with a team to an away regatta or at any time, random bag checks might be done by coaches. As athletes are being dropped off at the bus, coaches will ask parents to do one last bag check.

10.2 Athlete Race Day Guidelines and Etiquette:

- Boats must be strapped down at all time, whether you are rigging, de-rigging, storing between races or overnight.
- Shirts must be worn at all time regardless of gender; torso covered.
- Bring oars down to the dock or oar trees prior to race and return them either to the trailer or bay after each race even if your crew is racing again later that day.
- Be quick and courteous on the dock
- Be respectful of competitors, coaches and officials
- Wait until all boats have past the finish line before returning to the dock
- All boats must be strapped to the trailer and communicate with your coach before departing from the regatta site

10.3 Coach Race Day Guidelines and Etiquette:

- Work with each other; be helpful, we are all on the same team
- Work together to ensure every boat has the best race possible
- Check boat before they launch for each race
- Be respectful of competitors, coaches and officials

10.4 Uniform

It is an honor and a privilege to wear the black and gold colors that is the Moorestown Rowing Club uniform. The MRC uniform is well recognized throughout the rowing community and is sometimes highly sought after by other competitors. Trading of the uniform is permitted, provided you have already raced or have another to wear for competition. Also because the uniform is sought after, it is highly recommended that your uniform is not left hanging to dry or not properly stored as it may go missing. Take care of them, and please take them home and wash them before the next race.

11 The Equipment and Facilities

11.1 Equipment

The rowing club owns, stores, insures, repairs and operates with a high value equipment including shells, oars, cox boxes, coach launches, motors, tools and safety devices. It is expected that all pieces of equipment will be treated with care and respect. All equipment should be used for its purpose and maintained so that the next group can use it in their season. If unsure about the operation of a piece of equipment or if you should be using it, ask first.

All club equipment is assigned to athletes and coaches by the program administrator/head coaches. From time to time an equipment allocation list will be created and distributed. Equipment is assigned to groups or crews based on the following in no particular order:

- Competitive level
- Need
- Boat speed
- Proven effort
- Availability

11.2 Boats and Oars

The rowing club owns a variety of boats and oars. Through generous donations over the years and frugal management of dues and working closely with area vendors, the rowing club has been able to keep the most up to date and largest fleets in the Cooper River boat house.

It is in everyone's best interest to help to maintain the equipment as best as possible. Please report any concerns about equipment, such as damage or loose parts. After every row please wipe down or wash the boat. It is the hope that the club will continue to add to the fleet instead of needing to replace boats due to unnecessary disrepair.

11.3 Ergometers

The club owns and maintains approximately 50 ergometers at any given time. This number varies as ergs break down on occasion and then are scavenged for parts or sold. We often purchase blocks of discounted ergs at the annual Haddon Hammer. Families are encouraged to purchase one of these discounted ergs for their homes if they wish to do so. It is in everyone's best interest to help to maintain the equipment as best as possible. Please report any concerns about equipment, such as damage or loose parts. It is the hope that the club will continue to add to the number of ergs instead of needing to replace due to unnecessary disrepair.

11.4 Boathouse

The existing boathouse was built in 2006. The boathouse stores all club and privately owned boats of the Moorestown Rowing Club as well as several other local clubs. It is everyone's responsibility to look after our boathouse so please do your part to pick up loose trash, clothing and water bottles.

More details on the boathouse can be found here:

<http://rowing.camdencountyboathouse.com/>

11.5 Trailering

For away regattas trailer(s) will have to be loaded and driven to the regatta site. Trailering information will be distributed to volunteer drivers prior to regattas. The program administrator will provide information that includes when the trailer(s) will be loaded, which trailer(s) and boats will travel and when the trailer(s) should be unloaded by.

11.6 Truck and Trailer Drivers

Only experienced trailer drivers shall be permitted to drive the truck and trailer to the regatta site. If interested in gaining experience in driving the trailer, the program administrator or trailering team leader can take you out with an empty trailer to familiarize you with how it is done. Short or local trips will be the best way to get to know trailer driving. Longer trips, require a co-pilot with trailer driving experience so that the driving can be shared. It is the discretion of the driver if Athletes are permitted to travel with the truck and trailer. There shall be no distraction to the driver by any persons that might be traveling with the driver. Driving the truck and trailer is a huge responsibility not to be taken lightly.

All receipts for gas, tolls, meals and hotel must be kept and handed in upon return to the Moorestown Rowing Club treasurer.

The loaner truck is not to be used as a mode of transportation for athletes to or from regattas/events.

