



**SPRING 2022 PARENT MEETING  
MARCH 3, 2022**



# Agenda

- **Coaches & Leadership for Spring**
- **Coaches Expectations**
- **Key Dates**
- **Regatta Schedule**
- **Spring Fees**
- **Volunteer Opportunities**
- **Required USRowing Memberships and Training**
- **Uniforms and Spirit Wear**
- **Questions**



# Coaches and Captains

## Coaching

- **Head** - Rich Schafer
- **Assistant** - Jessica Sigalis
- **Assistant** - Sean Tully
- **Assistant** - Scott Walker
- **Assistant** – Cliff Ward
- **Assistant** - Michael Chaisone
- **Assistant** – Kiley Martin
- **Assistant** – Collin Walker

## Captains

- Grace Hawkinson
- Ben Huppert
- Rachel Parmele
- Ian Strucko



# Booster Leadership

\* Denotes Senior Parent

- **President** – Andi Huppert\*
- **Operations** – Dave Parmele\*
- **Treasurer** – Laura Reger
- **Communications** – Samantha Peele
- **VASRA Member** – Lisa Strucko\*
- **VASRA LOC** – Brent and Tammie Berger
- **Volunteer coordinator** – Cliff Ward\*
- **Food** – Kedra Baker\*
- **Travel** – Laurie Martin
- **Fundraising** – Laurissa Skinner\*
- **Corporate Fundraising** – Ali Qureshi
- **Spirit Wear** – Ernie and Jen Frate
- **Banquet** – Anne Champlin\*, Alyssa Knight\* & Stephanie Shur
- **Coaches Liaison** – New Role 2022-23 Season



# Coaches Expectations

- Coaches 3 C's – Conduct, Culture, Communication
- Code of ethics and conduct
  - NO foul language, **PERIOD!**
- Work Ethos
- Dealing with issues
  - ✓ Coaches
  - ✓ Captains
  - ✓ Athletes
- Communications between and among athletes