General procedures for trailering:

- The trailer will not travel until boats are securely strapped
- Check and recheck the strapping of your boats before driving
- Oars are placed closer to the truck, blade end closest to the truck, riggers at the other end
- Check with program administrator to ensure correct boats are on the trailer
- All boat parts travel with the trailer, do not bring parts in a private car
- Make sure that Cox Box wiring is secure so it does not dangle from the boat during travel
- Make sure that all vent caps are closed
- Either bungee seat into boat or take seats out and place them in trailer
- Place stretchers in the back of the truck after de-rigging boat
- Find straps and slings in lock box or cabinet in boathouse
- There should only be one set of oars per boat in the trailer.

- Return slings and straps to the parts room when de-loading trailer after regatta
- Trailer must be unloaded the day after the trailer returns to the compound, even if you are not practicing that day
- Ensure that everything that your crew used loading the trailer is taken out and put back in the proper place
- Clearly visible caution tape is to be secured to the boats that extend out the rear of the trailer.
- When the trailer is parked the wheels shall be properly chocked.

11.7 Transporting Non MRC Boats

From time to time MRC will coordinate with other boathouse teams to transport boats other than those that are MRC owned to regattas that both teams are participating in. A nominal fee will apply to offset costs. This applies to all transport including to regattas or to a manufacturer for repair. The cost will be discussed on a case by case basis with the program administrator and confirmed by the board treasurer.

12 The Training

12.1 Environment

Moorestown Rowing Club is very fortunate to train on the Cooper River, home of several championship regattas. The luxury of not having to work around other boat traffic such as jet skiers, water skiers, and other recreational water craft is also rare. These are all points of which we should not take for granted and continue to take advantage of them so as to better ourselves as athletes and competitors. (in the Fall of 2015 and a portion of the 2016 Spring season the Cooper was closed due to dredging and our athletes at that time saw firsthand how privileged we are to call the Cooper River our home)

12.2 Monitoring Training

Monitoring of training is necessary to do so that the coach and athlete discover whether or not the training being completed is producing results. If the training is not producing results, modifications need to be made, either to the type of training or to the intensity categories that are being used.

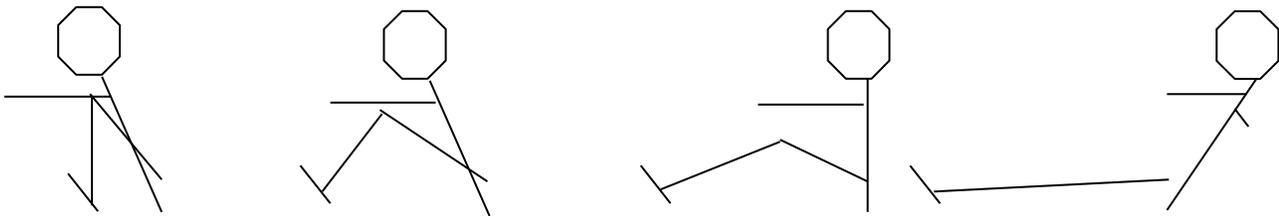
Monitoring happens in a variety of ways, the most accurate being ergometer racing, but also used is timed pieces over a specific distance on the water. The comparison of two or more results will indicate whether or not the training is producing the desired results or changes need to be made.

Personal monitoring of you as an athlete is also a good idea. This can be

done by keeping a journal of your practice sessions, as well as recording your resting heart rate every morning. By recording your resting heart rate before you get out of bed every morning you are tracking your own health. Over a prolonged time, your training should slowly lower your resting heart rate. If you are becoming ill, your resting heart rate will slightly increase. If your rate has risen and stayed there for a prolonged period of time, then it is time to consult a physician.

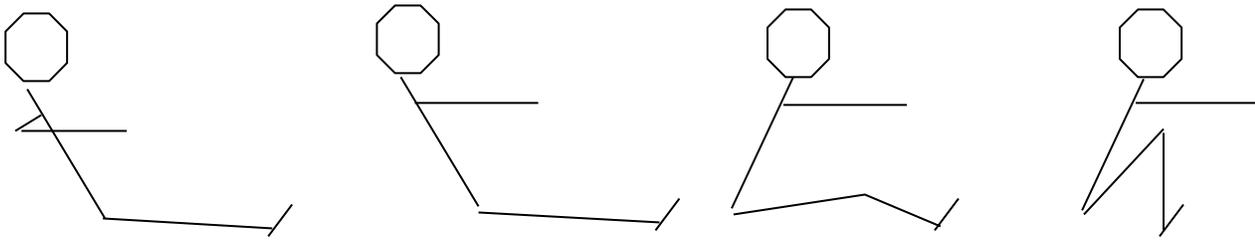
12.3 The Basic Rowing Stroke

12.3.1 The Drive



- Body weight on the stern edge of the seat and on the balls of your feet (heels down as much as possible)
- Elbows are locked, shoulders are loose and relaxed
- Inside shoulder is relaxed as you are leaning into the pin/rigger/oar lock
- As pressure is applied against the foot board with both feet by pushing from the hips and quads, you should feel that you are hanging off of the handle; the load pulls your arms away/out from your shoulder and stretches it as you maintain the forward body/torso angle
- Loose shoulders, locked elbows, firm core and maintained body/torso angle; there is a millisecond pause due to a counterbalance between the load of the water and your body weight
- Keeping the shoulders on a level plane, draw them and the handle straight back
- Push the seat to the bow with your legs making the handle move at the same time because your torso is firm and elbows are locked
- By half-slide, begin to open up the torso by pivoting/prying from the hips toward the bow, therefore shifting body weight to the bow edge of the seat
- Keep the seat underneath, being careful to not let it roll to the stern by holding a firm core
- Follow through with the arms with a flat wrist, forearm parallel to the water
- Squeeze in the handle, point the toes to stay in contact with the foot board
- Continued slight lean into the pin/rigger/oar lock

12.3.2 The Recovery



- Reach forward to the stern while maintaining posture and a slight lean to your rigger/pin/oarlock
- Apply light downward pressure on the handle
- Rock forward by pivoting from the hips to transfer your body weight onto the stern edge of the seat
- Maintain light downward pressure on the handle
- Feel the seat roll slightly to the bow (1/4 turn of the wheel)
- Your body angle should not change after this point
- Allow the seat to move you into the catch
- Roll forward by bending/lifting the knees and allowing yourself to drift/float into the catch
- Lightly gather weight onto the foot stretchers
- Shoulders stay square to the handle, the inside shoulder is relaxed, the outside shoulder draws a circle up and around the pin, eyes looking out to the shore over the rigger
- Square the blade early to be prepared for the catch
- Hands stay level
- As knees approach 90°, gently lift the outside wrist and thumb to place the blade in the water
- Placing the blade is part of the recovery

13 The Safety of the Club

13.1 At the Boathouse and On the Water

As an on water sport, rowing is a dangerous sport therefore safety is always of the highest importance. Every year new measures are taken to improve our ability to stay safe on the water and around the boathouse. We must stay proactive when it comes to keeping everyone and everything safe.

13.2 Equipment

It is common practice to be constantly aware of your surroundings when moving the shell from the boathouse to the water, rowing on the water, and returning the shell to the boathouse. Often over looked or forgotten is the dangers of the coach boat and motor. In order to protect the driver, the athletes and the equipment, the coach boat driver should always be wearing the automatic shut off tether that is attached to the motor. Wearing this tether saves lives and equipment.

Controlling the wake from your coach boat (if you are a coach), is a good way to keep things safe on the water. Some helpful low wake tips are listed below:

- Leave and approach the dock with no wake so that boats are not waked up onto the dock.
- Always have a look for faster moving shells that are coming up behind the coach boat. If the shell is staying straight, point the bow of the shell directly at the engine, then cut away slowly so that the shell gets minimum wake.
- The starting gates and finish areas are often congested with shells turning around; avoid going into these areas, meet the crew in designated spots
- When passing a slower moving shell do so with courtesy at low speed

13.3 Traffic Pattern

It is always important to follow the posted traffic patterns when on the water. Always be courteous to others and offer advice to out of town guests. Give way to faster moving shells, yield to those on the course when crossing the course, travel all the way to the end of the course before turning, and move off the course when stopping.

When away at other regattas or waterways it is best to research traffic patterns before arrival, to be prepared. Once at the site, ask questions of the locals or at the coach's and coxswains meeting before the regatta.

13.4 Weather

Here in the Southern New Jersey area we get a wide range of weather, ranging from extreme cold and wind to extreme heat and humidity. As coaches and athletes we must be aware of the weather and the danger it imposes on us in such cases. Very quickly we can be exposed to frost bite, heat stroke and dangerous water conditions and lightning. Staying proactive to weather conditions will help to keep athletes, coaches, and equipment safe. Proper dress by the athletes was mentioned in section 4.3, but proper dress of the coaches was not. In the summer time coaches should follow the guidelines presented to athletes by wearing a hat, sunglasses, and sunscreen so as not to be overcome by heat stroke. During the colder days and

especially during cold water rules, coaches should be wearing proper clothing.

Using the internet is always a good way to research potential weather hazards for the day. Local weather forecasts are a decent way to see what weather might be coming as well as local radar.

13.5 Lights

During the early part of spring and the late part of fall, lights on boats are mandatory. Lights are needed for the observance of other boats on the water. If going on the water during these times, all coach boats must have a bow and stern light.

Coaches in their boats must also have plenty of lights. It is not enough to have one flashlight that illuminates the shell that you are coaching. On coming crews need to see where you are, so the flashlight would be an extra light for coaching, not for signaling the boat. If using a large floodlight be careful as to not temporarily blind athletes by pointing the light into their faces.