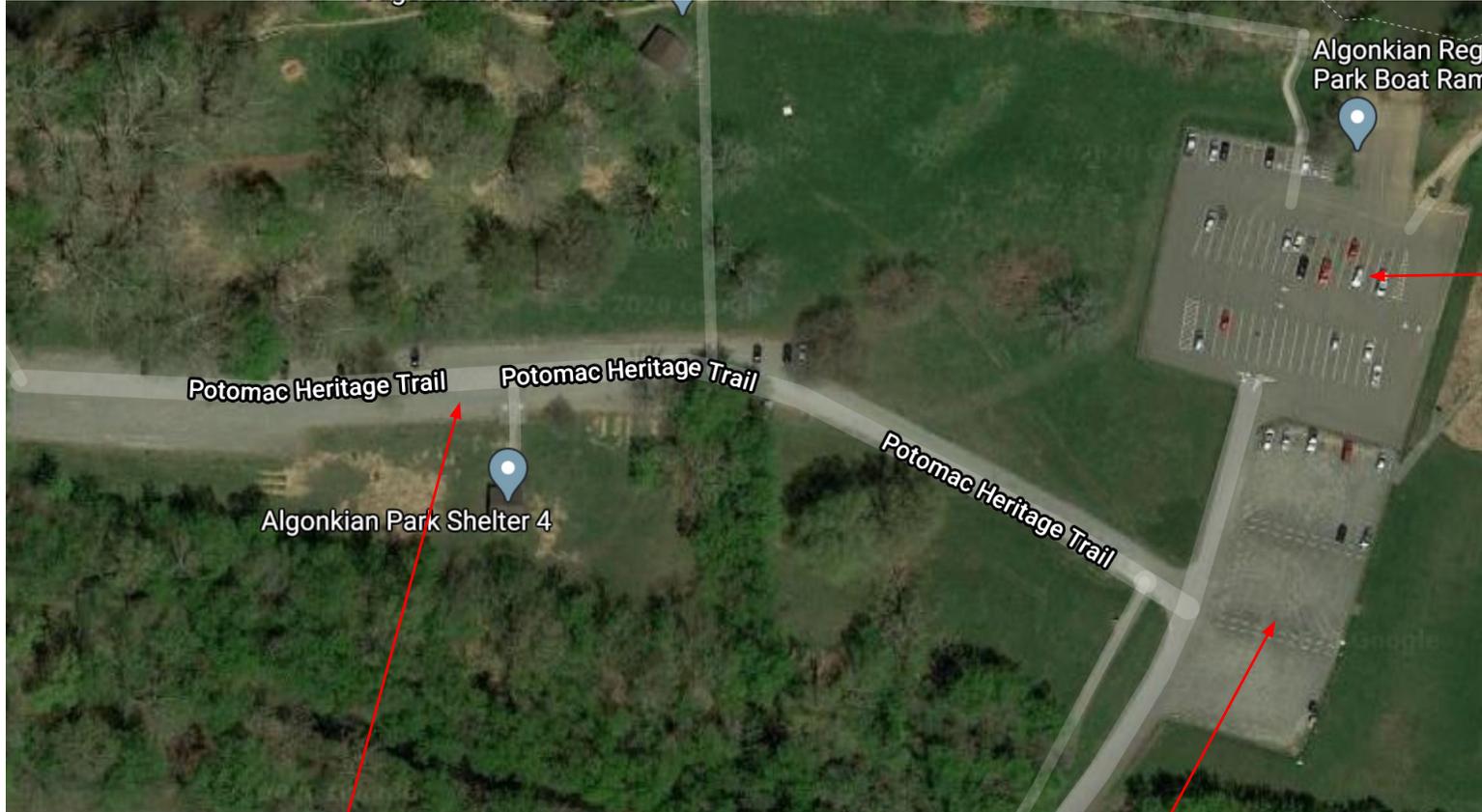


# Practice

- **Times:**
  - ✓ Land Training at BWHS March 1-18 4:30 pm – 6:30 pm
  - ✓ Water Training at Algonkian March 21 – May 19 4:30 pm – 6:30 pm
  - ✓ Additional practice TBD
- **Conditioning**
- **Equipment**
- **Rowing facilities - Algonkian Regional Park**
  - 8 schools one dock
  - Bathrooms
  - Rules
- **Car Pooling**



# Parking at Algonkian



COACHES  
PARKING  
ONLY

WHEN OPEN STUDENTS  
SHOULD PARK HERE

PARENT PARKING  
SECONDARY STUDENT PARKING



# Briar Woods Crew Culture

- Personal Integrity
- Supporting your team, your boat, and your teammates
- Work hard and play hard
- Respectful to ALL adults and coaches
- We are here to work, that is your job
  - DO YOUR JOB!
- Behavior off the water
  - At home
  - At school
  - In class
  - At events