14 The Staff

14.1 Board of Trustees

Taken from the bylaws of the rowing club which can be found on the rowing club website: <http://www.moorestowncrew.org>

Section 1. Authority. The Board of Trustees (the "Board") shall have full authority to manage and control the business and affairs of the Corporation, and may exercise all powers of the Corporation and perform all lawful acts as are authorized by statute, the Certificate of Incorporation or these Bylaws.

Section 2. Membership and Term of Office. The number of Trustees which shall constitute the Board of the Corporation shall be not less than three (3) nor more than nine (9). The following officers of the Club shall be Trustees of the Corporation: The Commodore, the Assistant Commodore, the Secretary and the Treasurer. The remaining Trustees shall be elected by the Trustees then in office at the annual meeting of the Directors. Each Trustee's term of office shall be one year.

Section 3. Vacancies. Any vacancy occurring in any Trustee position the Board arising from any cause (including a vacancy caused by an increase in the number of Trustees) shall be filled in the manner such position was filled as provided by Section 2 above at the next scheduled meeting or at a special meeting called for the purpose. Any such replacement Trustee shall be elected to complete the term of the Trustee being replaced, or the term of the class to which elected, in the case of a vacancy caused by an increase in the number of Trustees.

Section 4. Powers. The business of the Corporation shall be managed by the Board which except as limited herein, may exercise all such powers of the corporation and do all such lawful acts and things as are not by law prohibited.

14.2 Program Administrator

All duties as required.

14.3 Boatman/Equipment Manager

Coordinate as needed the repair all damaged boats, oars and other equipment unless so severe that transportation to the manufacturer is required or repair is not possible. Stock the boathouse locker(s) with materials and spare parts for as much as possible. This includes but is not limited to, all nuts, bolts, washers and fasteners as well as parts specific to boats such as wheels, fins, oarlocks, pins and seats.

14.4 Coaching Staff and School Representative

Each high school club must have in place an in school representative. This is a staff person that assists with the administration between the school and the rowing team. It is not critical that this person has rowing experience as they are not required to be coaching on the water. The rowing club is responsible for finding its own coaches and staff.

14.5 Coaching Education

All coaches must have some form of rowing specific coaching education before going out on the water on their own with a crew. This is done for the safety of the athlete, the coach, the equipment and athletes and equipment around them. The rowing club routinely coordinates US Rowing coaching education courses as well as its own basic level coaching instruction.

14.6 Meetings

Early in the calendar year of both the Fall and Spring season a meeting will be called by the program administrator for ALL club coaches. It is important that ALL coaches understand that they are to be in attendance to review any and all changes that may have occurred since the previous season, including safety changes. This meeting is also when a majority of information is handed out including dates and deadlines of future meetings, regattas and planned first day(s) on the water.

14.7 Start up, Training and Skill Development

The earlier in the school year you can start to recruit for rowing the better. Communication with grade 9 students about the process of the rowing team and getting them interested in our sport provides a launch pad to a good future with our sport. It also provides an early focus for potential new rowers at a time when they are choosing and prioritizing their extra-curricular activities. Several videos of Moorestown Rowing Club can be found here:

https://www.youtube.com/results?search_query=moorestown+rowing+club

14.8 Getting on the Water

Traditionally the first days on the water for high schools are during the last weeks of February or first week of March. However, these dates are completely weather dependent.

15 The Regattas

The regattas being attended by MRC will be decided upon with the program administrator, head coaches and board of trustees early in the year. Planning needs to be done by the rowing club to organize equipment transport, accommodations as needed and other logistics. The head coaches, program administrator, and board of trustees may decide to add/remove regattas based on safety, level of competition and cost effectiveness.

16 The Awards

Annual awards are given out at the Year End Banquet. Nominations for each award should be sent to the Head Coach/Program Administrator before the Second week of April. Anyone can send in a nomination for an award with the winner being decided by the Head Coaches and Program Administrator. An award recipient will be one that was an outstanding member of the program, a person that continued to show support of the program and to the rowing club. The winner will have been a hardworking contributor to daily activities and dedicated to all that is required to achieve excellence. Consideration will be made to look at the entire calendar year, including participation with a university rowing team.

MRC Award
Coxswain Award
Outstanding Rower Award (Male / Female)
Hammer Award (Male / Female)

Athlete award criteria:

- Positive leader amongst fellow program athletes.
- Positive leader amongst entire rowing club, being a positive example to the younger athletes.
- Athlete's history with the club.
- Personal sacrifices made for the betterment of the program and the rowing club.
- Responsible behavior at all times during regattas, practice and when representing the rowing club.
- Respectful at all times of coaches, volunteers, teammates, competitors, officials, spectators, equipment and environment.
- Committed to the improvement and progress of the program and the rowing club through hard work, determination and perseverance.
- Participation in program and rowing club activities outside of day to day training, such as volunteer opportunities and fundraisers.
- Outstanding results at competitions both on the water and on the ergometer.

Coxswain award criteria:

- Positive leader amongst fellow program athletes.
- Positive leader amongst entire rowing club, being a positive example to all athletes.
- Personal sacrifices made for the betterment of the program and the rowing club.
- Responsible behavior at all times during regattas, practice and when representing the rowing club.
- Respectful at all times of coaches, volunteers, teammates, competitors, officials, spectators, equipment and environment.
- Committed to the improvement and progress of the program and the rowing club through hard work, determination and perseverance.
- Participation in program and rowing club activities outside of day to day training, such as volunteer opportunities and fundraisers.

17 The Addendums:

Moorestown Rowing Club Swim Test

Swimming tests take place in the Winter months prior to getting on the water in the Spring season, we utilize the Moorestown Community House swimming pool.

Each athlete will prepare for the test by wearing:

Shorts (bathing suit), T-shirt, Socks, Sweat Pants Sweat Shirt

Each athlete will complete all of the following steps:

- On direction, enter the pool wearing all of the above clothing.
- Tread water for ten minutes without touching the bottom or side walls.

Moorestown Crew – Grievance Procedure

1. A grievance may be lodged by any person for any violation of Moorestown Crew's Code of Conduct or for any violation of local, state or federal law.
2. No grievance will be accepted from any person who: (i) fails to observe Moorestown Crew's mandatory 24 hour cooling off period prior to speaking to a coach, Crew or league official about a grievance, (ii) is acting in violation of the Moorestown Crew's Code of Conduct, (iii) has engaged in any threatening, abusive or harassing conduct, including verbal abuse, (iv) has failed to seek to bring the matter to the attention of the team coach, or appropriate (Person – Member – Committee) after the expiration of the mandatory cooling off period, and/or (v) fails to file the written grievance within two weeks of the incident in question.
3. No grievance will be accepted that seeks to challenge coaching decisions. For this purpose, a coaching decision includes but is not limited to position assignments, playing time, starting assignments, practice assignments, and crew strategy.
4. A valid grievance must be in writing, explain the nature of the grievance, the circumstances and indicate the specific provision of the Code of Conduct that was violated using Moorestown Crew's Grievance Form (attached).
5. Details of the grievance are not to be discussed with anyone other than the party(ies) directly involved with resolving the grievance.
6. A valid grievance must be signed by a parent, coach or player and submitted to the appropriate Program Head (Head of Boys Program – Head of Girls Program)
7. If, the matter is not resolved, then the matter will be reviewed by the Crew Official appointed to monitor Code of Conduct compliance. The Sportsmanship Liaison Officer will attempt to resolve the grievance with the parties amicably and in the best interests of the Crew.
8. The Vice Commodore (or other executive officer) of Moorestown Rowing Club will work together with the Sportsmanship Liaison Officer to attempt to resolve the grievance with the parties amicably and in the best interests of Moorestown Crew.

9. If the matter is not resolved, the Vice President and the Sportsmanship Liaison Officer may, in their sole discretion, refer the matter to the Executive Council. If the matter is referred to the Executive Council, the Vice President and the Sportsmanship Liaison Officer shall present their recommendation for resolving the matter to the Executive Council.
10. The Executive Council may accept the recommendation of the Vice President and the Sportsmanship Liaison Officer or may decide that it is in the best interests of the Crew to resolve the matter in any manner approved by a majority of the members of the Executive Council.
11. Decisions of the Executive Council are final and will be communicated in writing to the grieving party(ies).
12. Failure to conform to the Code of Conduct while attending, coaching, officiating, participating in or watching a Crew event (game, practice etc.) will be subject to disciplinary action, including but not limited to the following an any order or combination.
 - a. Verbal warning issued by an official, head coach, Crew official, or head of league organization
 - b. Written warning
 - c. Event suspension or immediate ejection from event with written documentation of incident kept on file by organization involved.
 - d. Suspension from multiple events
 - e. Event forfeit determined by official, coach or Crew official
 - f. Season suspension or multiple season suspension issued by a Crew official or league organization
 - g. Expulsion from Moorestown Crew
 - h. Warning or suspension issued by any other league organization governed by the Code of Conduct of Moorestown Crew.