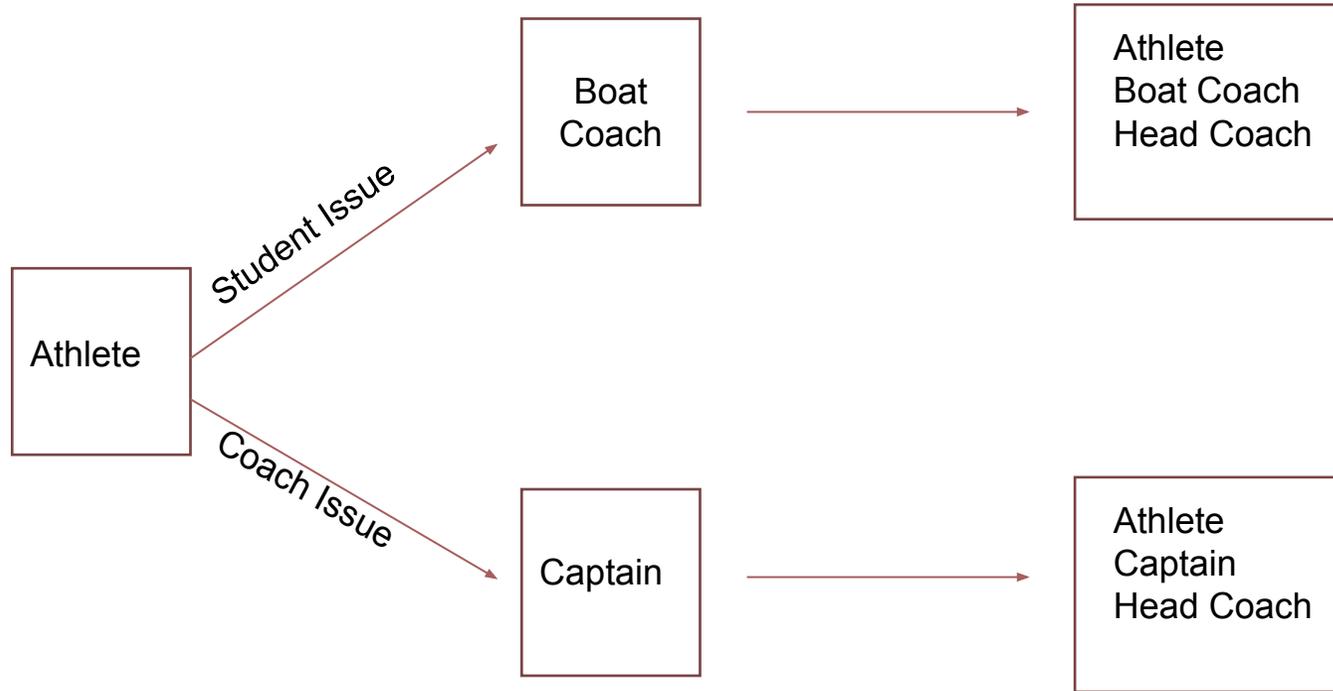


# Communications

- Team Snap
- GroupMe
- Facebook
- Email Groups
- Website – [www.briarwoodsrowing.org](http://www.briarwoodsrowing.org)
- Problem resolution
  - Correct ways and incorrect ways

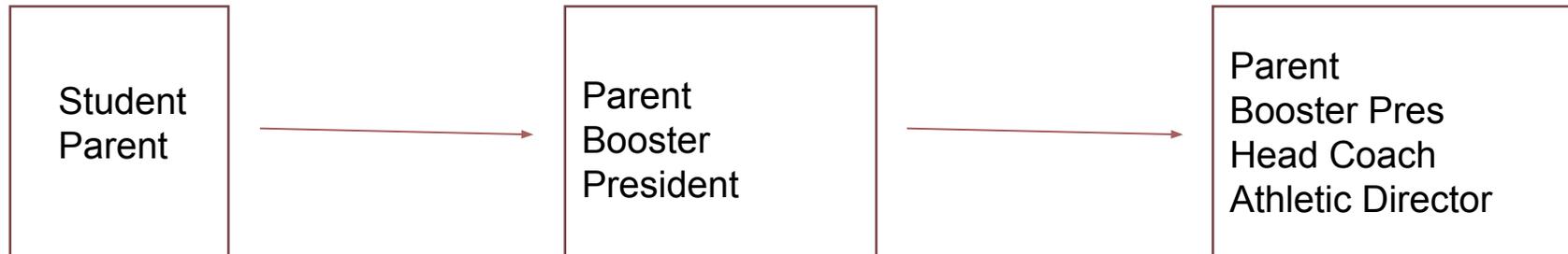


# Problem Resolution





# Parent Involvement





# Key Dates for Spring

- **Spring Fees Due** – March 4<sup>th</sup>
- **Swim Test at Ida Lee** – March 8<sup>th</sup> at 7pm
- **Equipment Move/Site Prep** – March 12<sup>th</sup> at 9am
- **Practice at School/Erg Training** – 4:30-6:30pm First 3 weeks of the Season
- **Practice at Algonkian** – 4:30-6:30pm (pickup 6:45-7pm)
  - First Algonkian Practice March 21
- **Banquet** – June 1<sup>st</sup> at Belmont Country Club