Moorestown Crew – Grievance Form

1. Date of Incident: _____
2. Approximate Time of Incident: _____
3. Location of Incident: _____
4. Teams/Clubs present: _____
5. Person/(s) Initiating Grievance: _____
6. Phone # of above: (home) _____ (cell) _____
7. E-mail address of above: _____
8. Person(s) Against Whom Grievance is Initiated: _____

9. Description of Incident (include specific Code of Conduct provision violated):

10. Witness(es):

11. Were the Police Called? _____No _____Yes If yes, explain

12. Other Pertinent Information: _____

13. Signature(s) of person(s) filing the grievance:

_____ Date: _____
_____ Date: _____

Quick Facts about Rowing

- Rowing is one of the original sports in the modern Olympic Games
- Yale College founded the first collegiate boat club in the U.S. in 1843
- Rowing was the first intercollegiate sport contest in the United States. The first rowing race was between Harvard and Yale in 1852.
- The Schuylkill Navy is an association of amateur rowing clubs of Philadelphia. Founded in 1858, it is the oldest amateur athletic governing body in the United States.[1] The member clubs are all on the Schuylkill River where it flows through Fairmount Park in Philadelphia, mostly on the historic Boathouse Row.
- Baron Pierre de Coubertin, founder of the modern Olympic Games, was a rower
- Rowers were the third largest U.S. delegation behind only track & field to the Olympic Games in 2016.
- Physiologists claim that rowing a 2,000-meter race, about 1.25 miles that can be completed in about 6.5 to 7 minutes, is equal to playing two full court back-to-back basketball games.

Summer Camps and Clinics:

Princeton Rowing Camp

<http://www.princetonportscamps.com/camps/rowing.htm>

Quaker Rowing Camp

<https://quakerrowingcamp.com/>

Northeast Rowing Center

<https://rowcamp.com/>

Penn Rowing Camp

<http://sparksconsult.com/rowing-camps/penn-summer-rowing-camp/>

Texas Rowing Center (Austin, TX)

<http://www.texasrowingcamp.com/>

** A full list of camps is available at: <http://www.row2k.com/camps/>

If you have an erg, there are several apps that will give you erg improvement programs. Dark Horse <http://www.darkhorserowing.com/> is one that a friend uses and has recommended.

College Admissions

(Provided from Northeast Rowing Center)

So, you want to be a member of a college crew!

While a large percentage of the men and women who row in college begin as novices when they arrive on campus, however, the increased participation and quality of high school rowers makes the experienced athletes more valuable. Because there is still a relatively small number of qualified students who row, the best programs often compete for the young rowers who will truly have an impact on a collegiate crew. Unlike other sports, the collegiate rowing world promotes opportunities that deal with all aspects of a four-year college experience, not just what happens at the boathouse. For the most part, the interactions between college coaches and high school athletes are personal and relatively pressure free.

Rules Governing Recruitment

Most collegiate athletic departments apply NCAA bylaws to all their sports. This includes women's crew, which is an NCAA sport, and men's crew, which is not an NCAA sport. These bylaws differ according to whether a college is a NCAA Division I, Division II, or Division III program. There are a number of comprehensive and somewhat limiting rules governing the type of permissible contacts and evaluations in the recruitment process. Few high school athletes are aware of the existence of such rules which puts responsibility upon the coaches. Violations of any NCAA rules can jeopardize an athlete's eligibility, see <http://www.NCAA.org>.

The Basics

- a. Aside from receiving general information available to all interested students, contact between a college coach and a high school athlete is not allowed until July 1st after the prospect has completed his/her junior year. A coach is not allowed to return phone calls from underage students.
- b. An "Official Visit" is considered when a prospect spends time on campus that is funded either partially or completely by the institution. For instance, if a coach provides housing or meal tickets to a prospective student-athlete, the campus visit is considered official. Institutions are permitted to host athletes for a 48-hour period during such a visit. Some institutions will cover all expenses including transportation for the most desirable prospects. A recruited athlete is allowed a total of five "official visits" during his/her senior year. and only one per college.
- c. An "unofficial visit" is one made without any support of the institution. A prospect may stay with friends at the college, attend classes, and even watch practices as many times as he/she desires as long as the institution does not pay any of the expenses of the visit.

Collecting Information

There will be many people who believe they know what is best for you in your search for a college. Older friends, siblings, parents, high school coaches and counselors will undoubtedly have advice to offer about where you belong. Ask questions of coaches and collegiate athletes at the colleges that interest you. Read the brochures you collect. And then trust your instincts. Imagine how you would fit into both the new academic and athletic environment. Consider a worst case scenario: Would I be happy at this college if during my freshman year I injured myself that prevented me from rowing?

Visiting campuses when schools are in session provide the best images of real student life of a college. Be sure to attend classes, ask questions about the balance between academics and athletics, get a general sense for the pace of a daily routine and meet the people who make up the school community, students and professors.

Your Image

You will want to present your best image and make an impression on the coaches with whom you will have contact. A simple, direct letter of introduction addressed personally to the coach of each program of interest is the best way to initiate communication. Be sincere about your intentions, be realistic about what achievements speak loudest about you (the first place ribbon from kindergarten dodge ball tournament can probably be omitted). Keep coaches informed about where you are in your thinking about schools that most interest you.

Coach's Obligations

While coaches are looking for the type of athleticism in candidates that will lead to successful performances of their teams, they must also make good matches with their institutions. A student- athlete should belong at a school academically if he/she hopes to achieve success in rowing.