# Regatta Schedule

- March 26<sup>th</sup> – Regional Park Regatta, Occoquan
- April 2<sup>nd</sup> – Walter Mess Regatta, Occoquan
- April 9<sup>th</sup> – Darrell Winslow Regatta, Occoquan
- April 23<sup>rd</sup> – Ryz Obuchowicz Regatta, Occoquan
- April 30<sup>th</sup> – Al Urquia Regatta, Occoquan
- May 7<sup>th</sup> – VSRC Day 1 (Lower Boats), Occoquan
- May 14<sup>th</sup> – VSRC Day 2 (Upper Boats), Occoquan
- May 20<sup>th</sup>-21<sup>st</sup> – Stotesbury Cup Philadelphia (travel regatta\*)

*\* Additional fees collected for travel regattas*



# Spring Fees

- Team gets ZERO funds from county/state
- Team fee for Spring 2022: **\$1175 - paid via TeamSnap**
- Annual fees are based upon projected team size, coach salaries, equipment needs, and other factors. The goal is to keep fees as low as possible while meeting current and future obligations.
- **Late Fee of \$50 will be applied if payment is made late**
- **Once paid, no portion of payment is refundable regardless of circumstance.**
- Additional Costs: Team Uni (\$100), Stotesbury Travel Fees (\$250-300) and USRowing Membership (\$9.75)



# Volunteer Opportunities

- **VASRA Volunteer Positions**
  - 4-5 roles for every VASRA regatta
  - Every family is required to fill at least 1 regatta role
  - Sign-up will go live on the website March 10 at 8pm
  - VASRA regattas March 26 - May 14
  - Launch Boat Drivers Needed!



# USRowing Membership SafeSport Training

- All Athletes, Coaches and Executive Committee Members are required to have an active USRowing Membership no later than Friday, March 11<sup>th</sup>.
  - ***Athletes CAN NOT PARTICIPATE IN REGATTAS without an active membership that has been associated with Briar Woods Crew***
  - Instructions will be sent via email
  - If you purchased or renewed a membership last spring you are due for renewal
- SafeSport Training through USRowing must be completed by all Coaches and Executive Committee Members as well as all athletes who will turn 18 prior to June 1.



# Uniforms and Spirit Wear

- **Unisuits**

- Unisuits have been ordered and will be distributed prior to the first regatta.
- Uni Fee: \$100 payable by check or PayPal tonight.
- If you do not submit payment tonight, you will be invoiced through TeamSnap unless your athlete has already told us their old uni still fits.

- **Spirit Pack**

- All athletes will receive a spirit pack which includes a drawstring bag, tshirt, polo shirt, visor, and car magnet. Seniors will receive the traditional senior jackets.
- Extra car magnets and visors are available for sale tonight along with car decals and vintage spirit wear

- **Team Store – Link to SquadLocker on BWC Website**

- Variety of gear available: tshirts, jackets, pants, vests and more.
- Order at any time, no deadline, no minimum, ships directly to you.



# Crew – What to Wear

**What to Wear** - In general, the best clothing for rowing is soft, stretchy, breathable, and fairly form-fitting. One of the basic clothing requirements is Spandex shorts/trousers for wearing in the shell. Loose shorts can get caught in the slides under the moving seats, so **avoid basketball style shorts, sweatpants, or warm-ups**. You should avoid cotton. Cotton does not keep you warm when it gets wet; instead, it makes you colder.

**On the Water** - Conditions on the water often are 10 degrees cooler, and the wind is frequently stronger than on the land, so the best advice is to wear layers that will do the best job of keeping you warm. You will get wet from perspiration, rain, and splash. The key is to have synthetic clothing that will keep you warm even when wet. The best clothing for rowing is soft, stretchy, breathable, and fairly form-fitting. Loose tops can get caught in the oar handles, so avoid bulky jackets or sweatshirts.

**Hands** - Hands can get cold while rowing. However, you will not see rowers using traditional cold-weather gloves. The reason for this is that rowing requires a tactile feel of the handle.

**Socks** - Socks should be synthetic or wool (SmartWool socks are good, for example) to help ensure that feet stay warm while wet. You should have second pair on land. Good socks will help prevent blistering from the hull's shoes. Change your socks every practice in order to prevent fungus or athlete's foot.