Listen to coaches for the types of answers they give to the questions you ask. They should be honest about where you stand on their "wish list", about the role you could play on their squad and the likelihood of admission.

Summary

Choose a college that meets your needs:

- a. the academics offered
- b. the college environment (where you feel comfortable)
- c. the rowing program that you'll enjoy (where you'll feel competitive and challenged)

Checklist:

- Do you want a College or a University?
- What are the differences?
- What courses and degrees do each offer?
- Is academic support available?
- Are they Varsity or Club teams?
- Are they Division I, II or III?
- What are the differences?
- What conference is the school in?
- Who do they compete against?
- What level of racing is that conference?
- How often do they race?
- Do they have a fall and spring season?
- How far will you be traveling to practice each day and to races on the weekends?
- Are they limited to rowing eight's and fours?
- Do they have sculling?
- Do they have lightweight and open weight teams?
- What does the athlete roster look like?
- Do they have scholarships?
- Are you in need of a scholarship?
- Do they recruit coxswains?
- How are the rowing facilities and water conditions?
- Who are the coaches?
- How many coaches are there per athlete on the team?
- Most schools have very large rosters and some may have limits.
- Some may welcome walk-ons enthusiastically. Some may not allow walk-ons at all.

Sponsorship

Boat Sponsor*: \$10,000.00

- In recognition of your support, your organization's name or a name of your choosing will appear on the side of one of our racing shells. Your name or logo will appear for the lifetime of the boat (it is considered bad luck to change the name of a boat). The useful life of a racing shell is well over ten years. Your organization's name will be featured prominently on the MRC Regatta Banner (hung at all regattas, which regularly draw thousands of spectators) as well as on the 2016 commemorative t-shirt.

Launch Sponsor*: \$5,000.00

- In recognition of your support, your organization's name and logo will be featured prominently on an MRC launch, the MRC Regatta Banner as well as on the 2016 commemorative t-shirt. (The launch is the motorized boat that follows all racers, ensuring their safety and adherence to the rules.)

Regatta Sponsor*: \$2,500.00

- You or your organization's name and logo will receive prime recognition on the MRC Regatta Banner, at our year-end banquet, at the numerous parent meetings throughout the year and on the 2016 commemorative t-shirt .

Seat Sponsor*: \$500.00

- In appreciation for your contribution, your organization's name and logo will receive Seat Sponsor recognition on the MRC Regatta Banner and on the 2016 commemorative t-shirt.

Oar Sponsor*: \$250.00

- Your contribution as an Oar Sponsor will be recognized on the MRC Regatta banner as well as on the 2016 commemorative t-shirt.

Friend of the Club*: \$100.00

- MRC will proudly list the names of all of our Friends on the 2016 Regatta Banner.

*All of the above sponsors will be listed on MRC's website (www.moorestowncrew.org). The listing will include your name periodically across the top of our web page. Visitors to our site will be able to click on a sponsor's name and be redirected to the sponsor's web site.

If you are able to help, please forward your check, Payable to Moorestown Rowing Club, to Moorestown Rowing Club, PO Box 184, Moorestown, NJ 08057

Rowing Terms

Each person in the boat has a position, starting in the bow. The person closest to the bow is called bow seat. Every other seat is called by the number of the seat, except the lead rower, who is the stroke.



Bow: The forward section of the boat. The first part of the boat to cross the finish line. The person in the seat closest to the bow, who crosses the finish line first.

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 his/her head is visible. Having the coxswain virtually lying down in the bow reduces wind resistance, and the weight distribution is better.

Button: A wide collar on the oar that keeps it from slipping through the oarlock.

Coxswain: Person who steers the shell and is the on-the-water coach for the crew.

Deck: The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

Ergometer: Rowers call it an "erg." It's a rowing machine that closely approximates the actual rowing motion. The rowers' choice is the Concept II, which utilizes a flywheel and a digital readout so that the rower can measure his "strokes per minute" and the distance covered.

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

Gate: The bar across the oarlock that keeps the oar in place.

German rigging: A different way of setting up which side of the boat the oars are on in a sweep boat. Instead of alternating from side to side all the way down, in a German rigged boat, two consecutive rowers have oars on the same side.

Lightweight: Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

Oar: Used to drive the boat forward: rowers do not use paddles.

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

Power 10: A call for rowers to do 10 of their best, most powerful strokes. It's a strategy used to pull ahead of a competitor.

Repechage: The second-chance race which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.

Rigger: The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

Run: The run is the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

Sculls: One of the two disciplines of rowing – the one where scullers use two oars or sculls.

Shell: Can be used interchangeably with boat.

Slide: The set of runners for the wheels of each seat in the boat.

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

Stern: The rear of the boat; the direction the rowers are facing.

Straight: Refers to a shell without a coxswain i.e. a straight four or straight pair.