**Shoes** - All rowers and coxswains should bring a pair of running shoes to every practice. Even when we are on the water, sometimes water conditions prevent us from taking to the water. In such circumstances, it is not uncommon that the team will run together. This is a perfect use for those ratty old sneakers that are no longer good for jogging. Also, Crocs or Slides are used for taking the boat to the dock.



# Crew – Other Terms

**Bow** - The forward end of the shell.

**Stern** - The rear end of the shell.

**Port** - The left side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the port side.

**Starboard** - The right side of the shell when facing the bow. In sweep rowing, the designation of a rower who normally rows with an oar on the starboard side.

**Coxswain (or Cox, or Cox'n)** - The person who sits at the stern of the shell (although this may be in the bow of some 4s), steers, gives commands, calls the ratings, and urges the rowers on in a race. A knowledgeable coxswain will generally serve as an “onsite/in-the-shell” assistant to the coach. Usually light in weight, a good coxswain will have as much competitive spirit as the rowers and can make a considerable difference in a race.

**The Stroke** - The rower sitting nearest the stern (and the coxswain). The stroke is responsible for setting the stroke length and cadence for the rest of the crew, following the commands and encouragement of the coxswain.

**Check** - Any abrupt deceleration of the shell caused by some uncontrolled motion within the shell; an interruption in the forward motion of the shell. Also used as a command (“check it!”) to stop a shell as fast as possible by jamming the blades into the water as brakes.

**Course** - A straight racecourse for rowers that normally has 6 lanes. In high school, the course length is 1500 meters, while in college and Olympic events; the course length is 2000 meters.

**Cox Box** - A small electronic device, which aids the coxswain by amplifying his or her voice, and which gives a readout of important information such as stroke count.

**“Way-Enough”** - Actually sounds like “way-nuff”. This is the coxswain’s call to have all rowers stop rowing and let the boat come to a stop.

**“Row Easy” or “Paddle”** - A command to use very light strokes to move the boat through the water at a slow speed. Usually used when approaching a dock.



# Crew – Equipment Terms

**Oar** - The piece of equipment that each rower uses to propel the boat. In sweep rowing, each oar is approximately 12 feet long, lightweight and well designed.

**Blade** - The wide flat section of the oar at the head of the shaft. The two types of blades are called hatchets and spoons.

**Shell** - The racing boat. Shells come in configurations and sizes for single rowers, pairs, fours, and eights. An eight is approximately 60 feet long, narrow (about two feet wide at its widest point), and weighs about 280 pounds.

**Sweep** - A shell configured so that each rower has one oar. Oars on a sweep shell are normally alternated from side to side.

**Foot Stretcher** - Adjustable brackets in a shell to which the rower's feet are secured in attached sneakers or similar footwear.

**Rigger** - The device that connects the oarlock to the shell and is bolted to the body of the shell.

**Oarlock** - A U-shaped swivel that holds the oar in place. It is mounted at the end of the rigger and rotates around a metal pin.

**Slide (or Track)** - Two tracks on which the seat moves. The seat moves forward and backward on the slide, enabling the rower to compress his or her body at the start of the stroke and then use the combined power of the legs, back, and arms when actually executing the stroke.

**Gunwale** - Top section on the sides of a shell hull. The riggers are secured to the gunwale with bolts.

**Rudder** - Steering device at the stern. The rudder is connected to cables (tiller ropes) that the coxswain uses to steer the shell.

**Skeg (or Fin)** - A small fin located along the stern section of the hull. This helps to stabilize the shell in holding a true course when rowing. All racing shells have a skeg. The skeg should not be confused with the rudder.

**Rigging** - The configuration of accessories (riggers, foot stretchers, oars, etc) in and on the shell. Examples of rigging adjustments that can be made are the height of the rigger, location of the foot stretchers, location and height of the oarlocks, location of the button on the oar and the pitch of the blade of the oar.

**Slings (or Boat Slings)** - Collapsible/portable frames with straps upon which a shell can be placed temporarily.



Questions?