Stretcher or Footstretcher: Where the rower's feet go. The stretcher consists of two inclined footrests that hold the rower's shoes. The rower's shoes are bolted into the footrests.

Stroke: The rower who sits closest to the stern. The stroke sets the rhythm for the boat; others behind him/her must follow his/her cadence.

StrokeCoach: A small electronic display that rowers attach in the boat to show the important race information like stroke rate and elapsed time.

Sweep: One of the two disciplines of rowing – the one where rowers use only one oar. Pairs (for two people), fours (for four people) and the eight are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

Swing: The hard-to-define feeling when near-perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

Moorestown Rowing Club Refund Policy

(this document is part of the online registration, but added here for reference)

Should a returning rower voluntarily quit the team, all prior payments for that season are non-refundable.

Novice rowers may voluntarily quit in the first two weeks of practice and receive a full refund of all prior payments. Novice rowers may voluntarily quit in the third week of practice and receive a refund of ½ of all prior payments. Should a novice rower voluntarily quit the team after the third week of practice, all prior payments for that season are non-refundable.

Should a rower be removed from the team roster as a result of a disciplinary action by Moorestown Rowing Club or Moorestown High School, all prior payments for that season are non-refundable.

Should a rower be removed from the team roster as a result of a decision by the head coach that the rower lacks the skills or ability to safely or competitively participate, all prior payments for the season will be refunded.

Should a rower sustain an injury or suffer from an illness during the rowing season that prevents the rower from participating for the remainder of the season, the rower shall receive a pro-rata refund of payment following receipt by the Moorestown Rowing Club of documentation from the rower's treating physician attesting to the rower's inability to participate due to injury or illness.

Signature of student-athlete

Date

Signature of parent/guardian

Date

I have read the Moorestown Rowing Club Refund Policy.

Medical Emergency Contact Form

Emergency Contact Name: _____

Emergency Number: _____

Name of Insured: _____

Employer of Insured: _____

Insurance Company: _____

Policy/Group#: _____

Chronic Illness (Diabetes, Asthma, etc.)

Allergic to Medications:

Current Medications:

In the event of an emergency that may arise from my child's participation in the Moorestown Crew Learn-to-Row program, I hereby authorize the certified coaching staff to consent to any medical treatment, diagnosis, and/or hospital care by a licensed physician.

The person enrolling in Moorestown Crew's Learn-to-Row, his/her parents or legal guardian (collectively referred to as "We") assume all risk of loss of property or injury involving dangers associated with rowing/crew activities. We agree and understand that there are certain inherent dangers related to rowing/crew participation and therefore, we agree to hold MRC, its Learn-to-Row program, officers, members, directors and coaches (collectively referred to as "MRC") harmless. We specifically agree not to make any claim against MRC for any injury that could be considered a normal risk associated with participation in rowing/crew activity.

We attest that the participant is capable of swimming 100 meters without difficulty as well as tread water sufficiently for 10 (ten) minutes.

Signature: _____

Athlete Code of Conduct

When representing the Moorestown Rowing Club, it should be understood by all members that a high level of maturity and responsibility will be maintained. While away at events, regattas or conferences; at home in Moorestown, at the boathouse, at regatta's or in the grandstands, members are expected to be courteous to self and fellow members of all clubs. Members will respect all property, and follow the rules of common sense and order. Moving outside of these guidelines could result in the immediate suspension or expulsion of the member.

As an athlete with the Moorestown Rowing Club it is to be understood that at all times, safety is the number one concern. Athletes should be aware of their surroundings at all times so that they are not endangering themselves, others or equipment belonging to any rowing club. Proper precautions are necessary at all times to minimize the likelihood of hazards becoming a threat. Once this is achieved athletes need to keep in mind that those around him/her are volunteers and are at the rowing club to help the sport. Athletes are very fortunate to have the equipment, coaches, volunteers and infrastructure that support the Moorestown Rowing Club.

Sportsmanship involves fair and honest play with a graceful acceptance of the outcome of a contest. Sportsmanship is one of the cornerstones of the Moorestown High School Interscholastic Athletic Program. Competition should involve a strong but friendly rivalry and not an atmosphere of confrontation. Coaches, athletes and fans must set the example of winning without boasting and losing without bitterness. The success of a program can often be measured by the respect earned from its opponents. It is imperative that our teams, coaches, players, and fans enhance and maintain the principles, integrity and dignity of the Moorestown Rowing Club.

Positive spectator participation is an important part of Moorestown Rowing Club. Spectators should always be mindful that the competing athletes are high school students. They are friendly rivals from opposing schools. They are not enemies, but allies. They and their coaches spend many long hours preparing for each competition. Their training, experience and integrity qualify them to be a part of our athletic competitions. Our spectator enthusiasm at an event should reflect that.

I have received and agree to the above:

Printed Name: _____